

**Free 8 week course for adults (18+) who live, work or study in Leeds.**

# Mindfulness for beginners

## 8 week course

**Mindfulness means to pay attention to whatever we are doing, thinking and feeling, both emotionally and physically. This includes learning to let go of our need to have things a certain way, and to have compassion for ourselves.**

Mindfulness can help you feel more able to cope with life's challenges and it can be useful if you're looking to bring more meaning to your life or relationships. It can enable you to recognise things which happen, that then trigger unhelpful feelings -so you're better prepared to deal with them.



**Starts, Monday 30th September 2:15 - 4:45pm, Quaker Meeting House (Leeds, Centre)**

Prior booking essential. Before the course you'll be invite to have a short conversation with our lead facilitator Kate, in advance of the course to check the course is going to be suitable for you at this time.

**For further details please scan,** or visit [Leedsrecoverycollege.com](http://Leedsrecoverycollege.com)

**To book, please email:** [Leedsrecoverycollege.lypft@nhs.net](mailto:Leedsrecoverycollege.lypft@nhs.net) or call 0113 855 5172.

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