

Refresh & Recharge: relaxation training for more energy

Studying can be challenging, and stress is a frequent companion. But relaxation is the key to a balanced and successful student life. We cordially invite you to our 90-minute taster course, specially designed for students.

Course content:

- Brief introduction to breathing techniques for stress reduction.
- Practical experience of meditation and mindfulness exercises
- Quick introduction to progressive muscle relaxation
- Emergency strategies for immediate stress relief in everyday student life

WHEN: Tuesday, 18.01.2024, 18:00 -19:30

WHERE: Gymnastics room 24.21. UG, HHU Campus, Düsseldorf

Register by 10.01.2024 at kultur@stw-d.de, further information will be provided after registration.

Participation is free of charge. In cooperation with Hochschulservice der AOK Rheinland/Hamburg , Campus (er)leben and Hochschulsport Düsseldorf.

Anmeldung / Kontakt
Studierendenwerk Düsseldorf
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www.stw-d.de/kultur

Energy in your studies!