CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA

UPCOMING EVENTS & PROGRAMS

Calendar View Here

SPECIAL EVENTS



Salon: Resonance

With Karianne Michelle
October 29, 5:00-6:30pm
Free and open to the public

Where has sound moved you? Live music, a quiet forest, a harsh city street, a voice across the table.

Some sounds settle us. Others set us on edge. Why? In Karianne's work with sound and

energy healing, people report a shift. These subtle changes reveal something deeper: sound moves through the body, shapes attention, and influences the environments we inhabit, inside and out. The Salon will begin with a short sound bath meditation, then we'll start the conversation. Learn more

Salon: Patrick Finan - Pain
December 10, 5:00-6:30pm (registration to come)
Our natural tendency is to avoid pain and move toward pleasure. How does this tension manifest when the natural order of pain and pleasure become distorted (e.g., chronic pain; substance use disorder)? This discussion will address these questions through the lens of affective neuroscience, psychology, and contemplative practices.



All Hallows All-Level Yoga and Crafts

Join us for Halloween day community events
Saturday, October 31
Free and open to the public

Community Flow Yoga Class - 11:00am-12:00pm
An all-levels yoga class for moving, breathing, and connecting. Open to all: students, faculty, staff, and community members.

Drop-in Contemplative Crafting - 12:00pm-2:30pm
Slow down with a little seasonal creativity. Stop by to bedazzle a gourd, make a pumpkin,

and unwind with music and good company. Come for five minutes or stay the whole time. Learn more

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Active Series: A Special Micro-residency

November 9-20, 2026

Join this all-level Active Series micro-residency with instructors Elizabeth Van Genderen and William Mushkin — Sharath Jois Authorized teachers from Ashtanga Yoga Denver. The series honors Ashtanga lineage holder, Sharath Jois, who passed away two years ago in November. Sharath was an inspiration to many including Elizabeth and William. Learn more about Sharath Jois.

All offerings are free and open to the public.

The Active Series was developed by Sharath Jois and derived from a traditional Ashtanga Yoga practice. It retains all the benefits of the traditional method keeping the linking of movement with breath but includes new more accessible postures for a wider range of students in a modern age and setting. Students from all levels will be able to participate in a non-intimidating inclusive setting.

Classes (Studio 4A):
Monday November 9 - 5:00-6:15pm
Tuesday November 10 - 6:30-7:45pm

Wednesday November 11 - 12:30-1:45pm

Monday, November 16 - 5:00-6:15pm
Tuesday, November 17 - 6:30-7:45pm
Wednesday, November 18 - 12:30-1:45pm

Additional Opportunities
November 9-20, 2026
For UVA groups including CIOs, and UVA organizations and departments who are interested in a class with William and Elizabeth during their residency (11/9-11/20), please email John Bultman at jgb3u@virginia.edu.



Special Live Performance of *Synaisthesis*

In the Conservatory

Registration Now Open

November 13, 2026 at 11:00am-12:00pm and 7:00-8:00pm
Free and open to the public

The Omnisonan Project presents the Live World Premiere of Synaisthesis with creators Matthew Burtner, Karianne Michelle, and R. Lee Kennedy. The event features innovative electronic and acoustic music; sound art; and intermedia performance. This performance is part of the annual UVA TechnoSonics Showcase. The existing exhibit runs through December 11. Learn more

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Conflict, Power, & Dialogue: Faculty & Staff Lunch Series

The Space Between Us: Practical Skills for Difficult Conversations in Academic Life

REGISTER

November 13, 2026 12:00-1:30pm
Free and open to the public

The Space Between Us is a highly interactive workshop designed for faculty who want to navigate disagreement more effectively, provide direct and constructive feedback, and build

stronger professional relationships across differences in perspective, status, and expertise. Learn more

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Introduction to Iyengar Yoga

November 18, December 2, & December 9, 2026
5:15-6:30pm
Full series recommended, drop-ins allowed. Free and open to the public

