



# The Meditation Group

**Meditation is an effective way to relax & bring peace to your body and mind. 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! Each 90 minute group is divided into three parts. In the first half hour, you will be taught gentle activations, Energy Block Release techniques, posture practices (Asanas), and other flowing sequences of movement to prepare you for Relaxation. During the next thirty minutes you will receive a variety of Deep Relaxation practices which settle and detoxify the body so we are best prepared our Meditation. Over the year, you will be offered a variety of Meditation practices which will enable you to cultivate deeper qualities of mindfulness, compassion and acceptance for yourself and others. You will experience Pranayama (breath work practices which dependably change mood and energy), Pratyahara (practices that help us withdraw from the senses), Mantras (enabling us to focus our intentions) and Mudras (Yogic hand gestures). The groups are sensitive to the academic cycle, so at certain times of the year, e.g. the exam period, there are practices taught that help with concentration and stress management. You are never obliged to speak in the group but your questions are always welcome.

The group is run by James Taylor who is a fully qualified Meditation & Yoga Teacher and a UKCP Registered Psychotherapist working in Student Counselling and Wellbeing. If need be, you will be given access to one to one time with James, so your individual needs can be addressed.

The Group runs throughout the academic year and during vacations.

**Thursdays 12 – 1.30 pm in Room 6, 2<sup>nd</sup> Floor LUU beginning on 5<sup>th</sup> September 2024  
& Live Streamed over Zoom if you cannot make it in person!**

**To Sign Up For The Year Please Click and Complete this Form !**

<https://studentwellbeing.leeds.ac.uk/leap/pathways/preview-pathway.html?pathway=50>

Facilitator James Taylor: [J.R.E.Taylor@Leeds.ac.uk](mailto:J.R.E.Taylor@Leeds.ac.uk)

For more information: either email James, or scroll to 'Meditation' at

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