

# *Sophrology* academy

## Consolidation & Practice Level 1

Part 1 / 2

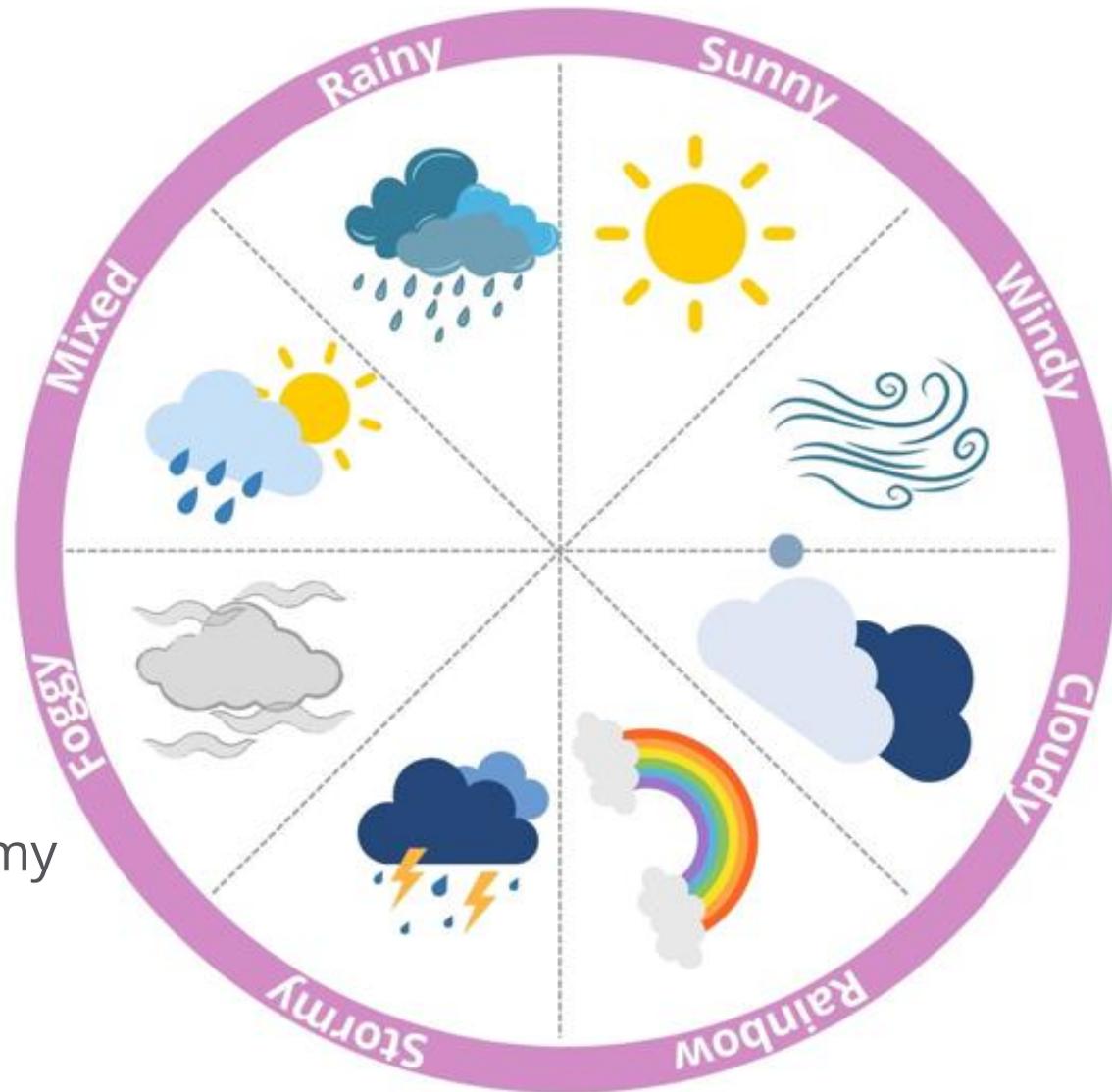
# Check in

How do you feel?

