

**THE SOPHROLOGY ACADEMY**  
**SA26 - Sophrology Programmes Calendar - 2026-2028 (as at 28/02/26)**

**Notes**

\* Term 1 is also the Sophrology Level One Course. Year 1 is also the Foundation Certificate. Year 2 is the Practitioner Year of the Diploma  
 \* All times quoted are UK based.

FOUNDATION YEAR				
Date	Time	Module	Teacher	Venue
<b>Term 1/ Level One Course</b>				
<b>Friday, 13 March 2026</b>	<b>1-5pm</b>	<b>Intro to the course</b>	<b>Liz Murphy</b>	<a href="#">Online - PINK</a>
Saturday, 14 March 2026	1-5pm	Sophrology Fundamentals	Liz Murphy	<a href="#">Online - PINK</a>
Sunday, 15 March 2026	1-5pm	Sophrology Fundamentals	Liz Murphy	<a href="#">Online - PINK</a>
Wednesday, 25 March 2026	6-7pm	Guided Practice 1	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Friday, 27 March 2026</b>	<b>1-5pm</b>	<b>Dynamic Relaxation Level 1</b>	<b>Audrey Zannese</b>	<a href="#">Online - ROSE</a>
Saturday, 28 March 2026	1-5pm	Dynamic Relaxation Level 1	Audrey Zannese	<a href="#">Online - ROSE</a>
Sunday, 29 March 2026	1-5pm	Dynamic Relaxation Level 1	Audrey Zannese	<a href="#">Online - ROSE</a>
<b>Friday, 10 April 2026</b>	<b>1-5pm</b>	<b>Dynamic Relaxation Level 1</b>	<b>Liz Murphy</b>	<a href="#">Online - ROSE</a>
Saturday, 11 April 2026	1-5pm	Specific Techniques Level 1	Sandrine Singleton-Perrin	<a href="#">Online - ROSE</a>
Sunday, 12 April 2026	1-5pm	Sources 1 - Relaxation	Liz Murphy	<a href="#">Online - ROSE</a>
Wednesday, 22 April 2026	6-7pm	Guided practice 2	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Friday, 8 May 2026</b>	<b>1-5pm</b>	<b>Sources 2 - Yoga</b>	<b>Liz Murphy</b>	<a href="#">Online - ROSE</a>
Saturday, 9 May 2026	1-5pm	Consolidation and Practice Level 1	Audrey Zannese	<a href="#">Online - YELLOW</a>
Sunday, 10 May 2026	1-5pm	Consolidation and Practice Level 1	Audrey Zannese	<a href="#">Online - YELLOW</a>
Wednesday, 20 May 2026	6-7pm	Guided Practice 3	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Term 2</b>				
<b>Wednesday, 3 June 2026</b>		<b>Submit DR1 reflections</b>	<b>Mentor</b>	
<b>Friday, 5 June 2026</b>	<b>1-5pm</b>	<b>Dynamic Relaxation Level 2</b>	<b>Sandrine Singleton-Perrin</b>	<a href="#">Online - PINK</a>
Saturday, 6 June 2026	1-5pm	Dynamic Relaxation Level 2	Sandrine Singleton-Perrin	<a href="#">Online - PINK</a>
Sunday, 7 June 2026	1-5pm	Dynamic Relaxation Level 2	Sandrine Singleton-Perrin	<a href="#">Online - PINK</a>
Wednesday, 17 June 2026	6-7pm	Guided Practice 4	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Friday, 19 June 2026</b>	<b>1-5pm</b>	<b>Dynamic Relaxation Level 2</b>	<b>Audrey Zannese</b>	<a href="#">Online - PINK</a>
Saturday, 20 June 2026	1-5pm	Sources 3 - Phenomenology	Liz Murphy	<a href="#">Online - PINK</a>
Sunday, 21 June 2026	1-5pm	Sources 3 - Phenomenology	Liz Murphy	<a href="#">Online - PINK</a>
Wednesday, 15 July 2026	6-7pm	Guided Practice 5	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Friday, 17 July 2026</b>	<b>1-5pm</b>	<b>Specific Techniques Level 2</b>	<b>Audrey Zannese</b>	<a href="#">Online - PINK</a>
Saturday, 18 July 2026	1-5pm	Specific Techniques Level 2	Audrey Zannese	<a href="#">Online - PINK</a>
Sunday, 19 July 2026	1-5pm	Sources 4 - Buddhist Meditation & Zen	Liz Murphy	<a href="#">Online - PINK</a>
<b>Friday, 11 September 2026</b>	<b>1-5pm</b>	<b>Group Practical Work</b>	<b>Audrey Zannese</b>	<b>Online - TBC</b>
