



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



VIDEO POSTED: Daniel Ingram and David Germano on Elemental Meditations

Buddhism in South Asia and Tibet involved extensive theorization of the material world in terms of five elements—earth, water, fire, wind, and space. These five elements were also the subject of important contemplative practices, though their form and importance fluctuated across time and tradition. Dr. Daniel Ingram has led modern efforts exploring the possibilities of deep concentration on fire, while Professor Germano has been a leading scholar on early Tibetan elemental meditations. The dialogue explored related practices and associated experiences in historical and contemporary forms.

[LEARN MORE & WATCH THE VIDEO](#)

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VIVIAN FEGGANS TO LEAD VIRTUAL MEDITATION ON THE LAWN

Join us on Sept. 26, 2022

Vivian Feggans, Operations and Event Coordinator for the Contemplative Sciences Center, will facilitate the next session of this series on Monday, 9/26 from 7:45-8:00am (ET). Learn more and view the full schedule at the link below.

[REGISTER & LEARN MORE](#)

MYSORE ASHTANGA YOGA IS BACK IN PERSON

Monday-Thursday from 6:30-8:30am



**Friday from 6:30-7:30am
NGRC, MP3**

Mysore-style classes are great for beginners and those looking to deepen their relationship with yoga and establish a regular, personalized, and sustainable practice. Classes provide participants the opportunity to expand their knowledge through individualized instruction.

[LEARN MORE](#)



**SEEKING STUDENT
INTERN**

***Gain Valuable Communications and
Marketing Experience!***

The Contemplative Sciences Center seeks a student intern who is work-study eligible to support the Communications department in raising awareness of and interest in the center's programming and mission. This is a paid position requiring 7 hours per week. Schedule is flexible.

[LEARN MORE](#)

CALENDAR

CONTEMPLATIVE CLASSES

Monday-Thursdays - Night Owl Yoga

[Learn more](#)

Monday-Fridays - Mysore Ashtanga Yoga

[Learn more](#)

Mondays - Mindfulness Meetup

[Learn more](#)

Tuesdays - Santosha for Sisters

[Learn more](#)

Thursdays - T'ai Chi

[Learn more](#)

Fridays - Ashtanga Yoga Sanskrit Primary Series

[Learn more](#)

UPCOMING EVENTS

**September 26 - Virtual Meditation on the Lawn facilitated by
Vivian Feggans**

[Learn more](#)

Stay Tuned for Upcoming Events Here:

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