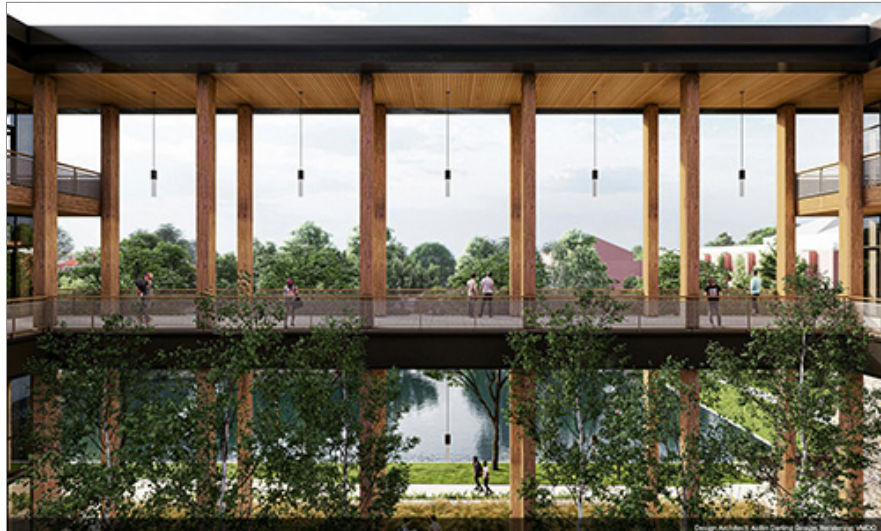




CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA



CHECK OUT THE CONTEMPLATIVE COMMONS

...during our weekly programming!

The Contemplative Sciences Center and our partners are thrilled to offer a robust roster of programming in the Contemplative Commons this fall! Accessible only during these activities, much of the programming was planned by students for students; while other opportunities are intended for UVA and the public (such as Meditation from the Dell, a reprise of the popular Meditation on the Lawn). *Stay tuned for the official public grand opening in spring 2025!*

View the fall schedule at the link below to learn more about Meditation from the Dell; guided nature walks; reflective writing; access to screen-free quiet spaces; T'ai Chi; yoga, and more.

[VIEW SCHEDULE](#)



"What if We Learned Contemplation Like We Do Arts or Sports"

A Case for Contemplation in Higher Ed

CSC's Director of Research, Michael Sheehy, penned an article for *Psyche* magazine on the importance of learning contemplation in school. "As with football or violin practice, young people could gain versatile life skills through routine contemplative training," says Sheehy. "The competencies acquired through contemplative practices can cultivate awe, flow and transcendence in individuals. These peak states are also associated with deft artistic and athletic acts, such as being 'in the zone.'"

[READ THE STORY](#)



CSC Research Lab Awarded Neuroscience Grant to Study Contemplative Sleep Practices

The Science of Perception Box

CIRCL, CSC's Contemplative Innovation + Research Co-Lab, along with collaborators at Northwestern University, received funding from the Tiny Blue Dot Foundation for their study to determine how wake- and sleep-based practices are combined to enhance sleep. The project, which incorporates lucid dreaming and virtual reality experiences, was among 12 neuroscientific research projects selected related to the Science of Perception Box—or how a person's perception is skewed by various factors such as beliefs, biases, and narratives.

[LEARN MORE](#)



Student Opportunity: Apply to Become a Citizen Leader Fellow!

For International Students, Transfer Students, and Student Athletes

Apply by August 30!

Join a year-long mentorship and training program to help improve the experience of fellow students while developing your own style of citizen leadership. Using evidence-based tools you'll identify a pressing challenge to your community and create and implement a unique project aligned with your values.

[LEARN MORE & APPLY](#)



For Students: Contemplation Under the Stars

SEPTEMBER 6-7, 2024

Join us for an overnight adventure in Shenandoah National Park to stargaze with telescopes; practice yoga and mindfulness; and enjoy an easy hike. Provided: Transportation, dinner, breakfast, and lunchtime snacks. If needed, a sleeping bag and tent will also be available.

[LEARN MORE](#)



COMPASSIONATE SCHOOLS PROJECT NEWS

Flourish Selected for CASEL Designation

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has designated *Flourish: The Compassionate Schools Project (CSP) Curriculum* as a Promising Program for Social and Emotional Learning. *Flourish* is one of 14 programs in the 2024 review cycle selected for inclusion in the CASEL Guide to Effective Social and Emotional Learning Programs. Stay tuned for results of a randomized control trial of the UVA mindfulness-based health and wellness curriculum, CSP's *Flourish*.

[LEARN MORE ABOUT CSP](#)

Make a gift to support the Contemplative Sciences Center!

DONATE \$25

DONATE \$50

DONATE \$100

CALENDAR

UPCOMING PROGRAMMING

Mondays - Fridays: Ashtanga Yoga
[Learn more](#)

August 30 - Contemplative Commons Pilot Programming Starts
(reflective writing, mindful walks, & more)
[Learn more](#)

September 3 - Meditation from the Dell Starts
[Learn more](#)

September 6 & 7 - For Students: Contemplation Under the Stars
[Learn more](#)



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