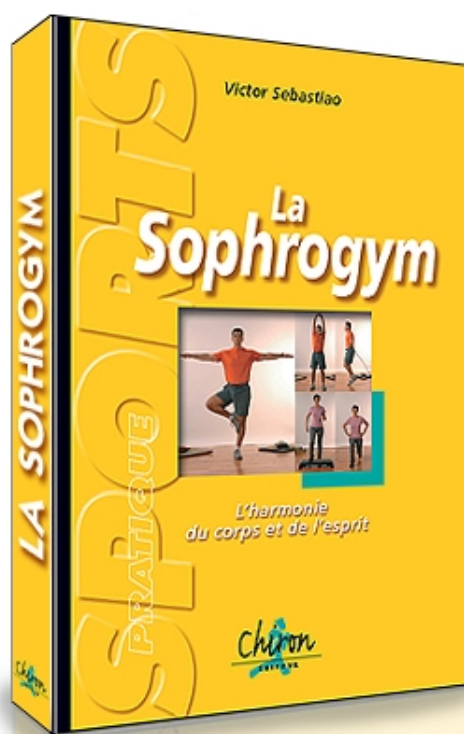


Well-being Form Health
Sophrogym®

The harmony of the body and the spirit

Breathing, dynamic relaxation, mental image, autosuggestion,
endurance, strength, flexibility...

«Presentation»



(Traduction Valérie SEBASTIAO)

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Sophrogym Presentation

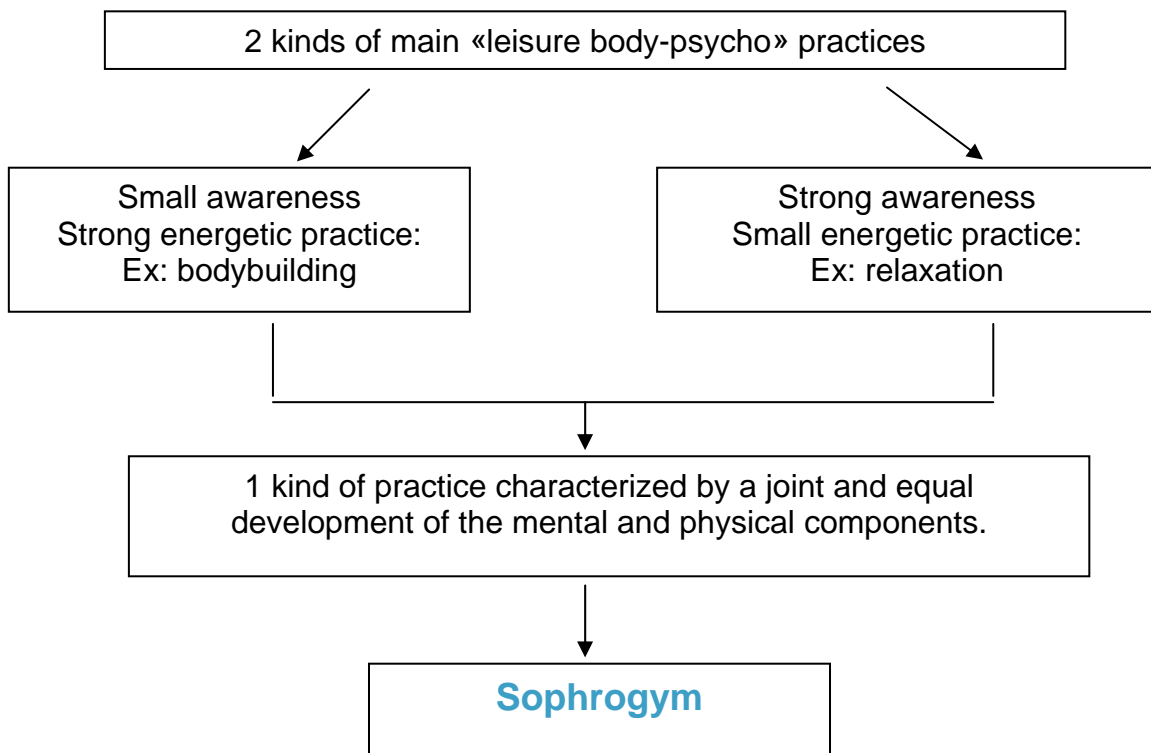
In this XXth century end, an irresistible stream in favour of physical exercises, encouraged by an increase of leisure activities, reaches the worldwide. In the same way, form, well-being, health became the major concerns in our daily life. Sure enough, the daily stress, vibrating life, lack of physical activity, etc., disturb our physical and mental.

