

MUSIC FOR WELL-BEING

# Introduction to sound wellness

## How to reduce Stress through Music

Music can become a powerful tool for managing stress, improving concentration, and promoting psychological well-being. During this series of meetings, you will discover how sound and mindful listening can help restore balance in university life.

During the sessions, you will be able to:

- Explore the connection between sound, emotions, and the nervous system
- Learn techniques for mindful listening and guided relaxation
- Experience Sound Wellness practices
- Share useful tools for everyday university life

**BOVISA CAMPUS**

**Thursday, May 14 2026**

5:30 - 7:00 PM - Room B2.2.7 (Building B2, Durando Bovisa)

**Wednesday, May 20 2026**

5:30 - 7:00 PM - Room B2.3.2 (Building B2, Durando Bovisa)

**Wednesday, May 27 2026**

5:30 - 7:00 PM - Room B2.3.2 (Building B2, Durando Bovisa)

The sessions will be held in English.  
Limited places – Free participation.

\*Please note: No previous experience is required.

[Information & Registration](#)



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MILANO 1863