Spend long hours at a desk, in the lab, or hunched over a laptop? This series offers a reset. Learn the foundations of Iyengar yoga with a focus on posture and alignment, especially the neck, shoulders, and hips, where stress tends to settle. Great for beginners. Learn more

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AI Anxiety + Human Flourishing

A Contemplative Sciences Center Symposium

November 18-19, 2026
Open to the public
Contemplative Commons, University of Virginia
View the program

Read the *UVA Today* article: Wide-ranging symposium to produce undergrad course on AI anxiety

The Contemplative Sciences Center at UVA is convening leaders in the fields of education, research, industry, and contemplation — including Reddit co-founder Alexis Ohanian — this November for two days of thought-provoking conversation and exploration.



Faculty Winter Wellness Retreat Day

December 10, 2026
8:30am-4:30pm (Attend to events, as your schedule allows)
Free and open to the public

REGISTER

As the semester's demands crest alongside holiday pressures, join us for a faculty-centered day dedicated to rest, connection, and renewal. Learn more



Step Away and Recharge: A 90-minute Nature Retreat

December 11, 2026
3:00-4:30pm
Free and open to the public

Slow down your pace in order to reconnect with the natural world. In this 90-minute micro-retreat, you'll explore simple expressive eco-art practices, relaxing therapeutic movement, and sensory activities designed to support wellbeing and deepen your connection with nature. Learn more

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MONDAY-FRIDAY



Midday Mindfulness

Monday-Friday, 12:00-12:20pm
Free and open to the public

Experience a midday contemplative break as we explore mindful qualities of present-moment awareness, curiosity, and non-judgment. Open and accessible to all levels.

MONDAY-THURSDAY



Ashtanga Yoga: Mysore-Style

Monday-Thursday, 6:00-900am
Free and open to the public

In Mysore-style Ashtanga Yoga classes, participants work through a fixed sequence of poses at their own pace and ability level while the teacher provides one-on-one guidance and instruction as needed. Learn more

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WEDNESDAYS, FRIDAYS, & SUNDAYS



Peer-Led Yoga

Wednesdays 5:30-6:30pm, Fridays 11:15am-12:15pm, & Sundays, 12:15-1:15pm
Free and open to the public

Enjoy beginner-friendly yoga practices led by members of our student peer programming team who have completed their yoga teacher training! Learn more

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MONDAYS

Midday Mindfulness (Pictured above)

Monday-Friday, 12:00-12:20pm
Free and open to the public. Learn more



Movement Mondays: The 360 Emergence

Mondays, 5:00-600pm
Free and open to the public

Join facilitator Samantha Lane as she guides participants through The 360 Emergence, a conscious dance and embodiment practice, bridging dance and personal growth; rigor and freedom; and individuality and the global collective. Learn more

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Active Series

Mondays, 5:00-6:30pm
Free and open to the public

Developed by Sharath Jois, the Active Series is derived from traditional Ashtanga Yoga as an all-level practice in an inclusive setting. Classes are open to all. Learn more



Movement Mondays: Ways of Attending

Mondays, 6:30-7:30pm
Free and open to the public

In this class we will explore common ways of moving to cultivate awareness, learning, and embodied attention by exploring they ways we move. Activities are inspired by the work of Dr. Moshe Feldenkrais as well as the instructor, Brad Stoller. Learn more

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TUESDAYS

Midday Mindfulness (Pictured above)

Monday-Friday, 12:00-12:20pm
Free and open to the public. Learn more



Contemplative Bird Watching Walks

Tuesdays, 8:00-9:30am (except Nov 3)
Free and open to the public

The peer programming team leads a contemplative bird watching walk around starting at the O-Hill trailhead. Open to all. Bagels are provided!
Read the UVA article | Learn more



Contemplative Film Club

4:00-7:00pm
Tuesdays
Free and open to the public

November 10: *Everything Everywhere All at Once*, Daniel Scheinert
December 1: *Perfect Days*, Wim Wenders

