

Step 1 : Our
sleep and its process

Step 2 : The
body rhythm

Step 3 :
Stress mechanism and its effect

Step 4 :
Hormones/ neurotransmitters and sleep : how does it work ?

Step 5 :
Chronobiology / Chrononutrition : What to eat and when to improve our
sleep ?

Step 6 : Disturbing
events ? What to do with them ?

These themes will be discussed in relationship
with sleeping disorders. Some Tools and some practices will be experienced
during the training to bring the
awareness of new solutions. (e.g. how to fall back asleep ?)

After each
session, an audio CD related to the practical elements of the sessions will be
provided to enable participants to continue training in between sessions.

Other programmes : 

EXAMS PREPARATION Programme 5 trainings

BIRTH PREPARATION Programme 8 trainings to start after 5 months of pregnancy

BALANCE, WEIGHT and WELL-BEING on long term basis Programme 10 trainings

QUIT SMOKING Programme 10 trainings (to start 3 weeks before stopping)

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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