

SOPHROLOGY: DISCOVERING THE SIX SYSTEMS

Ishana Maharaj

WHAT IS SOPHROLOGY?

Sophrology is a wellbeing technique that comprises of various breathing techniques, simple and effective exercises, visualizations, meditation/mindfulness and many additional techniques added to it. These exercises are called "Dynamic Relaxation", which is relaxation in movement.

IT IS A STRUCTURED, HIGHLY EFFECTIVE HOLISTIC PROGRAM THAT WORKS THE MIND, BODY AND SPIRIT SIMULTANEOUSLY. IT HARMONIZES/ACTIVATES/STIMULATES/REJUVENATES ALL CELLS OF THE BODY, ORGANS, GLANDS, SYSTEMS, BONES, MUSCLES AND SKIN.



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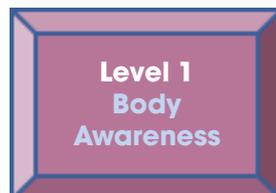
Exercise techniques are used to specifically focus on different parts of the body. The simple/gentle exercises and techniques can be done in various sitting positions, standing or lying down (if fatigued). Sophrology helps you to cope with trauma, stress, tension, depression and anxiety more efficiently.

Existing & being practiced in Europe for over 55 years, Sophrology produces optimal health and wellbeing and has proven to be superior to other wellness initiatives.

SOPHROLOGY COMPRISES OF THE 4 LEVELS BELOW.

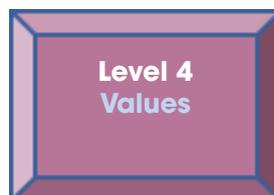
Each level works different parts of the body and achieves various outcomes. The results achieved by each exercise may be different for every patient, as each individual is different. A patient does not have to do ALL levels to benefit from Sophrology.

Body/Breathing awareness, improve concentration, confidence, sleep, self-esteem, reduce stress/anxiety, activating skin cells



Mind/brain exercises, positive goals, achievements, focus on muscles, how 5 senses link to mind, transformation of mind/body/spirit

Explore inner/outer world, focus on bones/cell structures, emotional link of mind & body, control & manage emotions



Completion of phonic region, complete transformation, focus on organs, awareness/living of values, helps decision making

DISCOVERING THE CONSCIOUSNESS:
ENLIGHTENMENT

SOPHROLOGY:

ORIGINATION

Sophrology was a term created by Professor Alfonso Caycedo in 1960. Residing in Spain as a Neuropsychiatrist, he developed this method to improve the physical and mental health of people, without the use of medication.

HE IMPROVED THE LIVES OF DEPRESSED, ANXIOUS AND WAR TRAUMATIZED PATIENTS. SOPHROLOGY WAS DERIVED FROM THE GREEK TERMS SOS, PHREN AND LOGOS, MEANING "THE STUDY OF CONSCIOUSNESS IN HARMONY".

Dr Raymond Abrezol was the main ambassador for sophrology in the world. He was instrumental in taking sophrology out of the purely medical environment and insisted that it was needed to be used as a "preventative method". He coached the Swiss Ski Team to gold medals and directed Sophrology to top sports professionals.

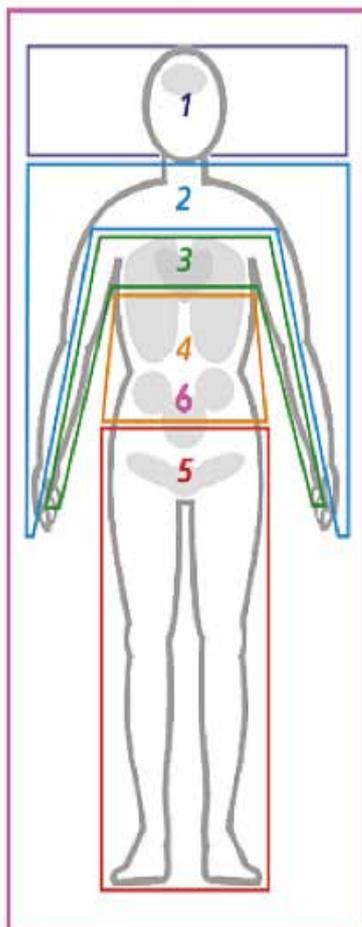
Through his passion for Sophrology, it became known in the world. He delivered conferences at many medical symposiums and together with Pierre Schwar, created the Swiss Academy of sophrology. He trained the large sophrology schools in France and was the head of sophrology training for the Swiss Academy.

