



Welcome
Office

Welcome to Well-being
A Journey to your Mental Harmony

Music Relaxation: A Touch of Healing Tones

We warmly invite you to our inspiring workshop on music relaxation, where you will discover the transformative power of music as a tool for achieving mental and physical relaxation. This unique experience seamlessly blends theoretical insights with interactive exercises, opening the door to a world of relaxation and harmony.

Lectors: **Janika Cecílie Bartečka** and **Pavel Bartečka** (Studium Alfa Návší)

Date: February 16, from 10 AM to 12 AM

Place: American Center Olomouc, třída Svobody 8, first floor

Capacity: 20 persons

Registration: under the QR code or on the Welcome Office website
www.upol.cz/welcome-office