From then, physical and mental practices appear to be wonderful tools for a sedentary generation, stiff or studious that rediscovers the physical and mental well-being procured by a body in good health.

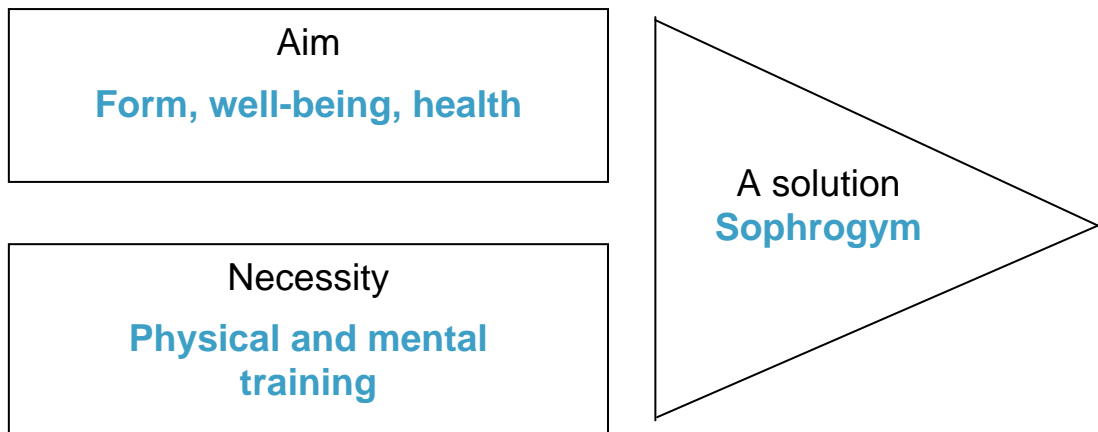
We can identify two main streams in the current « leisure body-psycho » practices, one principally oriented towards body culture (a small awareness activity and a strong energetic activity) and the other oriented towards the mental capacities development (a strong awareness and a small energetic activity).

Of course, it seems difficult conceive the body and spirit separation.

Sure enough, the physic impact on the psycho and inversely. In other words, the mental well-being is linked to the physical well-being. Therefore, the "Sophrogym" does not want to be part of these two sorts of practice, but it is rather a kind of practice characterized by a joint and equal development of the mental and physical components of the user.