Join our student programming team for this exploration of contemplation through film. We'll view popular and lesser known films and discuss contemplative elements of the film while spending time in community. All are welcome. Light refreshments will be provided. Learn more

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Yoga for Resilience

5:30-6:30pm (Except for Nov 3)
Tuesdays
Free and open to the public

How are the body and the breath connected to how we feel? This class explores the ways we can use our autonomic nervous system to reach a renewed state of presence. Learn more

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WEDNESDAYS

Midday Mindfulness (Pictured above)

Monday-Friday, 12:00-12:20pm (Except for Nov 3)
Free and open to the public presence. community. Learn more



Faith, Play, and Practice: Analog Hour

Every other Wednesday
3:00-4:00pm
Includes a catered meal
Free and open to the public

10/28
The Art of Blessing, with Reverend Carolyn Mitchell Dillard
Belovedness as our essential identity

11/11
Movement/ Dance - Spirituality in motion, with Prof. Emily Wright
“Befriending the Body”

12/2
Visio Divina/Advent art contemplation, with Hunter Hollins
Embodiment and entering into the incarnation of Jesus

Along with partner Theological Horizons, this analog hour was created as an opportunity for students and community members to engage in contemplative screen-free activities. Enjoy a mid-week practice that encourages play, deep reflection, and presence. Learn more

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Introduction to Iyengar Yoga

Wednesdays starting Nov 18, Dec 2, Dec 9, 5:15-6:30pm (Pictured above)
Three-part Series. Full series recommended, buy drop-ins are allowed. Free and open to the public.

Peer-Led Yoga

Wednesdays 5:30-6:30pm, Fridays 11:15am-12:15pm, & Sundays, 12:15-1:15pm
Free and open to the public.



Yoga for Connection

Wednesdays, 7:00-8:00pm
Free and open to the public

Join this upbeat, heart-centered class with an energizing yoga flow that helps build a feeling of vitality and community. Enjoy creating a space for authentic connection with yourself and others. Learn more

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THURSDAYS

Midday Mindfulness

Monday-Friday, 12:00-12:20pm (Except for Nov 3)
Free and open to the public presence. community. Learn more



Art Cart

Thursdays, 3:00-6:00pm
Free and open to the public

October 29, Special (Spooky) Halloween Crafts

Express yourself! Join our student programming team for rotating arts and crafts sessions throughout the semester. Learn more

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Therapeutic Yoga for Stress Management

Thursdays, 5:00-5:45pm
Free and open to the public

Join a yoga class designed especially to address sleep, connection with self and others; and stress relief. Learn more



Yoga for Better Sleep

Thursdays, 6:00-7:00pm
Free and open to the public

In this restorative practice we will focus on calming the body, slowing the breath and focusing on the present. This yoga practice will increase circulation and endorphins that encourage relaxation which help you into a state of inner peace for a restful sleep. Learn more

FRIDAYS



Ashtanga Yoga: Sanskrit-Counted Led Primary Series

Fridays, 6:30-8:00am

Free and open to the public

In this class, the instructor leads participants through the entire ashtanga primary series, pairing movement with in- and out-breath to the traditional Sanskrit-counted vinyasa. Learn more



Chai and Chats

Fridays, 8:00-9:00am
Free and open to the public.

