

**Paisley & District U3A Press Release:DRAFT
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U3A tapping mind and body links



If you want to find out how your mind influences your life, just head to Paisley & District U3A's 4 March online meeting. In this interactive session, professional therapist and life coach, Joyce Bunton offers the chance to learn firsthand about our mind and body connection. She also reveals that it's never too late to change any mindset. Viewers can ask questions and afterwards enjoy a friendly chat.

U3A chair, Kathy O'Donnell said: "I find Joyce's U3A meditation class so helpful, and especially in the lockdowns. It felt like we had no control in a world turned upside down. Then, after each session I'd be calm, hopeful and more focused. We are all amazingly complex beings, so being mindful of our thoughts really helps how we will interact with others. All I can say is if you've never tried any meditation before, why not give it a go."

Joyce Bunton, who will speak on the healing power of meditation and tapping therapies, commented: "I believe it's never too late to change your mind about your life and what you are using your body for. On 4 March, we will explore how we can change our

experiences of life and body by changing our minds. We can discover the power and light that lies within each of us, using some basic meditation and tapping techniques.”

Details on how to view this free live talk are on: <https://u3asites.org.uk/paisley/welcome>

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1. **Photo:** Joyce Bunton, guest speaker at Paisley & District U3A , and leader of its Meditation group
2. Paisley & District U3A is Scotland’s 50th self-help learning co-operative for semi or fully retired people. It is part of a UK-wide and international educational movement. U3As are led by local volunteers who share ways to learn in later life. The U3A motto is ‘Learn, laugh, live.’
3. Thanks to a grant from Renfrewshire Council, computer equipment and software was purchased to host digital meetings during the pandemic. Registered members will be sent the Zoom link and password for the event on 4 February 2021. For more details please visit our website: <https://u3asites.org.uk/paisley/welcome>
4. Joyce Bunton, based in Paisley, is a professional teacher and practitioner of meditation techniques xxx
5. For any PR information or to interview Joyce Bunton, please contact **Allana Parker**, on **07483 820027** or email: alexandallana@btinternet.com