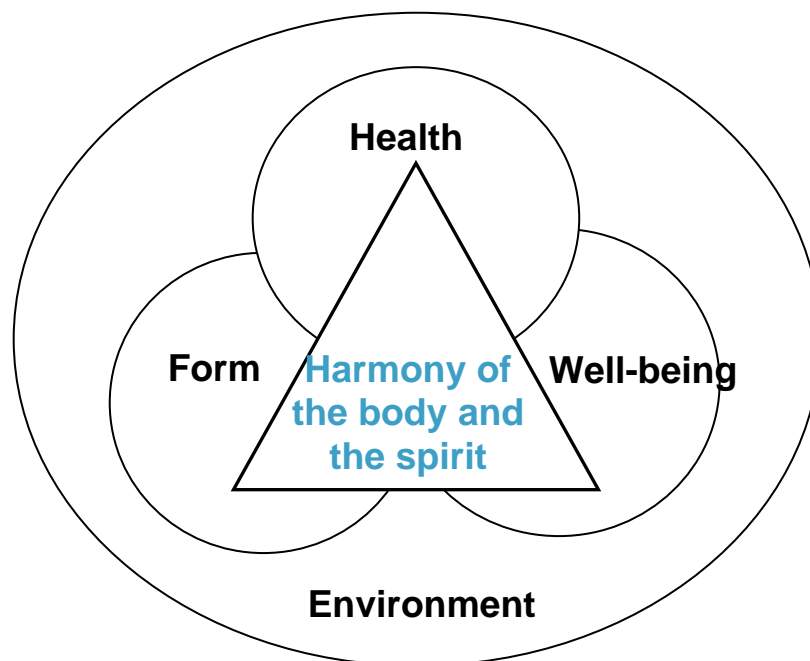


It is not a question of denigrating the benefit of all these kind of practices which are all complementary. Nevertheless, it appears to be desirable, logic and useful to optimize this search of harmony of the body and the spirit by the complementary development of the form, well-being and health during a common session.



The form: it is first of all a good physical condition and after an aesthetic body in agreement with itself and the others. The well-being is linked with immediate pleasure. The whole is subordinate to health (absence of disease) which appears to be the basic condition.

Nevertheless, we can be ill and having pleasure or being in good shape and feeling to fat or not enough muscled or being athletic and depressed....



You cannot acquire the form, well-being or health but you can look for it. It is probably this search, this path, more than the target that drives the harmony of the body and the spirit.

"Mens sana in corpore sano"

This was the ethics of sport during antiquity and Hippocrate himself has been written two thousand years ago: "All the parts of the organism which shelter a vital function remain healthy, develop and arrive to an advanced age if one uses about it with moderation and if one involves them in their own field. But if one does not use about it, they are inclined with the disease, do not develop and age prematurely »

The main tool of this training is undoubtedly the gym. This means C'est-à-dire « art to soften and strengthen the body by suitable exercises» (Petit Robert).

With the other end of the world and many years later Professor Alfonso CAYCEDO, neuropsychiatrist, develops the sophrology which could be partially regarded as a "synthesis" of methods of relaxation and ancient and modern techniques, Western and Eastern likely to modify the state of consciousness positively.

The word "sophrology" has been created from ancient greek:

SOS	= quietude, serenity, healthy, balanced, harmonious
SOPHRONISO	= moderate, sage
SOPHRON	= sane,
PHREN	= spirit, conscience, brain but before the « phrénique nerve » (diaphragme)
LOGOS	= science

Sophrology = calm spirit science.

This science of spirit harmony allows a private consciousness of the body sensations, emotions and encourages a better knowing of itself and its environment.

Let us note here that our preoccupation of clearness and simplification does not aim at masking with the reader neither the richness nor the complexity of the sophrologic step.

This concept of research of the wellbeing, of the improvement of the form and the maintenance of health by the combination of the physical exercise and the mental harmonization is the fundamental base of Sophrogym.

Two main tools → A training course



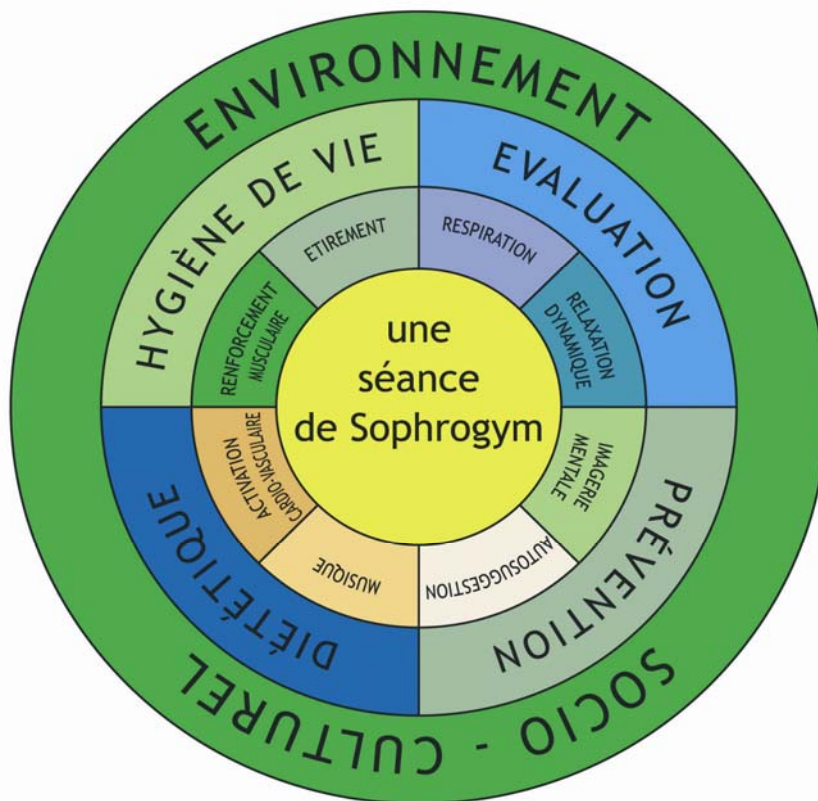
In short, Sophrogym is thus an original training program built starting from exercises of gymnastics on the one hand and principles and techniques mainly related to the Sophrology on the other hand.

