



Mindful Deep Relaxation Group 2022-3

“Peace is all around us. It is not a matter of faith; it matter of practice.” **Thich Nhat Hanh**

Deep Relaxation and Mindfulness practices are an effective way to bring peace to your body and mind. Deep Relaxation is key to both growth and healing. It helps to disperse the adrenalin and cortisol that the body produces in stress situations. Mindfulness enables us to better observe ourselves so we can become responsive rather than reactive beings. Regular practice can help you to combat stress & improve your health & concentration. The group is free & supported with free online resources!

You cannot meditate unless you can concentrate and you cannot do either, until you can first relax - and sometimes that's all we can manage! With the war in Ukraine, the Pandemic and the cost of living crisis affecting so many of us so much, we can all benefit from a little more care. The fears and the uncertainties have brought a suffering which is best met by kindness and a willingness to help ourselves and others. When we do this, we are practicing compassion and the purpose of this group is to offer you a peaceful hour in your week in which you can relax, calm and centre yourselves. We cannot make peace around us until we have first learnt how to make peace within us.

Every Friday 2-3 pm The Group Room, SCW 19 Clarendon Place Leeds LS2 9JY

Or Join us Live on Zoom ! Meeting ID: 875 8989 8988 Passcode: A6a+H\$ or click:

<https://universityofleeds.zoom.us/j/87589898988?pwd=WGhnMmxLSlhRUGZUQjFvSDIiWFpuZz09>

To Sign Up for Group Membership 2022-23:

<https://forms.office.com/Pages/ResponsePage.aspx?id=qO3qvR3IzkWGPIIypTW3yynkO45FzE5EohmxGfLyCmdUMFZHNEdVV09MSUgyR0NTSDhEWTBOV0xVRi4u>

To Attend in Person:

We have 10 spaces available for each group which can be booked up to 7 days before the date of each meeting. We keep a reserve list of 3 spaces each week in case people who have signed up don't turn up - please advise us if you are unable to attend so we can make space for others.

You can book your space by emailing SCW@leeds.ac.uk or calling us on 0113 3434107 or dropping in to 19 Clarendon Place in person.

Facilitator James Taylor: J.R.E.Taylor@Leeds.ac.uk

For more information: either email James, or scroll to 'Mindful Relaxation Group' at

http://students.leeds.ac.uk/info/100001/counselling_and_wellbeing/691/groups_and_workshops

Free MP3 Library of Meditation and Deep Relaxation Practices

https://students.leeds.ac.uk/info/100002/togetherall_resources_and_self_help/895/meditation_and_relaxation_downloads

Student Counselling & Wellbeing 19 Clarendon Place Leeds LS2 9JY Tel : 0113 343 4107

Web: https://students.leeds.ac.uk/info/100001/counselling_and_wellbeing