Saturday, 12 September 2026	1-5pm	Consolidation and Practice Level 2	Sandrine Singleton-Perrin	<a href="#">Online - PINK</a>
Sunday, 13 September 2026	1-5pm	Consolidation and Practice Level 2	Sandrine Singleton-Perrin	<a href="#">Online - PINK</a>
<b>Term 3</b>				
<b>Wednesday, 30 September 2026</b>		<b>Submit reflections to mentor - Level 2</b>		
<b>Friday, 2 October 2026</b>	<b>1-5pm</b>	<b>Dynamic Relaxation Level 3</b>	<b>Audrey Zannese</b>	<a href="#">Online - PINK</a>
Saturday, 3 October 2026	1-5pm	Dynamic Relaxation Level 3	Audrey Zannese	<a href="#">Online - PINK</a>
Sunday, 4 October 2026	1-5pm	Dynamic Relaxation Level 3	Audrey Zannese	<a href="#">Online - PINK</a>
Wednesday, 21 October 2026	6-7pm	Guided Practice 6	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Friday, 6 November 2026</b>	<b>1-5pm</b>	<b>Sources 5 - Science of Mind-Body practices</b>	<b>Liz Murphy</b>	<a href="#">Online - PINK</a>
Saturday, 7 November 2026	1-5pm	Specific Techniques Level 3	Sandrine Singleton-Perrin	<a href="#">Online - PINK</a>
Sunday, 8 November 2026	1-5pm	Specific Techniques Level 3	Sandrine Singleton-Perrin	<a href="#">Online - PINK</a>
Wednesday, 18 November 2026	6-7pm	Guided Practice 7	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Friday, 4 December 2026</b>	<b>1-5pm</b>	<b>Consolidation and Practice Level 3</b>	<b>Audrey Zannese</b>	<a href="#">Online - PINK</a>
Saturday, 5 December 2026	1-5pm	Sophrology in Practice	Corinne Guion	<a href="#">Online - PINK</a>
Sunday, 6 December 2026	1-5pm	Sophrology in Practice	Corinne Guion	<a href="#">Online - PINK</a>
Wednesday, 16 December 2026	6-7pm	Guided Practice 8	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Term 4</b>				
<b>Wednesday, 13 January 2027</b>		<b>Submit DR3 reflections</b>	<b>Mentor</b>	
Wednesday, 13 January 2027	6-7pm	Guided Practice 9	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Friday, 15 January 2027</b>	<b>1-5pm</b>	<b>Dynamic Relaxation Level 4</b>	<b>Liz Murphy</b>	<a href="#">Online - PINK</a>
Saturday, 16 January 2027	1-5pm	Dynamic Relaxation Level 4	Liz Murphy	<a href="#">Online - PINK</a>
Sunday, 17 January 2027	1-5pm	Dynamic Relaxation Level 4	Liz Murphy	<a href="#">Online - PINK</a>
<b>Friday, 5 February 2027</b>	<b>1-5pm</b>	<b>Consolidation and Practice 4</b>	<b>Liz Murphy</b>	<a href="#">Online - PINK</a>
Saturday, 6 February 2027	1-5pm	Revisions	Deborah Monje-Jelfs	<a href="#">Online - PINK</a>
Sunday, 7 February 2027	1-5pm	Revisions	Deborah Monje-Jelfs	<a href="#">Online - PINK</a>
Wednesday, 10 February 2027	6-7pm	Guided Practice 10	Audrey Zannese	<a href="#">Online- ORANGE</a>
<b>Saturday, 6 March 2027</b>	<b>1-5pm</b>	<b>Assessments - Written &amp; Guiding</b>	<b>Exam Panel</b>	<b>Online - TBC</b>
<b>Optional Residential</b>				
<b>Wednesday 15 September 2027</b>		<b>Submit DR4 reflections</b>	<b>Mentor</b>	
<b>Friday, 17 September 2027</b>	<b>2pm-6pm</b>	<b>Residential - Level 1 to 4 review</b>	<b>TBC</b>	<b>Kent, UK</b>
<b>Saturday, 18 September 2027</b>	<b>9am-6pm</b>	<b>Residential - Level 1 to 4 review</b>	<b>TBC</b>	<b>Kent, UK</b>
<b>Sunday, 19 September 2027</b>	<b>9am-6pm</b>	<b>Residential - Level 1 to 4 review</b>	<b>TBC</b>	<b>Kent, UK</b>
<b>Monday, 20 September 2027</b>	<b>9am-1pm</b>	<b>Residential - Level 1 to 4 review</b>	<b>TBC</b>	<b>Kent, UK</b>

