What is Sophrology?

The techniques of Sophrology, a science of consciousness designed to promote harmony, balance and serenity in our lives, help us to reunite the body and the mind, to rediscover our self-confidence, hidden potential and inner resources.

Sophrology was created by a Columbian neuro-psychiatrist of Spanish origins, Prof. Alfonso Caycedo, in the 1960s. It is a holistic structured method based on breathing, relaxation and concentration exercises. It also includes gentle movements.

Sophrology could be said to be the science of the harmony of the consciousness and the values of existence.

Sophrology is well established in continental Europe, especially France, Switzerland, Spain and Italy.

The name ‘Sophrology’ is derived from the Greek words SOS (harmony, serenity), PHREN (consciousness) and LOGOS (science, study). Sophrology is based on a combination of Oriental techniques (Yoga, Zen and Buddhist meditation), and Western psychology, phenomenology and hypnosis. Prof. Caycedo has adapted and integrated all these techniques to create a structured method that can be easily used in our daily life.

Guided by the Sophrologist, you learn to relax both physically and mentally, to respond more selectively to stressful events, and to be more aware of your inner resources, strengths and personal values. Specific techniques will be chosen to address specific needs. Simple and easy to learn, the exercises can be done anytime, anywhere, becoming part of your daily life. The techniques aim to help you live more consciously with your body and mind in harmony.

When practising regularly, people generally notice:

- Less stress
- Deeper and more restful sleep
- Increased energy levels
- Feeling of well-being and inner happiness
- Reinforcement of self-confidence and motivation
- Improved concentration