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Von: SKY Campus Zürich <info@skycampus.ch>
Gesendet: Donnerstag, 20. Februar 2025 17:34
An: VAUZ vauz
Betreff: SKY Campus Zürich Newsletter (Grab your scholarship for the Happiness Retreat NOW!)



Bi-monthly Newsletter

For February

Hello Christine!

As in, we have lined up some exciting workshops and events for you all, **including scholarships for students to join the S**

hat we have been up to this month...



Snapshots of the SKY Campus Happiness Retreat held from Feb 7-9



Refreshed and Empowered After an Inspiring 3-Day Retreat!



Upcoming events

workshop: [The Inner Path to Sustainability -Well-being for a better tomorrow, Feb 2024](#)

THE INNER PATH TO SUSTAINABILITY

Well-being for a better tomorrow

18:30 - 20:00 Monday, 24th February 2025

Location:
Green Kitchen Lab, UZH Irchel

Learn How to:

- Develop a positive and empowering relationship with yourself
- Discover the power of self-care and self-acceptance
- Contribute to sustainable development through inner development

Register Now!

SCAN ME
bit.ly/skywellbeing

SUPPORTED BY:

Prävention und Gesundheitsförderung
Universität Zürich
Faculty of Science

sky
CAMPUS ZÜRICH

Join us for a 90-minute workshop exploring the vital connection between mental health and sustainability.

We'll discuss social sustainability and how a strong, resilient mind can help us take meaningful action for a more sustainable world.

This event marks the launch of the **Zäme Mental Gsund** initiative, inviting all students and staff to build a community committed to both sustainability and mental well-being.

The workshop includes an experiential session of breathwork followed by a networking apéro. 🍷

Venue: Green Kitchen Lab, UZH Irchel campus
Address: Winterthurerstrasse 190, Zürich

Please register below to RSVP to the event.

[Register Here](#)

[The Science of Breath, Feb 25th, 17:30](#)

Workshop delves into the growing body of research on breathwork and
with a particular focus on SKY Breathwork and the SKY Campus

scientific studies demonstrating how breath-based practices
enhance emotional regulation, and improve overall mental

include with information on how students can engage with these

2-308006 Zürich

RSVP to the event.


[Register Here](#)

[Campus Happiness Retreat, Mar 21-23](#)

SKY CAMPUS ZÜRICH PRESENTS

THE SCIENCE OF BREATH


Learn more about the link between breath and mental well-being




February 25, 5:30 PM - 7:00 PM
NO-C60, ETH Zürich,
Clausiusstrasse 2-30, 8006 Zürich

ETH
DEAPS

For more info, visit : bit.ly/skytsob



SCAN HERE



SKY Campus Happiness Retreat!

Unleash Your Inner Strength and Build a Life You Love!

- Positive psychology
- Breathwork
- Meditation
- Social connection
- Service and leadership

Weekend Retreat*

Mar	22 Mar	23 Mar
IRCHEL	SAT	SUN
09:30-14:45	ASVZ IRCHEL	ASVZ IRCHEL
	09:30-14:30	09:30-14:30

LEARN MORE

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SUPPORTED BY:

Prävention und Gesundheitsförderung

*A limited number of scholarships available for students registered at Zürich universities (UZH, HAW, HWZ, ZHAW, PHZH, ZHDK)

Join us for the transformative SKY Campus Happiness Retreat, a program designed to help you reduce stress, boost resilience, and unlock your full potential.

Through a blend of evidence-based breathwork, meditation, and service, this retreat empowers participants to:

- ✦ Reduce stress, anxiety, and emotional fatigue.
- ✦ Increase mental clarity, focus, and productivity.
- ✦ Build emotional resilience and inner confidence.
- ✦ Cultivate a deep sense of peace, joy, and connection.

A limited number of scholarships are available for Bachelor and Master students, **funded by Gesundheitsförderung Kanton Zürich and the University of Applied Sciences**. Don't miss this opportunity—apply now and secure your spot.

Cost:

- Regular - **300 CHF**
- SKY Campus Zürich members (mid-level staff, researchers, and students) - **50% discount CHF**
- **PhD students - 50% discount**
- **Bachelor and Master students - 100% discount**

Take a step toward a healthier, happier you. 🌱

[Tell me more!](#)

Initiatives: [Make Irchel More Sustainable](#)

MAKE IRCHEL MORE SUSTAINABLE

WORKSHOP SERIES



PRIORITIZE YOUR WELL-BEING

Discover tools for **inner growth**, **build mental resilience**, and explore practices that promote **sustainable well-being**.

This is your space to have fun, recharge, reflect, and reconnect—with yourself and others. Plus enjoy snacks and great company!

- Where: **Irchel Campus**
- Open to students & staff – **No experience needed!**

sky CAMPUS ZÜRICH

UNIVERSITÄT ZÜRICH
FACULTY OF SCIENCE
SUSTAINABLE DEVELOPMENT GOALS

HERE FOR UPDATES
SCAN ME

TEB: Kickoff Session
 March: Paint and Meditate
 April: Plant and Meditate
 May: Overcoming Anxiety
 May: Happiness Retreat
 May: Mini-symposium - Inner Development for Outer Impact: Promoting Mental Well-being and Sustainable Change
 May: Play and Meditate
 June: International Day of Happiness

We've planned an amazing lineup of workshops just for you! Check them out, and don't miss out on the chance to learn, create, and connect. Wrap up with a relaxed apéro—open to all! 🍷 ✨

See you there! 🚀

[Sign me up!](#)

[Workshop: Happier Hour - Meditate with Campuses across the World, Mar 20 2025, 16:00](#)

Join us on the International Day of Happiness at this energizing session where we will meditate together, practice evidence-based breathwork, and build a global community!

Learn relaxation and experience techniques that calm the mind and refresh your whole system.

Join us for a live global meditation with thousands joining across hundreds of campuses, featuring meditation master teacher and happiness expert, and a global humanitarian and peace envoy.

The session is facilitated by a 1000-hour certified breathwork instructor from SKY Campus Happiness and is open to all.

The registration link will be updated soon!

Stay Connected with us

Want to stay connected with us through Instagram and our upcoming workshops and events. [Please sign yourself up on our new newsletter to our events with just one click!](#) If you are interested in helping out and being a part of SKY Campus Zürich, please write to us; we

Start to the semester and all the best for your last few exams! ❤️

Team



"Joy is never tomorrow,
it is always NOW."

- Sri Sri

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