PRACTITIONER YEAR				
**Note: All times quoted are UK based.				
Practitioner Year Bridging Term				
Sunday, 16 May 2027	4-5pm	Practical Guiding	Liz Murphy	Online - BLUE
Saturday, 12 June 2027	4-5pm	Practical Guiding	Audrey Zannese	Online - YELLOW
Saturday, 26 June 2027	1-5pm	Overview Levels 1-4	Florence Parot	Online - PINK
Term 1				
<b>Friday, 1 October 2027</b>	<b>1-5pm</b>	<b>Intro to Practitioner Year</b>	<b>Liz Murphy</b>	<b>Online</b>
Saturday, 2 October 2027	1-5pm	Working With Clients: Alliance	Corinne Guion	Online
Sunday, 3 October 2027	1-5pm	Working With Clients: Alliance	Corinne Guion	Online
Wednesday, 27 October 2027	6-7pm	Guiding Practice 1	Audrey Zannese	Online
<b>Friday, 29 October 2027</b>	<b>1-5pm</b>	<b>Working With Clients: Protocols 1</b>	<b>Florence Parot</b>	<b>Online</b>
Saturday, 30 October 2027	1-5pm	Anamnesis	Cecile Mosa	Online
Sunday, 31 October 2027	1-5pm	Anamnesis	Cecile Mosa	Online
<b>Friday, 12 November 2027</b>	<b>1-5pm</b>	<b>Working with Clients: Protocols 2</b>	<b>Florence Parot</b>	<b>Online</b>
Saturday, 13 November 2027	1-5pm	Sophrology for Stress	Audrey Zannese	Online
Sunday, 14 November 2027	1-5pm	Sophrology for Stress	Audrey Zannese	Online
Wednesday, 17 November 2027	6-7pm	Guiding Practice 2	Audrey Zannese	Online
<b>Friday, 10 December 2027</b>	<b>1-5pm</b>	<b>Working with Clients: Protocols 3</b>	<b>Florence Parot</b>	<b>Online</b>
Saturday, 11 December 2027	1-5pm	Sophrology for Sleep	Deborah Monje-Jelfs	Online
Sunday, 12 December 2027	1-5pm	Sophrology for Sleep	Deborah Monje-Jelfs	Online
Wednesday, 15 December 2027	6-7pm	Guiding Practice 3	Audrey Zannese	Online
Term 2				
<b>Friday, 7 January 2028</b>	<b>1-5pm</b>	<b>Working with Clients: Protocols 4</b>	<b>Audrey Zannese</b>	<b>Online</b>
Saturday, 8 January 2028	1-5pm	Sophrology for Mental Health	Caroline Lafarge	Online
Sunday, 9 January 2028	1-5pm	Sophrology for Mental Health	Caroline Lafarge	Online
Wednesday, 12 January 2028	6-7pm	Guiding practice 4 (Peers)	Audrey Zannese	Online
<b>Friday, 15 January 2028</b>		<b>Submit reflections to mentor - Level 1-4</b>	<b>Mentor</b>	Online
Wednesday, 26 January 2028	6-7pm	Guiding practice 5	Audrey Zannese	Online
<b>Friday, 28 January 2028</b>	<b>1-5pm</b>	<b>Sophrology for Sports and Performance</b>	<b>Alice Bull</b>	<b>Online</b>
Saturday, 29 January 2028	1-5pm	Sophrology for Sports and Performance	Alice Bull	Online
Sunday, 30 January 2028	1-5pm	Sophrology for Event Preparation	Annette Ebbinghaus	Online
Wednesday, 9 February 2028	6-7pm	Guiding Practice 6	Audrey Zannese	Online
<b>Friday, 11 February 2028</b>	<b>1-5pm</b>	<b>Business Planning &amp; Marketing 1</b>	<b>Florence Parot</b>	<b>Online</b>
Saturday, 12 February 2028	1-5pm	Business Planning & Marketing 2	Florence Parot	Online
