

SKY Campus Happiness Retreat!

Unleash Your Inner Strength and
Build a Life You Love!



Breathwork



Meditation



Positive
psychology



Social connection



Service and
leadership



Weekend Retreat*

07 FEB
FRI

ASVZ IRCHEL

18:00 -21:45

08 FEB
SAT

ASVZ IRCHEL

09:30 -13:30

09 FEB
SUN

ASVZ IRCHEL

09:30 -13:30

Free introductory sessions

21 JAN
TUE

UZH ZENTRUM

18:30 -20:00

28 JAN
TUE

UZH ZENTRUM

18:30 -20:00

04 FEB
TUE

ONLINE

18:30 -19:30

*For students and staff registered at Zürich universities
(UZH, ETH, HWZ, ZHAW, PHZH, ZHDK)

LEARN MORE



SCAN ME
bit.ly/skyyes

sky
CAMPUS
ZÜRICH

"If you can win over your mind, you can win over
the whole world!"