Yoga Q&A with tea and snacks following the Ashtanga Yoga class, Sanskrit-Counted Led Primary Series. Learn more

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Midday Mindfulness (Pictured above)

Monday-Friday, 12:00-12:20pm
Free and open to the public. Learn more



REST FEST

Fridays, 1:00-4:30pm
Free and open to the public

Sound Bath: 1:00-2:00 pm, Studio 3B, with one of our practitioners: Selena Cozart, Waverly Davis, or Karianne Michelle

Qi Gong: 2:30-3:30 pm, with Hiromi Johnson

Yoga: 3:00-4:00 pm, with Allie Redshaw

T'ai Chi: 3:30-4:30 pm, with Hiromi Johnson

Learn more about Rest Fest

Peer-Led Yoga

Wednesdays 5:30-6:30pm, Fridays 11:15am-12:15pm, & Sundays, 12:15-1:15pm
Free and open to the public

SUNDAYS

Peer-Led Yoga

Wednesdays 5:30-6:30pm, Fridays 11:15am-12:15pm, & Sundays, 12:15-1:15pm
Free and open to the public



Write and Reset

Sundays
12:15-1:30pm
Free and open to the public

Ease into the week with the practice of journaling at the Contemplative Commons. Enjoy the solitude. Learn more

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Contemplative Capoeira

Sundays (Except for Nov 15)
2:00-3:00pm
Free and open to the public

Join us for an all-level Capoeira class with Reggie "Reisa" Harrison. In this journey through Contemplative Capoeira, we will explore many aspects of mind-body awareness through movement, music, and community. Watch the video and learn more.



Sound Bath

Sundays
2:00-3:00pm
Free and open to the public

Experience a meditative, sonic experience that eases stress and cultivates rest. Sit or lie comfortably while absorbing gentle vibrations from instruments such as chimes, drums, or singing bowls in this Sunday sound bath. Learn more

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Reading Unplugged

Sundays
2:00-5:00pm
Free and open to the public. Snacks provided

Put away your phones, turn off your laptops and settle in for screen-free reading over snacks. Read for class (print out your coursework!) or just bring your favorite book or magazine. Learn more



Ashtanga Yoga Drop-in Led Class

Sundays
4:00-5:00pm
Free and open to the public

A fun Sunday class to practice Ashtanga yoga and build a practice that works for you whatever level you are at. Learn more

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LIST VIEW BELOW
(Calendar View)

Conservatory: Current Exhibit - Synaisthesis

October 29: Salon - RESONANCE: Karianne Michelle

October 31: All Hallows All-Level Yoga and Crafts

November 9-20: Active Series Micro-residency (Details above)

November 13: Live World Premiere of Synaisthesis

November 13: Conflict, Power, & Dialogue: Faculty & Staff Lunch Series

November 18, December 2, & December 9: Introduction to Iyengar Yoga

November 18 & 19: AI Anxiety + Human Flourishing Symposium

December 10: Salon - PAIN: Patrick Finan

December 10: Faculty Winter Wellness Retreat

December 11: Step Away & Recharge: 90-Minute Nature Retreat

MONDAYS: Active Series Yoga | Movement Mondays: The 360 Experience; Ways of Attending)

MONDAYS-THURSDAYS: Ashtanga Yoga-Mysore

MONDAYS-FRIDAYS: Midday Mindfulness

TUESDAYS: Contemplative Birdwatching | Yoga for Resilience (except for Nov 3)

WEDNESDAYS: Peer-led Yoga | Yoga for Connection
EVERY OTHER WEDNESDAY: Faith, Play, and Practice

THURSDAYS: Art Cart | Therapeutic Yoga for Stress Management | Yoga for Better Sleep

FRIDAYS: Ashtanga Yoga-Led Primary | Chai & Chats | Peer-led Yoga | Rest Fest

SUNDAYS: Peer-led Yoga | Write & Reset | Contemplative Capoeira | Sound Bath | Reading Unplugged | Ashtanga Yoga Drop-in Led Class

VIEW ALL EVENTS

CONTEMPLATIVE COMMONS HOURS
Monday-Thursday: 8:00am-8:00pm

Tuesday Nov 3: Closed

Friday: 8:00am-6:00pm

Saturday: 10:00am-6:00pm

Saturday Oct 31: 10:00am-3:00pm

Sunday: 12:00pm-6:00pm

Give here to support the Contemplative Sciences Center at UVA.

GIVE

CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA

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