



**CONTEMPLATIVE SCIENCES CENTER**  
UNIVERSITY *of* VIRGINIA



## **Welcome Catherine Hartshorn!**

### ***Summer Ashtanga Yoga for Everyone***

Catherine Hartshorn is leading CSC's Ashtanga Yoga classes this summer while John Bultman is on paternity leave (Congratulations John!). Catherine is an Authorized Level 2 Ashtanga yoga teacher and University of Virginia alumna. *Our summer yoga classes are free, online, and open to the public.*

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

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Make a gift to support CSC in advancing the study and application of human flourishing.

**DONATE \$25**

**DONATE \$50**

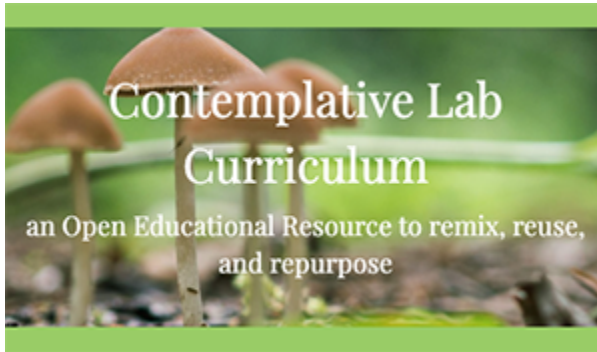
**DONATE \$100**



## **INSTITUTE FOR TEACHING & LEARNING – AUG 8-12!**

***Registration due by July 1, 2022***

What has become comfortable in your practice of contemplative pedagogy? What new edges are you exploring? The institute welcomes college instructors from any college or university who have been practicing contemplative pedagogy for two or more years.



## OPEN EDUCATIONAL RESOURCE FOR INSTRUCTORS

### ***Contemplative Lab Curriculum***

As part of our continued effort to support faculty in integrating contemplative pedagogy into the classroom, we have launched the Contemplative Lab Curriculum website. The site provides contemplative unit overviews, weekly topics, suggested activities, and resources for further study in support of student inquiry and creativity.

[GO TO THE WEBSITE](#)

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## CALENDAR

### **August 8-12: Contemplative Institute for Teaching & Learning 2022: Exploring Our Edges**

**Learn more (Register by 7/1/2022)**



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