



SOPHROLOGY

SOS - Harmony **PREN** – Consciousness **LOGOS** – study of

*The study of the harmony of the consciousness
and the values of existence*

Sophrology is a term created in 1960 by Prof. Caycedo, Neuro-psychiatrist, in Madrid, to describe a method that he was developing to improve physical and mental health without the use of medication. The method is based on eastern and western philosophies and is widely used throughout continental Europe.

Sophrology has developed into a discipline with three fields of application:

a) A structured training programme

A series of easy-to-do exercises, easily integrated into daily life, that act as an insurance against ill-health in the fast moving 21st Century.

These exercises reinforce and strengthen mind, body and spirit improving both physical and mental health.

This holistic training is a must for today's fast pace of life, whether you are sick or healthy you will benefit enormously.

b) Therapeutic exercises for specific complaints such us:

- anxieties, fears, phobias
- chronic fatigue, exhaustion, insomnia
- chronic stress
- physical, mental and emotional strain
- difficulties in concentration and motivation
- pain relief
- high blood pressure
- eating disorders
- coping with illness

c) Life enhancement exercises widely used for:

- Preparation for childbirth
- Preparation for surgical interventions and chemo-therapy

- Managing change and transition
- Improving communication and relationships
- Enjoying retirement
- Team building
- Reducing absenteeism

- Exam Preparation
- Building self-confidence and self-esteem
- Improving memory and concentration
- Improving sporting performance