



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY *of* VIRGINIA



CLASSES FOR NIGHT OWLS, EARLY BIRDS, AND EVERYTHING IN BETWEEN

Contemplative Practices Offered Six Days a Week

Our Fall semester drop-in classes are now available for practicing a variety of yoga styles, T'ai Chi, mindfulness, meditation, and more. We have virtual and in-person options, morning and evening sessions, student-focused groups, and opportunities for both beginning and advanced practitioners. Most are free and many are open to the public.

[LEARN MORE](#)



Start Your Week with Us

Live Meditations Every Monday

Our Fall series of Virtual Meditation on the Lawn is now in full swing, with Nicole Ruzek, Director of CAPS at UVA, leading our next session. VMOL is live at 7:45am most Mondays through the semester. Check out our full schedule of meditation facilitators.

[LEARN MORE](#)

THE TAO OF STRATEGY

How Seven Eastern Philosophies Help Solve
21st Century Business Challenges



The Tao of Strategy

Eastern Philosophy Meets Business

A new book co-authored by Emeritus Professor of Business Administration Jay Bourgeois and former CSC contemplative instructor Serge Eygenson highlights CSC's work with Darden on "Strategic Intuition and Eastern Philosophy" course.

[LEARN MORE](#)



Contemplative Teaching in Pakistan

Meet Our Visiting Scholar!

Irsa Zahoor, a PhD candidate from Islamabad, is interested in transforming higher education in Pakistan. As a visiting scholar hosted by CSC at UVA, Zahoor is studying how contemplative practices can be used to bring a more humanistic approach to teaching.

[LEARN MORE](#)



Grad Student Workshop

Designing Activities for Awareness & Connection

How can taking a contemplative pause enhance your students' engagement with course material and with one another? In this first of two in-depth workshops led by CSC's Carolyn Kinane, instructors explore how to incorporate a contemplative pause in service of desired learning outcomes.

[LEARN MORE](#)

CALENDAR

Friday: Yoga Book Club

9:00-10:00am (ET). [Learn more & register](#)

Mondays: Virtual Meditation on the Lawn

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

Monday-Friday, and Sunday: Drop-In Contemplative Classes

[Learn more & register](#)

October 5, 2021: Grad Student Workshop – Designing Activities for Awareness & Connection

1:00-2:30pm (ET). [Learn more & register](#)



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