



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Mindfulness: Focusing on the Present Moment

During this event, you will know more about mindfulness relaxation technique. Mindfulness has become popular due to its ability to help people focus better, reduce stress and improve overall mental well-being. It enables you to better understand and control your own emotions, which can help you react to emotionally challenging situations. This technique also improves communication.

Lector: **Mgr. Marie Buchtová**

Date: May 10, from 10 AM to 12 PM

Place: Room 1.04, Vodární 6, Olomouc

Capacity: 30 persons

Registration: under the QR code or on the Welcome Office website

www.upol.cz/welcome-office