Sunday, 13 February 2028	1-3:30pm	Working with Clients: Case Studies 1	Corinne Guion	Online
Sunday, 13 February 2028	4-5pm	Group Mentoring	Florence Parot	Online
<b>Friday, 3 March 2028</b>	<b>1-5pm</b>	<b>Sophrology &amp; Creativity</b>	<b>Berangere Carcano</b>	<b>Online</b>
Saturday, 4 March 2028	1-5pm	Sophrology for Teenagers	Annette Ebbinghaus	Online
Sunday, 5 March 2028	1-5pm	Sophrology for Teenagers	Annette Ebbinghaus	Online
Wednesday, 8 March 2028	6-7pm	Guiding Practice 7	Audrey Zannese	Online
Term 3				
<b>Friday, 24 March 2028</b>	<b>1-3.30pm</b>	<b>Working with Clients: Case Studies 2</b>	<b>Audrey Zannese</b>	<b>Online</b>
<b>Friday, 24 March 2028</b>	<b>4-5pm</b>	<b>Group Mentoring</b>	<b>Deborah Monje-Jelfs</b>	<b>Online</b>
Saturday, 25 March 2028	1-5pm	Sophrology for Children	Berangere Carcano	Online
Sunday, 26 March 2028	1-5pm	Sophrology for Children	Berangere Carcano	Online
Wednesday, 19 April 2028	6-7pm	Guiding Practice 8	Audrey Zannese	Online
<b>Friday, 21 April 2028</b>	<b>1-5pm</b>	<b>Good Practice in Sophrology</b>	<b>Corinne Guion</b>	<b>Online</b>
Saturday, 22 April 2028	1-5pm	Anamnesis Professional Practice	Cecile Mosa	Online
Sunday, 23 April 2028	1-5pm	Anamnesis Professional Practice	Cecile Mosa	Online
<b>Friday, 12 May 2028</b>	<b>1-5pm</b>	<b>Sophrology for Long-Term Health Conditions</b>	<b>Audrey Zannese</b>	<b>Online</b>
Saturday, 13 May 2028	1-5pm	Sophrology for Long-Term Health Conditions	Audrey Zannese	Online
Sunday, 14 May 2028	1-3.30pm	Working with Clients: Case Studies 3	Audrey Zannese	Online
Sunday, 14 May 2028	4-5pm	Group Mentoring	Audrey Zannese	Online
Wednesday, 17 May 2028	6-7pm	Guiding Practice 9	Audrey Zannese	Online
Term 4				
Wednesday, 14 June 2028	6-7pm	Guiding practice 10	Audrey Zannese	Online
<b>Tuesday, 15 June 2028</b>		<b>Submit all Written Reports</b>	<b>Audrey Zannese</b>	
<b>Friday, 23 June 2028</b>	<b>1-5pm</b>	<b>Revisions</b>	<b>Audrey Zannese</b>	<b>Online</b>
Saturday, 24 June 2028	1-5pm	Revisions	Audrey Zannese	Online
Sunday, 25 June 2028	1-5pm	Revisions	Audrey Zannese	Online
<b>Friday, 7 July 2028</b>	<b>9am-6pm</b>	<b>Exams: theory &amp; anamnesis</b>	<b>Exam Panel</b>	Online
<b>Saturday, 8 July 2028</b>	<b>9am-6pm</b>	<b>Exams: session guiding</b>	<b>Exam Panel</b>	Online
<b>Sunday, 9 July 2028</b>	<b>9am-6pm</b>	<b>Exams: session guiding &amp; internships</b>	<b>Exam Panel</b>	Online
<b>Saturday, 15 July 2028</b>	<b>1-5pm</b>	<b>Exams: internships</b>	<b>Exam Panel</b>	Online
Throughout the year: Independent work		Personal Practice + Reflection Assignments + Group Internship + Case Studies x 2 + Business Plan + Mentoring		
Autumn 2028 - Summer 2029				
Saturday, 9 September 2028	1-4pm	Growing your Sophrology Business	Melina Abbott	Online - TBC
Four dates TBC		Group Mentoring for Practitioners		Online - TBC