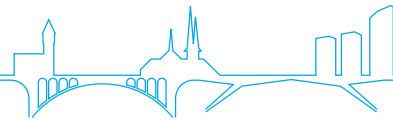




Sophrology

Simple and natural relaxation



What is sophrology?

Sophrology is a dynamic relaxation method inspired by oriental disciplines such as Zen, yoga and meditation, adapted to our western way of life.

How is sophrology practiced?

Sophrology is practiced without equipment, without atmosphere, music or special light. It can be practiced individually as well as in groups or working teams.

It is carried out in a comfortable and relaxed position, eyes closed for a better return to oneself.

Based on our breathing, it will allow a progressive relaxation of our body and mind.



Why practice sophrology?

Practicing Sophrology individually, together with colleagues:

- To take a step back;
- To refocus on oneself, to relax ;
- To get to know oneself, to better manage one's emotions, one's stress;
- To adopt a more serene attitude towards the future, facing difficulties;
- To feel in harmony, to have confidence in oneself and in one's resources;
- To increase one's abilities;
- To look at life with optimism.

The ASTF offers you to follow sophrology sessions in German or French.

If you are interested in sophrology, or if you want more information,
do not hesitate to contact us!

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