

SOPHROLOGY

South Africa



Enhance Your Health, Body & Mind



Ishana Maharaj

A Welcome message from the Founder and Managing Director of SOPHROLOGY SOUTH AFRICA (PTY) LTD:

I am proud to introduce you to this renowned Swiss wellness technique called “Sophrology”, which means **Consciousness in Harmony**. Sophrology South Africa takes you on a phenomenal journey of optimal health and wellbeing. Sophrology exists and is successfully practiced in Switzerland, France, UK and Spain for over 55 years. The fast pace lifestyle that most South Africans endure, made me realize how beneficial this would be to us South Africans. I brought Sophrology from Switzerland into South Africa, mainly because I wanted to make a difference in people’s lives.

Vision

Introduce Sophrology as a trusted “preventative method” that can bring value to an individual and an organization thereby creating a sustainable work-life balance;
Establish a Sophrology School and to train Sophrologists within South Africa, such that the benefits can be experienced by the wider South African society

Purpose

Sophrology is widely used in Education, Corporate, Specific Clinics (i.e. Trauma, Cancer, Rehab), Maternity and Sport. With its dynamic relaxation techniques, Sophrology promotes a positive “holistic transformation” of the body, mind & spirit. As a Sophrology Practitioner, my ultimate goal, is to create an awareness, help, support and share my knowledge with people.

Goals

Achieve a positive transformational mindset in people:

- To have a positive attitude/behaviour
- Empowering them to take control of their health and wellbeing
- Have mechanisms to deal with personal or organizational change
- Enhance personal growth and career development
- Increase productivity and achieve their goals
- Acquire tools to help people manage stress and anxiety
- Improve the quality of lives and ensure “lifestyle sustainability”

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