Student Opportunity

Anindyo Roy: Creativity, Reflection, and Mindfulness

UVA students! Apply now for a fully funded three-hour immersive nature & art mindfulness experience with Anindyo Roy, taking place Sunday, November 13, 2022, from 2:00-5:00pm.

Anindyo Roy is Associate Professor Emeritus of English at Colby College. A scholar and researcher, he has mentored youth among the indigenous groups of the Eastern Himalayan foothills of India since 2007. By exploring the rich shamanic traditions and the varied forms of Buddhism prevalent in these regions he designs experiences that combine the power of the senses with contemplation, facilitating rich insights into human creativity and reflection. CSC is selecting 20 students to participate in this special opportunity.

Questions to be explored include: What are the sensory processes behind mindfulness? How do seeing, touching, smelling, and our other senses affect thinking, memory, and creativity? What is our relationship to the natural and built worlds?

LEARN MORE & APPLY

Make a gift to support student flourishing today!

DONATE $25  DONATE $50  DONATE $100
BECOME A 2023 DALAI LAMA FELLOW!
Apply by Dec 1, 2022
Dalai Lama Fellows (DLF) is accepting applications for its 2023 contemplative leadership program. DLF supports young social changemakers who are working to address global challenges in local communities around the world. LEARN MORE & APPLY

WEDNESDAY NIGHT OWL YOGA REBOOT
John Bultman to Lead
CSC's Ashtanga Program Manager, John Bultman is now leading the weekly Wednesday Night Owl class which combines elements from Hatha and Flow yoga styles. The class incorporates both active and restorative poses. LEARN MORE

RESTORATIVE RETREAT FOR FACULTY
December 7, 2022
This restorative, half-day retreat will feature movement, stillness, and interpersonal experiences for rest and rejuvenation. Facilitated by Karolyn Kinane. LEARN MORE

CALENDAR
UPCOMING EVENTS
November 7 - Virtual Meditation on the Lawn facilitated by Martha Rouleau
Learn more

November 13 - Creativity, Reflection, and Mindfulness in Our World
Learn more

December 7 - Restorative Contemplative Practice Retreat for Faculty
Learn more
CONTEMPLATIVE CLASSES
Monday-Thursdays - Night Owl Yoga
Learn more

Monday-Fridays - Mysore Ashtanga Yoga
Learn more

Mondays & Fridays - Mindfulness Meetup
Mondays / Fridays

Tuesdays - Santosha for Sisters
Learn more

Thursdays - T'ai Chi
Learn more

Fridays - Ashtanga Yoga Sanskrit Primary Series
Learn more