



Feel Better Faster

**Every Friday 2 – 3 pm from 25th October 2024
in The Group Room, SCW, 19 Clarendon Place Leeds LS2 9JY**

This group is for any UoL student who wants to manage their feelings and thoughts with more ease. You will be shown a set of Yoga, Meditation and Mindfulness techniques which, if practiced regularly, will help you to deepen your capacity to relax, to concentrate and to manage what goes on inside of you. These practices help the majority of people who suffer insomnia, anxiety, stress and depression to be able to reduce their symptoms quite quickly. Please know you will not need to share the content of any of your challenges in the group for the techniques to work! Best results will be achieved by participants who work regularly on the techniques in between as well as during the sessions so free MP3 files are provided to support your practice. Mindfulness enables us to focus upon ourselves with more kindness and compassion. It enables us to come more fully into the present moment which is where we can make the best of ourselves.

In this group, we will only try at what is possible but in doing so, we will realise that more is possible than we sometimes imagine. As Thich Nhat Hanh once observed: “Peace is all around us. It is not a matter of faith; it matter of practice.”

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.

To join the group please click and complete this link;

<https://studentwellbeing.leeds.ac.uk/leap/pathways/preview-pathway.html?pathway=56>

For more information:

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