



CONTEMPLATIVE SCIENCES CENTER UNIVERSITY *of* VIRGINIA



CONTEMPLATIVE PRACTICE CLASSES RESUME

Begin the Semester Mindfully!

CSC offers classes designed to promote student flourishing and encourage overall well-being. Try something new or find a familiar favorite. Most classes are free and open to the public unless otherwise noted. Here's the Fall 2022 lineup:

- Night Owl Yoga (Mondays-Thursdays) starts Aug 23
- Mindfulness Monday Meetup starts Aug 29
- T'ai Chi on the Lawn (Thursdays) starts Sept 1
- Santosha for Sisters (Tuesdays) starts Sept 6
- Ashtanga Yoga is on-going (every weekday)

[LEARN MORE](#)

Make a gift to support student flourishing today!

DONATE \$25

DONATE \$50

DONATE \$100

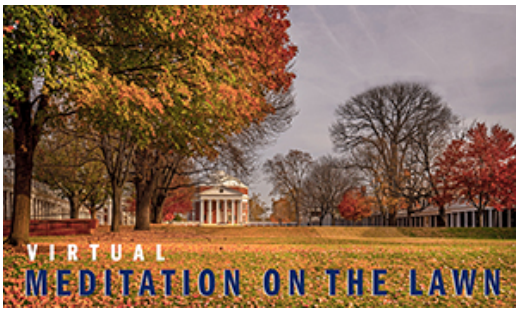


WAHOO WELCOME

For Students: Make friends while trying something new!

CSC is taking part in UVA's 6-week Wahoo Welcome event, hosting four contemplative activities on Sunday, 8/21. Sessions include T'ai Chi on the South Lawn; Yoga; Mindfulness in Garden V; and Flourish@UVA: a casual event with CSC staff and students featuring giveaways!

[LEARN MORE](#)



VIRTUAL MEDITATION ON THE LAWN BEGINS

SEPTEMBER 12

Join Our Extended UVA Community

Each Monday morning from 7:45-8:00am (ET) during the semester, alumni, parents, faculty, staff and friends of UVA gather synchronously online for a moment of reflection.

[REGISTER AND LEARN MORE](#)



OPEN EDUCATION

OPPORTUNITY: ROBIN

DEROSA - SEPT. 14

All are Welcome to Attend!

We are thrilled to welcome Robin DeRosa for a two-part event on 9/14: A public talk at 3:30 pm (ET), "Stars and Constellations—Openness, Equity, & Teaching Toward an Unfamiliar Sky," and a limited-seating roundtable on 9/15 at 11:00am (ET).

[LEARN MORE](#)



SUPPORT FOR FACULTY

*Wednesdays from 12:00-12:15pm,
Beginning 9/03/22*

All UVA instructors are invited to join CSC's Contemplative Practice Faculty Group, which will meet weekly to practice contemplation through mindfulness, gentle movement, and observational practices. Faculty new to contemplation, seasoned practitioners, and anyone in between are welcome! Email Karolyn Kinane kk7av@virginia.edu to join.

[LEARN MORE](#)

CALENDAR

August 21 - CSC's Wahoo Welcome Events

[Learn more](#)

CONTEMPLATIVE CLASSES – START DATES

Ongoing - Ashtanga Yoga

[Learn more](#)

August 23 - Night Owl Yoga

[Learn more](#)

August 29 - Mindfulness Monday Meetup

[Learn more](#)

September 1 - T'ai Chi

[Learn more](#)

September 3 - Contemplative Practice Faculty Group

[Learn more](#)

September 6 - Santosha for Sisters
[Learn more](#)

September 12 - Virtual Meditation on the Lawn
[Learn more](#)

September 14 - Robin DeRosa:
**"Stars and Constellations – Openness, Equity, and Teaching Toward an
Unfamiliar Sky"**
[Learn more](#)

October 1 - Mind & Body CIO Student Retreat
Save the Date!



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UNIVERSITY of VIRGINIA



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