

The Science of Breathwork & Cold Therapy: Resilience, Recovery and Balance

DATE: Wednesday, October 8, 2025
LOCATION: Barcelona, Cataluña, ES

Event Description

The Science of Breathwork & Cold Therapy: Resilience, Recovery and Balance is a premier conferences event in Barcelona. This event attracts visitors from around the world and significantly impacts local hotel demand, creating opportunities for strategic revenue management and guest experience optimization.

Key Information

Category: conferences

Importance Rank: 32/100

Expected Attendance: 129 people

Event ID: 7jPivhZjdiLuB3sP6P

Hotel Demand Indicators

ADR Impact Index: 4.2x baseline (varies by property tier & location)

Occupancy Impact: +60 percentage points over baseline

Booking Lead Time: Demand begins 30 days before event

Impact Radius: 15km from venue

Estimated Room Nights: 52 across all properties

Note: Actual impact varies by property location, star rating, and local market conditions.