



CONTEMPLATIVE SCIENCES CENTER  
UNIVERSITY *of* VIRGINIA



2022  
DALAI LAMA MENTORSHIP FELLOWS



## ANNOUNCING DALAI LAMA MENTORSHIP FELLOWS!

Dalai Lama Fellows (DLF) is pleased to announce a new mentorship program for the 2022 fellowship year. The 2022 Mentorship Fellows are a select group of DLF alumni who provide formal mentoring to the current cohort of Dalai Lama fellows, guiding and supporting them in their leadership and personal development. The group, in turn, receives mentoring from DLF staff as they serve in this role.

The five inaugural Mentorship Fellows are:

Tim Huang (2013), Mansi Kotak (2019), Brittanie Richardson (2020), Fabian Thun (2019), Sadaf Taimur (2016). *Pictured clockwise from top left.*

**Tim Huang expressed his excitement about the mentorship:**

“Being a Dalai Lama Fellow and a part of this global community has been such a wholesome source of learning, inspiration, and support on my personal and professional journey. I’m looking forward to contributing to that same growth in the incoming class while deepening my own abilities to accompany their journeys in service of the more just and beautiful world our hearts know is possible.”

Since 2021, DLF has been co-stewarded by the University of Virginia’s Contemplative Sciences Center, the University of Colorado Boulder’s Renée Crown Wellness Institute, and Stanford University’s Stanford Flourishing Project. Since its inception in 2010, DLF has served 215 changemakers from 53 different countries.

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Make a gift to support the Contemplative Sciences Center today!

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## CSC WELCOMES MANDELA WASHINGTON FELLOWS

### *Mindfulness retreat at Morven Farm*

In June CSC facilitated a retreat for members of the Mandela Washington Fellowship, the flagship program of the U.S. government's Young African Leaders Initiative (YALI). The retreat focused on self-care, resilience, empowerment, and compassion cultivation to help sustain the fellows' work promoting innovation and positive impact across Africa.

[LEARN MORE ABOUT THE FELLOWSHIP](#)



## SAVE THE DATE:

### *Night Owl Yoga Begins August 23, 2022*

Night Owl yoga classes will be offered weekly Monday through Thursday nights. All Night Owl yoga classes are free for students and are open to everyone with an IM-REC Sports gym membership. Participants of all levels and experiences are welcome, including those who have no prior yoga experience.

[LEARN MORE](#)

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## CALENDAR

**August 8-12: Contemplative Institute for Teaching & Learning**  
Registration is closed

**Beginning August 23, 2022: Night Owl Yoga Series**  
8:00-9:00pm (ET) Mondays - Thursdays



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