

Rilassamento e gestione dello stress con la Sofrologia Caycediana

Creata nei primi anni '60 dal professor Alfonso Caycedo, neuropsichiatra spagnolo,
la Sofrologia è un metodo semplice per gestire lo stress e aumentare il benessere sia sul lavoro che a casa.

Attraverso tecniche di rilassamento, esercizi respiratori e strategie psicofisiche, si impara a rilassarsi, a rinforzare le risorse personali, ad incrementare le abitudini ed i pensieri positivi acquisendo maggiore equilibrio e serenità nella vita quotidiana.

Siete benvenuti a una lezione online di prova!

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Relaxation and Stress Management

Sophrology is a simple and structured method to help manage stress and increase well being both at work and at home. It was created in the early 60s by Professor Alfonso Caycedo, a Spanish neuropsychiatrist.

Through practices that are easy to build into your daily routine you will acquire a greater balance and harmony in your life., Sophrology training incorporates a range of breathing exercises, body movements, muscular relaxation and visualisation. By using these techniques you will learn to develop your resourcefulness and, increase positive habits and thoughts.
If you would like to try this out, book an online taster session.

You are very welcome!

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