

Sophrologist
SOPHIE NOLIS



Mind Body Connection

*For a calm, alert
mind & relaxed body*

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**MIND BODY CONNECTION
TECHNIQUE, FOR A CALM,
ALERT MIND AND A
RELAXED BODY**

**STUDY OF
CONSCIOUSNESS IN
HARMONY**

Sophrology is a unique blend of Eastern philosophies and practices with Western Science. Sophrology exercises reinforce and strengthen mind, body and spirit improving both physical and mental health. Many people find that sophrology positively impacts all areas of their lives.



Sophrology



Mind Body Connection Class

Based on Sophrology this class integrates Eastern philosophy & Western science.

A structured class created to produce optimal health and well-being. It consists of a series of easy to do exercises both physical (Raja , Zen) and mental. That when practiced regularly, lead to a healthy, relaxed body and a calm, alert mind. The exercises are called Dynamic relaxation (relaxation in movement).

After practicing a (Sophrology) Mind Body Connection class you may experien:

More restful sleep

Improved Concentration

Fewer worries

Increased Confidence

and a feeling of inner happiness.



Group classes held at various locations.
Contact us for details.



HIGH /PERFORMANCE OTHER PROGRAMS

Sophrology techniques with athletes is powerful as it is a whole body-mind experience which builds a bigger growth mindset. Making the mental connection between the body and mind empowers athletes to connect failure and winning as learning, view competition as opportunity to learn, merge their body, equipment and competition space to work as one, and brings the power of visualizations to impact future performance.

OTHER PROGRAMS

- Corporate Programs
- School Programs

ONE ON ONE SESSSIONS

Our individual sessions are highly tailored according to each clients' specific needs and last an hour. They are available in English or French and will include a personalised recording of the practice to take home. Sophrology is for everyone and does not require you to prepare, bring or wear anything specific for your session – just come as you are!.

Visit Sophro Australia at:
www.sophroaustralia.com.au