Rainy – Sunny – Windy

Cloudy – Rainbow – Stormy

Foggy – Mixed



# Agenda – Consolidation

Review of DR1 protocol with variations of exercises

Review of uses and safeguards of level 1 exercises

MCQ Quizzes

Practices: Sophro Liminal Protection + Anchoring

Your questions

# Agenda – and Practice!

## **Student Practice – about 10 minutes each**

- Breathing Awareness
- Object Concentration
- DR1 System 2 with neck tension and shoulder pump + SVA
- DR2 System 3 with chest opening and target + SPP
- DR1 System 6 with side stretch + SVA
- Grounding
- Calming breath

# Over the next two days

- Quick review of what you've seen this term
- Practice: SLP
- Quiz
- 2 student practices
- Review of DR1 exercises variations and uses
- 2 student practices
- Q&A
- Practice: Anchoring
- Quiz
- 3 student practices
- Brainstorm on level 1 exercises uses
- Q&A

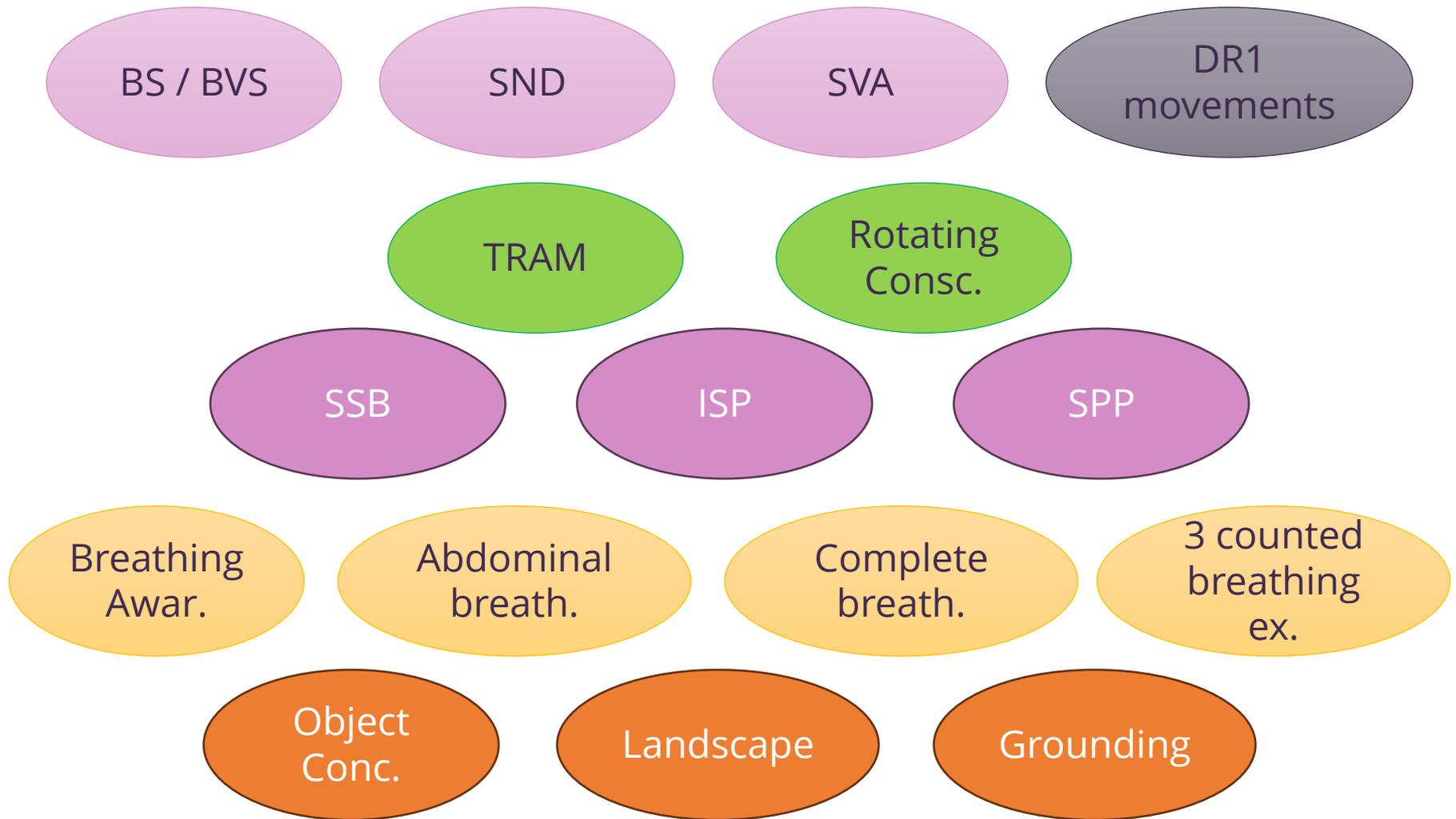
# Term 1 Modules

## Review

1. What sophrology is ; the origins and development of the method
2. Introduce several key concepts: theories, principles, structure and terminology
3. Aims and focus of Level 1 of the method
4. Exercises of Dynamic Relaxation Level 1
5. Specific techniques: exercises set in the present, breathing and mental imagery
6. Sources of sophrology: Relaxation and Yoga
7. How to use the exercises of Level 1 for self and others

Referring to Modules I, II and III in your Workbook

# Level 1 – Exercises seen so far



Let's Practice

**SLP: Sophro Liminal Protection**

# Quiz – Question 1

In sophrology, what does *terpnos logos* refer to?

- A) The script used during the exercise only
- B) The content of the exercise as well as the way it is delivered through the voice
- C) A traditional chant used to induce trance

# Quiz – Question 1- Answer

In sophrology, what does *terpnos logos* refer to?

A) The script used during the exercise only

**v B) The content of the exercise as well as the way it is delivered through the voice**

C) A traditional chant used to induce trance

# Quiz – Question 2

Which of the following are qualities of the *terpnos logos* in sophrology? (*Select all that apply*)

- A) It should be neutral and non-directive
- B) It must use an authoritative tone to guide the client
- C) It invites rather than instructs
- D) It provides multiple options and leaves space for personal experience
