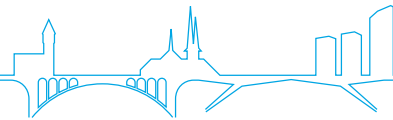




Sophrology

Simple and natural relaxation



What is sophrology?

Sophrology is a personal development method whose essential elements are dynamic relaxation, calm and composed breathing, and positive visualization.

Through the repetition of certain exercises, sophrology enables one to achieve and maintain a state of lasting, even constant, calm and serenity, as well as to become aware of one's own resources and strengthen them.

This discipline takes into account the person as a whole, in their physical and mental dimensions. It allows for a connection to be made between the body and the mind, leading to well-being and relaxation.

The practice of sophrology enables one to relax in a simple and natural way through breathing exercises, muscle relaxation, and visualization.

In practice:

Sophrology can be practiced by anyone, regardless of age or physical condition, and can be done anywhere, without any equipment or accessories or special ambiance, just a pleasant environment is recommended.

It will allow for a progressive relaxation of the body and mind, a better understanding and management of emotions.

Sessions take place in a comfortable position, preferably with eyes closed to let oneself be guided by the voice of the facilitator. They can be done individually or in a group, in person or remotely.

How is a session held?

After receiving a brief description of the session's proceedings from the sophrologist, each participant will settle into a comfortable position of their choice. The practice then consists of focusing on oneself and one's breathing to progressively bring about relaxation of the body and mind, through a few exercises of contraction or release. Through various techniques, such as visualization exercises of a pleasant object or moment, attention will be directed towards positive emotions and sensations.

These repeated positive experiences will allow for the anchoring of positive emotions in our consciousness and for approaching events more serenely.

What are the benefits of sophrology?

Sophrology allows:

- To gain perspective;
- To refocus on oneself and relax;
- To learn to know oneself, better manage one's emotions and stress;
- To adopt a more serene attitude towards the future and difficulties;
- To feel in harmony, to have confidence in oneself and one's resources;
- To tap into one's potential;
- To approach life with optimism.



The ASTF offers you to follow sophrology sessions
in english.

If you are interested in sophrology, or if you want more information,
do not hesitate to contact us!

sophrologie@astf.lu