



# 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](mailto:wellbeingdays@esade.edu)

## Program with **monthly activities**

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

**2024**

### 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



### 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



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

**2025**

### 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

