

About us

Mireille BARREAU

Specialist of relaxation techniques,

Sleeping disorders,

Physical disorders due to stress and tensions.

Master specialist in Caycedian Sophrology

My practice is based in the Hague, Nassauplein 17 , Archipel, 2585 EB The Hague.

Tel : 06 300 30 888

Please note that the practice will be closed from the 18/12/2009 till the 404/01/2010.

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As a former athlete, I first discovered Sophrology during this period of my life.

Many Years later, I decided to prepare a Master Specialist in Caycedian Sophrology in order to share this efficient method to who it may concern.

In the Hague, I have developed my own practice and works with individuals and groups on regular basis. Some of my clients are sent to me by GP's, Psychotherapists or social workers from companies.

I also run some specifics seminars for companies. Eg I run on regular basis some programmes on sleeping disorders with international groups in the Hague.

I work within the Expatriated community of the Hague, French and English speaking including children but also with some Dutch people who are able to get trained in English.