This holistic tool (taking into account the to be it in its totality) aims to the improvement of the wellbeing of the form and health thanks to a harmonious development of the physical and mental capacities.

The methodologic fundamental knowledges

Endurance, dynamic relaxation, flexibility, etc. are the conditional components and coordinators of Sophrogym. To specify the methods of their use and their development we established a framework of reference based on:

- studies relating to the development of physical qualities and mental abilities.
- Observation and the follow-up of the users' training of Sophrogym.
- current knowledge of biomechanics of the sporting gesture, muscular biology, the engine control...
-



Let us recall that the development of a physical quality or a mental ability must lead to the reinforcement of the functional capacity (i.e., capacity to be able to answer effectively the physical requests of the everyday life) and psychological independence, essential factors to a better quality of life for the practitioner

The harmonious and specific fitting of these components results in a standard session of Sophrogym which tends to make the whole higher than the sum of the parts and thus to support the emergence of the wellbeing of the form and health. This screen can, within a certain limit, being adapted to the characteristics, the needs and the desires of each one. The durations of each part could then be lengthened or decreased...

Parts 3 and 4 will be able sometimes to merge and take the shape of a circuit where exercises of cardiovascular activation and muscular reinforcement are alternated...

Screen of a standard Sophrogym session

(From a 60 minutes session)

Course and contents of the session		Time
1	Presentation of the session	2mn
2	<p>mise en train</p> <ul style="list-style-type: none"> • Breathing (1 exercice) • Dynamic relieving (1 exercice) • Autosuggestion (1 to 3 formules intentionnelles) • Stretching (1 to 3 exercices) 	10 mn about
3	<p>Cardiovascular activation</p> <ul style="list-style-type: none"> • Dynamic relieving (1 exercice) • Endurance (2 to 3 exercices) • Lateralization, coordination... 	20 mn about
4	<p>Local muscular reinforcement</p> <ul style="list-style-type: none"> • Dynamic relaxation (1 exercice) • Force (1 or 2 exercices for the lower and higher part of the body, abdominal muscles) • Balance (1 to 3 exercices) 	15 mn about
5	<p>Flexibility and relieving</p> <ul style="list-style-type: none"> • Stretching (1 to 3 exercices) • Dynamic relieving (1 exercice) • Mental imagery (1 exercice) • Autosuggestion (1 to 3 formules intentionnelles) 	15 mn about
6	Assessment of the session (logbook)	2 mn

The individual or collective sessions of Sophrogym are conceived to be at the same time ludic, educational, without danger and effective.

Top 10 questions most frequently asked about Sophrogym

- 1. That what Sophrogym is?

Sophrogym is a training program of combining exercises of gymnastics (cardiovascular activation, muscular reinforcement, stretching) on the one hand, and of principles and techniques mainly related to the Sophrology (breathing, dynamic relieving, mental imagery, autosuggestion) on the other hand.

- 2. Who developed Sophrogym?

