



CONTEMPLATIVE SCIENCES CENTER  
UNIVERSITY *of* VIRGINIA



## FRESH START FOR FACULTY

### *Join us for Weekly Contemplative Practice*

We invite all UVA faculty and instructors to care for their well-being this semester by joining our **Contemplative Practice Faculty Group**. The group meets weekly via Zoom for brief mind-body practices such as mindfulness, gentle movement, and observation. Spring semester sessions will be held on **Wednesdays, 12pm–12:15pm ET, beginning Feb. 9**. To join the group, please email Karolyn Kinane at [kk7av@virginia.edu](mailto:kk7av@virginia.edu) by **Feb. 4**.

**[LEARN MORE.](#)**

You can read about how UVA faculty from diverse schools and disciplines have benefited—both in and out of the classroom—from these group practice sessions in our November 2021 article: [Integrating Personal Well-Being with Teaching Innovation: Spotlight on CSC's Contemplative Practice Faculty Group.](#)

---



## JANUARY WORKSHOPS

### *For PhD and Postdoctoral Students*

In partnership with PhD+ CSC is facilitating two workshops on January 24 and January 31, 2022.

All UVA PhD students and postdocs are welcome to attend these workshops. [Values & Your PhD/Postdoctoral Journey](#), January 24, 2022, 3:30-5:00pm. [Contemplative Inquiry, Pedagogy and Practice](#), January 31, 2022, 3:30-5:00pm.

---



## VIRTUAL MEDITATION ON THE LAWN

### *Winter/Spring Series*

Register now for our Winter/Spring series of free, 15-minute, live guided meditations offered to the UVA community and general public on **Mondays at 7:45am ET** via Zoom. Experienced meditation facilitators guide these weekly sessions for cultivating, compassion, connection, focus, and more. Spring semester series begins **January 24**. [LEARN MORE.](#)

---



## ASHTANGA YOGA

### *In-Person and Virtual*

Mysore sessions for all levels are offered **weekdays at 6:30am** at UVA's North Grounds Rec Center and a Led Primary Series class is free and open to the public via Zoom on **Fridays at 8am**. Starting Jan. 19 a new Ashtanga Yoga Improv class will be offered on **Wednesdays at 6:45pm** at the Aquatic Fitness Center. [LEARN MORE.](#)

---



SPRING 2022

**CONTEMPLATIVE  
PRACTICE CLASSES  
ARE COMING!**

## SAVE THE DATES

### *Mindfulness Meetups, Night Owl Yoga, and More*

Mark your calendars and stay tuned for new and favorite contemplative practice classes from CSC this Spring semester. Registration and location or Zoom links to come soon! For now, check out our Spring lineup and start dates [here](#).

---

# CALENDAR

## January 17: UVA's Community MLK Celebration

[Learn more](#)

*In observance of MLK Celebration, our regular ashtanga yoga class will not be held.*

## January 24: Virtual Meditation on the Lawn

7:45-8:00am (ET). [Learn more & register](#)

## January 24: Values & Your PhD/Postdoctoral Journey

3:30-5:00pm (ET). [Learn more & register](#)

## January 31: Contemplative Inquiry, Pedagogy and Practice

3:30-5:00pm (ET). [Learn more & register](#)



CONTEMPLATIVE SCIENCES CENTER  
UNIVERSITY of VIRGINIA



[EXPLORE CSC](#)

[CONTACT](#)

[SUBSCRIBE](#)

[GIVE](#)

Copyright © 2021 Contemplative Sciences Center at UVA. All rights reserved.

PO Box 400290

Charlottesville, VA 22904-4290

[view in browser](#)

[Unsubscribe](#)