VIRTUAL MEDITATION ON THE LAWN RESUMES
David Germano Opens Fall Series
Join us on Monday at 7:45am (ET) for a live meditation led by CSC Executive Director David Germano—the first in our Fall semester series of Virtual Meditation on the Lawn. Register for the weekly virtual series and drop in each Monday morning to calm and center yourself for the week ahead. LEARN MORE

Flourishing in Academia
For PhD Students and Postdocs
Our own Karolyn Kinane, Associate Director of Pedagogy and Faculty Engagement, leads the first two workshops of the PhD Plus Fall 2021 Foundation Series: Values & Your PhD/Postdoctoral Journey on September 13 and Contemplative Inquiry and Practice on September 20. LEARN MORE

Yoga Kickstarter!
A Mini Workshop
All levels are welcome to join our esteemed Ashtanga Yoga Program Manager, John Bultman, for this fun introduction to an historical and structured mind-body practice. Learn fundamentals of yoga and start building a sustainable self-care routine this semester. LEARN MORE

For Students
Mindfulness Meetup Groups
We welcome all UVA undergraduate and graduate students to join one of our Mindfulness Meetup groups co-hosted by CSC and CAPS. Groups meet for one hour each week to learn about and practice mindfulness in a safe and supportive space. LEARN MORE

New: Contemplative Classes
Yoga, Meditation, and More
CSC offers numerous weekly opportunities to learn and practice meditation, mindful movement, and other contemplative techniques virtually and in-person. New classes starting next week include Yoga and Meditation for All Bodies and Santoshā for Sisters on Mondays and Yoga for Life and Breath & Body Work for Brothers on Wednesdays. LEARN MORE
CALENDAR

Sept. 13, 2021: Virtual Meditation on the Lawn Resumes
Fall series runs Sept. 13-Dec. 20 (virtual)
7:45-8:00am (ET). Learn more & register

Sept. 18 & 19, 2021: Yoga Kickstarter
10:00-10:45am (ET). Learn more & register

GRADUATE STUDENT WORKSHOPS

Sept. 13, 2021: Values and Your PhD/Postdoctoral Journey
3:30-5:00pm (ET). Learn more & register

Sept. 20, 2021: Contemplative Inquiry and Practice
3:30-5:00pm (ET). Learn more & register

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