



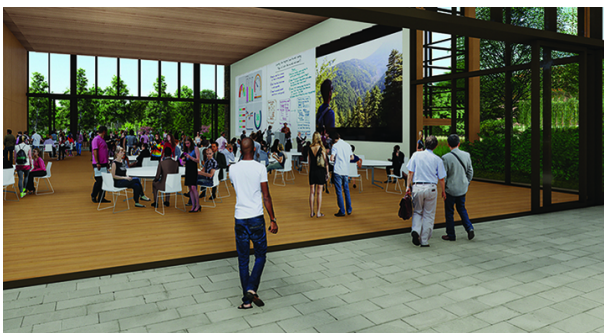
CONTEMPLATIVE SCIENCES CENTER UNIVERSITY *of* VIRGINIA



FALL CLASS SCHEDULE

Yoga, Mindfulness, and More!

CSC offers a number of free, drop-in classes throughout the week to learn and practice mind-body movements, meditation, and other contemplative techniques and methods for greater well-being and flourishing. Most are free and many are open to the public. [LEARN MORE](#)



Support for Students

CSC is dedicated to helping UVA students flourish through an extensive list of classes, resources, and opportunities designed especially for 'Hoos. These include mindfulness meetup groups, customized CIO and small group programming, and digital tools. [LEARN MORE](#)



Support for Faculty

All UVA instructors are invited to join CSC's Contemplative Practice Faculty Group, which meets weekly to practice contemplation through mindfulness, gentle movement, and observational practices. Faculty new to contemplation, seasoned practitioners, and anyone in between are welcome! [LEARN MORE](#)



For the Community

Drop in to Virtual Meditation on the Lawn, live every Monday at 7:45am, and start your week feeling more centered and connected. These free, 15-minute, guided meditations are facilitated by CSC instructors and experienced practitioners. All are welcome. [LEARN MORE & REGISTER](#)

CALENDAR

Mon–Fri & Sun Mornings: Mysore Ashtanga Yoga

Virtual class; all levels welcome

[Learn more & register](#)

Tues–Thurs & Sun Evenings: Night Owl Yoga

In-person at the UVA Aquatic Fitness Center (AFC)

8:00am–9:00pm (ET). [Learn more & register](#)

September 13, 2021: Virtual Meditation on the Lawn Resumes

Fall series runs Sept. 13–Dec. 20 (virtual)

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



CONTEMPLATIVE SCIENCES CENTER
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PO Box 400290

Charlottesville, VA 22904-4290

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