THE SOPHROLOGY ACADEMY
Sophrology Practitioner Course

Course Brochure
SA7 – 2015 - 2017
The Sophrology Academy is the very first training centre in the UK teaching Sophrology: training fully qualified and recognised Sophrologists, a booming profession in continental Europe that is now becoming widely popular in the UK.

**Sophrology?**

Sophrology means “the science of the consciousness in harmony”. Created in Spain in 1960 by a neuro-psychiatrist, it is a life-balancing technique aiming at an alert mind in a relaxed body. At the crossroads between Western relaxation and Eastern meditation, it is simple and does not require complicated postures or large amounts of time each day.

Sophrology uses a very practical set of tools: relaxation, breathing, visualisation and simple movements.

Sophrology can help with: stress, anxiety, self-confidence, preparing for exams, speaking in public or interviews, pre and post-natal, sports mental preparation, stage performance, insomnia, burnout, chronic fatigue, pain, depression...

**Our Training**

A fully-accredited 400 hour course over 2 years:

- one weekend a month of face to face training from September to July for 2 years
- 22 hours of group practice sessions
- recordings and online resources
- around 300 hours of personal work per year
- a 12 hour internship
- a mentorship programme

Cost: £3,010 per year (flexible payment plans available)

**Who trains with us?**

Complementary therapists, counsellors, psychotherapists, coaches, midwives and nurses, teachers, sports coaches, Human Resources specialists who want to gain even more expertise in their existing professions.

Anyone who is looking for a career change.
**Our students are saying**

“As a qualified yoga teacher I have found the course to be both enjoyable and informative and it has provided me with a much deeper understanding of ancient and modern relaxation techniques. The testimonials from the group sessions I ran for my internship proved, without doubt, the need and the effectiveness of Sophrology. My personal experience through attending the course and practicing on myself has been very positive and I am now able to provide one:one and group sessions locally for those who need the relaxation but are unlikely to sign up for a yoga class.”

“Florence is so passionate about what she teaches that you follow with the greatest ease. She is always very reassuring, kind, attentive, thoughtful and wonderfully non-judgmental! It has been sheer joy working with her. She can really help you excel!”

“You can expect a high quality training with the Sophrology Academy. The course alternates theory and practice in a friendly and professional environment. The facilitators are very knowledgeable in their field of expertise and the support and attention received by Florence, the founder of the Sophrology Academy is excellent. Inspiring experience”.

“A really great experience, in addition to a rich and complete training, supported by teachers coming from diverse horizons and backgrounds, and an attentive and caring director”.

“If you want to help people, Sophrology is a wonderful and inspiring platform from which to do so.”

“A real and personalized monitoring, with a lot of encounters, practice and great exchanges.”

**Come and try it out for free!**

If you have never experienced Sophrology and would like a taster, come to one of our monthly group practices, discover the technique and meet the students!

Dates for 2014-2015: October 11th, November 22nd, December 6th, January 10th, February 7th, March 7th, April 25th, May 9th, June 20th
**Accreditations**

The Sophrology Academy is recognized by all the main professional associations regulating Sophrology in the world and by several general complementary therapy associations in the UK.

The Sophrology Academy is a member of the prestigious FEPS (French Federation of Sophrology Professional Schools), a Federation recognizing excellence in Sophrology teaching. The FEPS aim is to establish a unified training course in Sophrology in order for practitioners to gain access to expert training with very high standards and be recognized as high-quality professionals anywhere in the world. The FEPS is very active in promoting quality and recognition of the profession. It also organises a yearly Conference in France, open to all Sophrologists.

We are very proud to be working closely with other schools of excellence in FEPS: CEAS in Paris, CFSP in Normandy, ESNE in Reims, ISH in Lille, ISR in Rennes, IFSMS in Limoges, ISRA in Lyon, IFSR in Avignon, ISSO in Toulouse, EFS in Montpellier, EFS in Reunion.
**Programme**
Please see attached document

**Practical details**

The Academy is perfectly situated at the heart of Canterbury in Kent, an amazing historic cathedral city and UNESCO World Heritage site. It is very easily accessible:

**To come by train**
From London: High-Speed Train (South Eastern Railways) from St Pancras to Canterbury West: 55/60 minutes.

From Paris, Brussels, Lille: Eurostar to Ashford International + 10-20 min train to Canterbury West. The Academy is within 10 minutes walking distance of both Canterbury stations.

From Canterbury West station:
Turn right when you leave the station (Station Road), at the end of Station Road, go left along St Dunstan's Street, which then becomes St Peter’s Street, and then leads into the High Street. Turn right into Stour Street. Concorde House Clinic can be found on the right hand side.

**To come by plane**
Nearest airports are London Gatwick and City but we are also connected to other airports. To find the quickest train link from the airports, please go to [http://ojp.nationalrail.co.uk/service/planjourney/search](http://ojp.nationalrail.co.uk/service/planjourney/search)

**To come by car**
From Ashford: Take A28 into Canterbury (Ashford Road), coming through Wincheap just as you enter Canterbury. Entering Canterbury, take the 2nd exit off the roundabout into Castle Street. Turn left onto Hospital Lane, and then take the 1st right onto Stour Street.

You can park in the private car park at the rear of the building, only on our designated spaces, at the far end of the car park on the right, nearest to the Clinic (Concorde House Clinic parking signs). Let us know if you want to park onsite so that we can check availability and let you have the gate code.

**Overnight accommodation**
We are happy to provide a list of B&Bs in the area for those who will not be able to go back home every evening.

**Course Timings**
Usual timings are from 9 am to 6 pm (one hour lunch break) unless otherwise planned beforehand.
Interested? Think this could be for you?

Get in touch!

contact@sophroacademy.co.uk

www.sophroacademy.co.uk

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