

esade



Wellbeing Days

Join us at the Esade Wellbeing Days
2024-2025. Bring your classmates! ;)

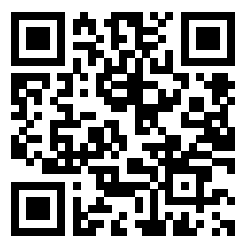
The third edition of the Esade Wellbeing Days is taking place at the Sant Cugat and Barcelona Campus.

This initiative will encourage us to lead healthier lives and it is also a chance for our community to meet and enjoy some time together. All the activities are held in English. It is focused on students, but the rest of the esade community (professional and faculty) is also welcome.

The Campus Life and Psychological and Counselling Service teams organize this program that includes free monthly activities from October 2024 to May 2025, with the help of external expert Monica Valls (The Wellco).

Registration

Register [here](#) for any, or all, of the activities (all of them are free).



Contact info

If you have any questions, please contact:
wellbeingdays@esade.edu

Program with **monthly activities**

2024

FROM 12 TO 4 PM **SANT CUGAT & BARCELONA**

Physio
Express

✔ Led by Fisioreact

Put yourself in the hands of professional physiotherapists to help unblock and alleviate any physical discomfort and feel reenergized for the day ahead.

29 OCT · Sant Cugat

📍 Egara, Building E8

30 OCT · Barcelona

📍 Multipurpose Room (Sala Polivalente) Building 2



FROM 1.15 PM TO 2.15 PM **SANT CUGAT** | FROM 1.30 PM TO 2.30 PM **BARCELONA**

Paint
Your
Emotions

✔ Led by Delfina Arroyo

Join us for a special journey through colors and canvas! In this workshop, you can explore and express your emotions through art. Whether you are feeling joy, stress, or something in between, painting and drawing can be a powerful tool for relaxation and self-discovery. No prior art experience necessary and all materials will be provided.

12 NOV · Barcelona

📍 Room 1017, Building 3

13 NOV · Sant Cugat

📍 Idea Room, Building E8



2025

FROM 1.15 PM TO 2.15 PM **SANT CUGAT** | FROM 1.30 PM TO 2.30 PM **BARCELONA**

Nutrition:
Healthy
Detox

✔ Led by Gerard / The Playcook

Get ready for a transformative experience, revitalizing your health and fostering a renewed sense of well-being! In this workshop, you will gain valuable insights into the significance of liver detoxification and how to enhance detox processes (plus cooking a delicious liver-detox recipe!).

14 JAN · Sant Cugat

📍 Sant Cugat Auditorium

15 JAN · Barcelona

📍 Multipurpose Room (Sala Polivalente) Building 2



Exploring
Our Brain

✔ Led by Jordi Ortiz
from Neuro & Psico

Depression and anxiety are most probably the main causes of distress in western societies. We explore what happens in our brain when we experience these symptoms. We will also indicate protective and risk factors for depression and anxiety at work. Finally, we will share how to prevent and deal with these symptoms to increase our well-being and productivity.

12 FEB · Sant Cugat

📍 Sant Cugat Auditorium

13 FEB · Barcelona

📍 Room A001, Building 3 Barcelona



Hatha Yoga

✔ Led by The Wellco

Poses in Hatha Yoga are usually practiced slowly and include many static positions. Connect and explore our subtler aspects – physically, mentally, emotionally, and spiritually. Suitable for all levels.

5 MAR · Sant Cugat

📍 Sant Cugat Auditorium

6 MAR · Barcelona

📍 A006, Building 3



Wim Hof

✔ Led by Ice Bath

Experience the Wim Hof Method firsthand. Join our workshop to discover the science behind the method and its three pillars: breathing technique, cold exposure, and the power of the mind. You will learn key tools to improve your physical and mental health: tips for managing stress, boosting creativity, and enhancing your overall performance. No materials are required. The workshop does NOT include full immersion in an ice bath.

22 APR · Barcelona

📍 Multipurpose Room (Sala Polivalente) Building 2

24 APR · Sant Cugat

📍 Borja Center



Finding Rest
In Movement

✔ Led by Ressonant

‘What is Musicfulness?’ is a program created by Ressonant to achieve a state of wellbeing through music and techniques for internal movement. Through music therapy we become aware of subtle internal body movements, our sensations, and emotions. We use music and techniques to connect with our inner world and enter a more contemplative and relaxed state. We go deeper into what we notice and feel, we listen to ourselves and look within. From this new state of being, we use music that helps us go to the outside world and connect with people and the group.

7 MAY · Barcelona

📍 Multipurpose Room (Sala Polivalente) Building 2

8 MAY · Sant Cugat

📍 Auditorium Sant Cugat

