

# Classes

What is a typical group session?

There are two options in FRENCH or ENGLISH

Whether the group want to use Sophrology for a better well-being, for general uses, whether the group has got a topic he wants to work on.

If there is no specific theme, I will use general techniques including Dynamic relaxation in order to develop the abilities of relaxation, stress management and well-being. ( one session per week between length :1h30 ask for me details)

If there is a theme (ex : insomnia, how to improve the quality of the sleep), I will set up a number of specific trainings related to the problem. Some part of the training ( length : 20 mn) will be recorded and print on a CD in order for the members of the group to practice it by themselves on regular bases.

Usually around 10 sessions are needed. When a participant can not attend some sessions, he can advise me. I will provide the audio CD of the training in order for him to keep on improving.

15 mn before the following session, a summary of the previous training will be proposed if requested.

The cost is related to the size of the group.

## LIST OF PROGRAMMES PROPOSED ON REQUEST

« Improve your Sleep, Enjoy your Day »

Based on Half day session or one hour per week (between 5 and 10 sessions),

1to 1 or group session.

The program can be amended according to special request

Type of program :



Â COPE WITH FLYING Programme (5 to 8 trainings)

Please call Â 06 34 22 33 56 Â to get some detailed informations about these programmes.

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