

To Be or not To Be with Sophrology

To Be or not To Be with Sophrology

With my grateful thanks to Dr Patrick-André Chéné, Executive Director of the Academy of Sophrology in Paris.

To my sons : Marc, Eric, Charles.

To my friends : Catherine and George.

CONTENTS

Introduction

Consciousness of being unique!
Basic Sophronisation by System.

Proud to be unique!
Simple basic technique with vibrations and sounds.

Out of tensions!
Sophro-Displacement of Negativity.

Harmony in your body!
Vital Sophro-Stimulation.

So good to breathe!
Synchronic Sophro-Breathing.

Lightness and Freshness:such good sensations !
Schultz's Sophronisation.

Is something disturbing you ?
Short three key techniques and Positive Gesture.

Beautiful Pictures!
Immediate Sophro-Presence.

Attention and Concentration!
Sophro-Attention and Sophro-Concentration.