



CONTEMPLATIVE SCIENCES CENTER  
UNIVERSITY of VIRGINIA



## 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 *Santosha 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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PO Box 400290  
Charlottesville, VA 22904-4290  
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