

Taking care of yourself: self-examination of your health

Course syllabus 2026

Four in-person seminars of two hours and a half and a welcome:

- 17th June 16:00 pm: Welcome and visit to the city center
1. 18th June from 9:30 am to 12:00 pm: Living our health
2. 18th June from 12:30 pm to 15:00 pm: Managing Stress
3. 19th June from 9:30 am to 12:30 pm: Relaxation techniques
4. 19th June from 12:30 pm to 15:00 pm: Conscious movement

In the four seminars, participants will explore their understanding of health from a biopsychosocial perspective, sharing their initial knowledge and expectations. Following this initial exchange, they will engage in a series of dynamic activities designed to promote self-care.

First, we will focus on the role of breathing as a means of connecting body and mind, introducing a well-established technique known as cardiac coherence. Second, participants will work with their bodies to understand the difference between tension and relaxation, while learning and practicing a range of relaxation techniques.

Finally, to complete this process of self-exploration, students will be introduced to conscious movement. They will be encouraged to perceive their joints, explore their movement possibilities, and become aware of changes in the center of pressure, all through a playful and engaging approach.