Sophrogym was born in 1995, but it was really codified by Victor SEBASTIAO (professor of sport and sophrologist) in 2005 with the assistance of a team of professionals of which sophrologists, professors of physical culture, instructors of fitness, kinesitherapists gathered within the Institute of Formations and Sporting Animations (IFAS) of Lyon.

- 3. Which are the major benefits of Sophrogym?

Sophrogym is a form of holistic practice aiming to the improvement of the wellbeing of the form and the health of the practitioner, thanks to a harmonious and joint development of the physical and mental capacities. Sophrogym settles in time, which basically indicates it like a “gymnastics of long life”.

A regular practice from 1 to 3 sessions (45 minutes to 1 hour 15 minutes) per week (3 sessions being an optimum) makes it possible to obtain the following benefit amongst other things:

- An increased feeling of wellbeing.
- An improvement of the physical condition (endurance, force, flexibility).
- An optimization of the driving skill (coordination, balance).
- A regulation of the weight.
- A better management of the stress (breathing, relieving...)
- An increase in self-confidence and self-regard.
- An improvement of the relations with the others.
- A contribution to the maintenance or the improvement of health ...

- **4. Can Sophrogym limit the pain of back?**

Yes. The pain of back is very widespread, one even says that it is the “pain of the century”. However, it is of advantage due to a muscular insufficiency (mainly due to the inactivity) that in a real pathological state. This muscular insufficiency is reflected on the articulations, which generates stress and pain...

The regular practice of Sophrogym includes the reinforcement and the stretching which will contribute to avoid the pain of back and will limit lumbar or cervical osteoarthritis, the slipped disc, etc.

Obviously, to prevent the small pains of the every day and to protect your back, some gestures or bad positions are to be avoided. Thus, for example:

- To lift an object off the ground, keep the chest straight and bend the legs. Carry this object closer to your body,
- Stay straight when you sat,
- Put a knee on the ground (rather than to lean forward) to clean or aspire under the pieces of furniture...

- **5. Is there a special sports gear to wear for Sophrogym ?**

A sports gear and a pair of tennis shoes are enough. You can also adopt large and smooth clothes allowing a great freedom of movement and except for the part “activation cardiovascular” you can practice naked feet.

- **6. Is it necessary to be tested in Sophrology to practise Sophrogym?**

No. Although Sophrogym is inspired by principles and techniques resulting from the Sophrology, no preliminary knowledge of the Sophrology is necessary for the practice of Sophrogym.

- **7. Can everyone practise Sophrogym?**

Yes. The collective or individual sessions of Sophrogym are based on the principle of differentiated pedagogy making it possible to adapt the contents proposed to the characteristics, the needs and the desires of the practitioner.

- **8. Is an exclusive practice of Sophrogym, sufficient in the research of the wellbeing of the form and health?**

Yes. Sophrogym is an excellent holistic approach (taking into account the to be in its totality) and helps the practitioner in this research. It makes it possible each one to accompany well the years which pass. Nevertheless, other forms of practice, in outside or group, for example, are complementary. This practice is accompanied by healthy practices of life (food, rate/rhythm of life...) which reinforce the benefits of Sophrogym.

- **9. Is Sophrogym a therapy?**

No. Sophrogym does not have vocation to cure or look after a disease even if it is an activity supporting health. For this reason the practice of Sophrogym does not replace a diagnosis and/or a medical and/or ancillary medical treatment

- **10. Is Sophrogym a spiritual practice?**

No. We understand by spiritualism “doctrines for which the spirit constitutes a reality independent and higher” or even “doctrines recognizing the existence of God...” (the Petit Robert). The practice of Sophrogym is before a whole program of drive and a practical and utility character and does not have as objective the development of a form whatever it is of spirituality, although it is not opposed to any doctrines in particular.

Summary of the book

Sophrogym®

«The harmony of the body and the spirit»

(Editions Chiron, 2006)

The author proposes you in this work a new and innovative program, « Sophrogym® ». This holistic approach will enable you to optimize your search of the form, the wellbeing and health by the development joint and conscious of entitled mental and physical qualities.

