

*Sophrology provides a lasting solution to stress because it teaches people how to relax and heal, and bring back balance and energy to their mind and body. It can ease stress related conditions like TBS and pain, and once cured the patient will re-establish a good functioning body*

Marie Manandise went on retreat because she was suffering from stress and debilitating migraines which she was getting on an almost weekly basis. Not only was she regularly in a lot of pain, she was also constantly taking time off work and her business was suffering. She was in a miserable cycle and conventional medicine was not working properly, prescription pills sometimes worked and sometimes didn't. Marie is Belgian and knew about Sophrology and was keen to try it when she found it was available in the UK. She went to a two day retreat and she was convinced it was working because by the end of the workshop she felt so relaxed and so well.

At the workshop she learned how to really listen to her body, which is something we all think is obvious but few of us actually do consistently and habitually. She got into the routine of checking in with her body and asking it 'how she was feeling' and 'how she was going to feel'. What came as a complete surprise to Marie was that she almost instantaneously gave up smoking because she kept asking herself 'how she felt if she wanted to smoke' and 'how she would feel after she had had the cigarette', and she realised that she wouldn't feel well after smoking and she completely lost her desire for cigarettes and hasn't smoked since.

Marie says: "Overall Sophrology has made a massive difference to my health and to my outlook on life and the way I manage my stress and enjoy everything. I'm getting so much more out of life now. I've got so many good things to say about it. It's part of my life now and I use it every day, it's so effective because it doesn't require a lot of time and energy."

### *Training course*

The Sophrology Academy is the first and only school of Sophrology in England specialised in training fully accredited Sophrologists, and is recognised by the British Institute for Complementary and Natural Medicine, the French Association for Professional Sophrologists, the International Sophrology Federation, and works with the Energy Centre Sophrology School in Geneva and other prominent schools in France.

The course is particularly suitable for therapists, especially psychotherapists and counsellors and alternative and conventional health practitioners, sports coaches and yoga practitioners who find it a perfect complement to their practice because it enables them to work on a holistic level by incorporating practical techniques to better address their clients' specific needs on stress, sleep and anxiety.

*Florence sees private and corporate clients in London and Kent. For more information visit [sophroacademy.co.uk](http://sophroacademy.co.uk)*

