

# Savoring your life (ENG)

## *Positive mindfulness*

This experiential workshop focuses on positive mindfulness and the practice of savoring as tools to enhance psychological well-being. Participants will be guided to recognize, appreciate, and prolong positive experiences, fostering greater awareness of emotions and everyday moments. Through practical activities and reflective exercises, the workshop supports the development of emotional regulation, resilience, and a more mindful presence, helping to reduce stress and anxiety and to cultivate a more balanced and fulfilling daily life.

### **Practical information**

**Format:** online

**Duration:** 2 sessions of 2 hours each

**Link:** TBA (to be announced)

**Dates:** 23/02; 09/03 from 17:00 to 19:00

**Participation:** free of charge, with limited places (The workshop will be activated upon reaching a minimum number of participants)

### [\*\*Registration Link\*\*](#)