CULTURAL PROGRAMME

VI OPORTO BIOMEDICAL SUMMIT

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7 Bridges River Cruise (Ribeira)

Sail through the heart of the Douro Valley and marvel at its iconic bridges. This scenic cruise offers breathtaking views, cultural stories, and a relaxing journey along one of Portugal's most picturesque rivers.

Biodanza Experience (ICBAS)

Experience movement as a language of connection and vitality. Through music and guided expression, this workshop invites participants to awaken creativity, strengthen community bonds, and rediscover joy through the rhythm of life.

Neonia Experience (Neonia)

Step into a vibrant universe of light, sound, and sensation. Neonia invites participants to explore an interactive world where art and technology merge, creating a multisensory journey that sparks imagination and collective wonder.

Hot Pod Yoga (Hot Pod Yoga Studio)

Step into a cocoon of warmth and calm with this immersive yoga experience. Guided through dynamic flows in a heated, ambient pod, participants will enhance flexibility, detoxify the body, and reconnect mind and breath in a uniquely restorative setting.

Sustainable Art Workshop by FOCA (ICBAS)

Discover how creativity can transform the overlooked into the extraordinary. Led by FOCA, this hands-on workshop invites participants to reimagine discarded materials, giving them new purpose while promoting sustainability, innovation, and conscious design.

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Self-Defense Workshop (ICBAS)

Build confidence, awareness, and strength in this dynamic self-defense workshop. Participants will learn practical techniques to protect themselves while developing focus, agility, and a sense of personal empowerment.

Virtual Reality Adventure (Another World Porto)

Step beyond the ordinary and into immersive digital worlds. This workshop lets participants explore cutting-edge virtual experiences, blending technology, creativity, and interaction for a journey that challenges perception and sparks imagination.

Bouquet Design Workshop (ICBAS)

Unleash your creativity and craft stunning floral arrangements in this hands-on workshop. Participants will learn design techniques, color harmony, and the art of expressing emotion through beautiful, personalized bouquets.

Candle Crafting Studio (ICBAS)

lluminate your creativity by crafting your own artisanal candles. In this hands-on workshop, participants will explore scents, colors, and shapes—transforming simple wax into beautiful, personalized creations that warm both space and spirit.

Astrology Session (ICBAS)

Explore the stars and uncover the stories they tell about you. This workshop guides participants through the fundamentals of astrology, helping them understand celestial influences, personal traits, and the cosmic rhythms that shape our lives.

Smartphone Photography Workshop (Museu Soares dos Reis)

Discover the artistic potential of your own smartphone. In this workshop, participants will explore composition, lighting, and storytelling, turning everyday moments into creative and striking photographs.

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Massage & Wellness Workshop (ICBAS)

Unwind and reconnect with your body in this restorative wellness session. Through guided techniques and practical insights, participants will explore the basics of relaxation, stress relief, and mindful care.

Pilates Session (Forma Fitness Studio)

Strengthen your body and center your mind in this energizing Pilates session. Guided by experienced instructors, participants will explore controlled movements that improve posture, flexibility, and core stability.

Serralves Visit (Serralves)

Surrounded by stunning gardens and remarkable architecture, participants will explore a unique space where contemporary art, nature, and design come together to create an enriching and thought-provoking experience.

Dance Class (Armazém 22)

Feel the rhythm and let movement take the lead in this lively dance class. Guided by passionate instructors, participants will explore expressive steps and dynamic choreography in a welcoming atmosphere