



30 minutes that matter... ...in your day

30 minutes to take care of yourself and to allow oneself to feel better, and be more serene in your daily routine.

30 minutes to put in brackets the external and internal turbulence.

If between work, home, children and other social activities, you feel that you are running after time that slip through your fingers.

Our association provide a 30 minutes course of caycedian sophrology that will matter in your wellness journey.

After 4 weeks of sophrology you will be in touch with your well-being

A 4-session Package

This proposal is like a gym membership: you choose a fixed time slot.

The sessions take place online, at home or at work, during your lunch break... in group and live session with a professional in Caycedian sophrology

You can choose your slot.

4 Topics

Get ready to embrace your day, and get off to a better start in your day;

Sophro Boost, Boost yourself to draw out the energy lurking within you;

To Refocus on oneself, to turn stress into a daily strength;

Being Aligned, to live your day in harmony with yourself.

Timetable

4 sessions from 20/03 to 16/04

4 sessions from 17/04 to 14/05

4 sessions from 15/05 to 11/06

4 sessions from 12/06 to 09/07

[Membership](#)

[Enrolment](#)