- E) It should be delivered in a high-pitched, energetic voice regardless of the topic
- F) It can be adapted to suit the person or theme of the session (e.g., sleep vs performance)

# Quiz – Question 2 - Answers

Which of the following are qualities of the *terpnos logos* in sophrology? (*Select all that apply*)

- v A) It should be neutral and non-directive**
- B) It must use an authoritative tone to guide the client
- v C) It invites rather than instructs**
- v D) It provides multiple options and leaves space for personal experience**
- E) It should be delivered in a high-pitched, energetic voice regardless of the topic
- v F) It can be adapted to suit the person or theme of the session (e.g., sleep vs performance)**

# Quiz – Question 3

**Why should the terpnos logos be neutral, non-directive, and invitational?**

- A) Because it supports autonomy and allows each person to connect with their own inner experience.
  
- B) Because giving multiple options prevents the practitioner from ever needing to plan the session in advance
  
- C) So that the Terpnos Logos 'speaks' directly to the consciousness of the person rather than 'suggest' to the subconscious

# Quiz – Question 3 answers

Why should the terpnos logos be neutral, non-directive, and invitational?

**v A) Because it supports autonomy and allows each person to connect with their own inner experience.**

B) Because giving multiple options prevents the practitioner from ever needing to plan the session in advance

**v C) So that the Terpnos Logos 'speaks' directly to the consciousness of the person rather than 'suggest' to the subconscious**

Caycedo said

**“The best terpnos logos is the silence”**

# Student Practice

10 min each

No sophronisation – Close eyes – awareness of posture and points of contact – move into guiding the exercise.

At the end PTP + desophronisation

- Breathing Awareness
- Object concentration

# Variations – Uses - Safeguards

DR1 protocol page 49 – Uses & Safeguards pages 51-52

# Student Practice

10 min each

No sophronisation – Close eyes – awareness of posture and points of contact – move into guiding the exercise.

At the end PTP + desophronisation

- DR1 System 2 with neck tension and shoulder pump + SVA
- DR1 System 3 with chest exercise and target + SPP