Whatever your age and your physical condition, the techniques and exercises of Sophrogym presented in this book will offer you an approach less stressing, more judicious and more utility of the mental drive and physique associated with the everyday life.

You will find in this book:

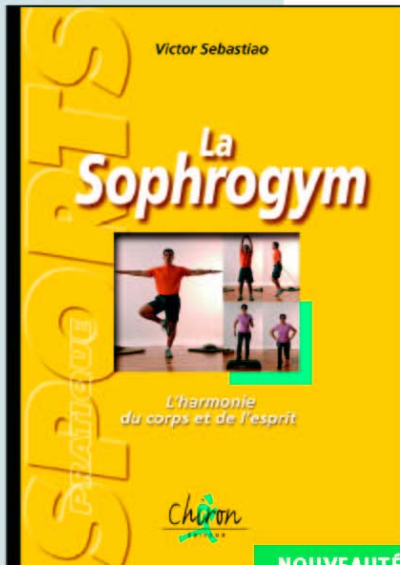
- An illustrated presentation of Sophrogym and elements which make it up:
 - Breathing
 - Dynamic relieving
 - Mental imagery
 - Autosuggestion
 - Endurance
 - Strength
 - Flexibility...
- A practical guide composed of:
 - An autoevaluation guide
 - A program of 12 sessions
 - Multiple councils, proposals and easy ways

All keys to accompany you step by step and at your rhythm to discover Sophrogym® and to allow you his appropriation

LA SOPHROGYM

L'harmonie du corps et de l'esprit

PAR V. SEBASTIAO



NOUVEAUTÉ
2006

ISBN : 2-7027-103-0
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Prix public TTC : 24 €



« SANTÉ DU PRATIQUANT, GRÂCE À UN DÉVELOPPEMENT HARMONIEUX ET CONJOINT DES CAPACITÉS PHYSIQUES ET MENTALES. LA SOPHROGYM S'INSTALLE DANS LE TEMPS, CE QUI LA DÉSIGNE FONDAMENTALEMENT COMME UNE "GYMNASTIQUE DE LONGUE VIE". »

Une pratique régulière de 1 à 3 séances (de 45 mn à 1 h 15) par semaine (3 séances étant un optimum) permet d'obtenir, entre autres, les bénéfices suivants :

- Une sensation de bien-être accrue.
- Une amélioration de la condition physique.
- Une optimisation de l'habileté motrice (coordination, équilibre).
- Une régulation du poids.
- Une meilleure gestion du stress (respiration, relaxation...).
- Une augmentation de la confiance et de l'estime de soi.
- Une amélioration des relations avec les autres. »

Après une présentation illustrée et des éléments qui la composent (respiration, relaxation dynamique, imagerie mentale, autosuggestion, endurance, force, souplesse...), vous trouverez une seconde partie consacrée à une procédure d'auto-évaluation, à un programme de 12 séances, à de multiples conseils, propositions et astuces.

Victor Sebastiao, auteur de La préparation physique en boxe française (un best-seller aux éditions Chiron est professeur de sport et titulaire du Brevet d'État d'aptitude à l'enseignement de la culture physique et du culturisme. Il a un master en sophrologie et est certifié en fitness, en relaxation, en éducation nutritionnelle, en diététique sportive. Préparateur sportif depuis dix ans, il est entraîneur et consultant pour des athlètes de haut niveau dans différentes disciplines, principalement en sports de combat en arts martiaux.

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Améthyste

Olivier Golibrodski is a type-setter of talent which proposes musics varying between New Age and Relieving. Its at the same time soft and dynamic instrumental electronic music that accompanies particularly well the practice of Sophrogym

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Infos I.F.A.S.

L'Institut de Formations et d'Animations Sportives de Lyon (IFAS) is the association which manages animations and training courses concerning Sophrogym in France.



The school of the success!

This ebook belongs to the collection of teaching aids sophisticated by the Institute of Formations and Sporting Animations of LYON (I.F.A.S.) which you can download at: <http://www.sophrogym.com>

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