

Suggested Reading: Foundations Year

LEVEL 1

Sophrology Fundamentals

Florence Parot: Instant Serenity for Life and Work: An Introduction to Sophrology

Florence Parot: The Sophrology Method

Dominique Antiglio: The Life-changing power of Sophrology

Dorna Revie: 3 Fundamental Principles of Sophrology

50 Minutes: Sophrology for Beginners: simple techniques for relaxation and wellbeing

Body Consciousness

Guy Claxton: Intelligence in the flesh: Why your mind needs your body much more than it thinks

Breathing

Dennis Lewis:

- The Tao of Natural Breathing
- Free your breath, free your life

Jane Boston: Breath in Action: The Art of Breath in Vocal and Holistic Practice

Relaxation

Herbert Benson: The Relaxation Response

Yoga

Yoga Sutras of Patanjali

Swami Satyananda: Yoga Nidra

Sri Aurobindo: Integral Yoga

LEVEL 2

Buddhist Meditation and Mindfulness

Thich Nhat Hanh: The Miracle of Mindfulness

Thich Nhat Hanh: Be free where you are

Bhante Gunaratana: Mindfulness in plain English

Jon Kabat-Zinn:

- Full catastrophe Living

- Wherever you go, there you are: mindfulness meditation in everyday life
- Coming to our senses: Healing ourselves and the world through Mindfulness

Mark Williams & Danny Penman: Mindfulness: a practical guide to finding peace in a frantic world

Visualisation and Guided Imagery

Belleruth Naparstek: Staying well with guided imagery

Shakti Gawain: Creative visualization

Stephen Levine: Guided meditations, explorations and healings

LEVEL 3

Meditation and Zen

Matthieu Ricard: The Art of Meditation

Stephan Bodian: Meditation for Dummies

Eugen Herrigel: Zen in the Art of Archery: Training the Mind and Body to Become One

Shunryu Suzuki: Zen mind, beginner's mind

Thích Nhất Hạnh: How to Walk

Jon Kabat-Zinn: The Mind's Own Physician: A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation

LEVEL 4

Values

Viktor Frankl: Man's Search for Meaning

Brahma Kumaris: Living Our Values

Lindsay West: Coaching with Values

MIND-BODY PRACTICES AND SCIENCE

Candace Pert: Molecules of Emotion

Daniel Siegel: Aware: The Science and Practice of Presence

Lisa Feldman Barrett: Seven and a Half Lessons About the Brain

Barbara Fredrickson: Positivity: Groundbreaking Research To Release Your Inner Optimist And Thrive

Books in French

Pascal Gautier : Découvrir la Sophrologie

Luc Audouin : La Sophrologie

La Sophrologie pour les nuls

Jean-Yves Pecollo :

- La sophrologie
- La Sophrologie au Quotidien

Dr Raymond Abrezol :

- Vaincre par la Sophrologie
- La Quête de l'excellence

Thierry Loussouarn :

- Transformez votre vie par la Sophrologie
- 35 pages de Sophrologie

Yves Davrou : La Sophrologie facile

Dr Claude Imbert : La nouvelle Sophrologie – guide pratique pour tous

Michèle Freud : Réconcilier l'âme et le corps

Pr Dietrich Langen : Le training autogene