THE 6 SYSTEMS

In Sophrology, we divide the body into 6 systems which are neutral areas, each associated with particular parts of the body and particular functions within the body controlled by the nerve plexus, organs, cells, bones, muscles or endocrine gland/s associated with that system.

During a sophrology exercise, specific techniques are used to work down or up the body. One focuses on the information given from each major nerve plexus. It is more effective to focus on a small part of the body each time in stages, as it is easier to notice the physical sensations in more detail, than when focusing on the whole body at once.

BELOW IS A DIAGRAM OF THE 6 SYSTEMS WHICH INCLUDES INFORMATION FOR THE PART/S OF THE BODY, ORGANS, AND ENDOCRINE GLAND/S CONTAINED IN EACH SYSTEM.



First System

Head: Brain, eyes, nose, ears, mouth & jaw
Hypothalamus, pituitary & pineal glands

Second System

Neck, throat, shoulders, back of arms, back of hands & fingers
Thyroid & parathyroid glands

Third System

Chest, upper back, underside of the arms, palms of the hands, front of fingers
Thymus gland

Fourth System

Area between chest & navel, middle of back
Internal organs: liver, kidneys, stomach
Pancreas & Adrenal gland

Fifth System

Lower abdomen, lower back, hips, legs, feet & toes
Ovaries & testicles

Sixth System

Point of navel signifies the whole body
Endocrine System

SIX SYSTEMS

A TYPICAL SOPHROLOGY SESSION

For individual sessions, a once-off goal oriented questionnaire is completed by the patient. This is analyzed by the Sophrologist, so that exercises can be customized to suit your needs. The Sophrologist goes through specific exercise techniques and provides information that needs to be followed by the patient.

THE EXERCISE SESSION STARTS WITH A BREATHING TECHNIQUE, A FULL MINDFUL BODY SCREENING, TENSION RELEASE OF EACH SYSTEM, BREATHING AND EXERCISE TECHNIQUES. EACH EXERCISE TAKES 20 TO 30 MINUTES, WHICH CAN BE DONE DAILY OR THREE TIMES A WEEK. THERE IS NO TOUCHING DONE BY THE SOPHROLOGIST. A RECORDING OF EACH SESSION IS GIVEN TO THE PATIENT TO DO THEMSELVES. SOPHROLOGY CAN ALSO BE DONE WITH GROUPS, HOWEVER NO QUESTIONNAIRE IS DONE AND EXERCISES MAY BE CUSTOMIZED TO SUIT EACH GROUP.

WHY DO SOPHROLOGY?

Sophrology is widely used for Maternity, Corporate, Sport, Education, Rehab centre's, Specific Clinics (e.g. trauma, cancer, HIV) and Hospitals. It's simplicity and flexibility enables people to do it at any time, at any place, by anyone i.e. children and adults of all ages.

No medication is administered and there's no interaction with current medication taken. This unique, phenomenal journey is fun, pleasurable and empowers an individual to take control of their own body, mind and wellbeing.

Stress and anxiety is experienced within all age groups and is increasing rapidly in society. Due to ongoing hectic lifestyles, we are not immediately aware of the impact it has on our mental, physical and emotional wellbeing.

Untreated, constant stress can result in serious health conditions, eg. high blood pressure, heart disease, insomnia, burnout, and a weakened immune system.

SOPHROLOGY IMPROVES THE QUALITY OF LIFE, TO ENSURE "LIFESTYLE SUSTAINABILITY". THIS RESULTS FROM A "HOLISTIC TRANSFORMATION" OF THE BODY, MIND AND SPIRIT. A SUSTAINABLE LIFESTYLE, THAT ONLY YOU CAN CREATE AND MAINTAIN.

Ishana Maharaj: Sophrology Practitioner - Having worked in the corporate world for over 18 years, I resigned as a Project Manager to relocate to Switzerland with my family, for a few years. During my time in Geneva, I discovered Sophrology, and was fascinated by its history, and widespread adoption in Switzerland, France, Spain and the UK over the last 55 years. Having studied Sophrology at a leading institution in Geneva, Switzerland, I personally experienced the benefits of this journey. Returning to my home in South Africa as a Sophrology Practitioner, being a Mum of 3 children (son-17yrs & twin girls 10yrs of age), I felt blessed with a "gift". A special gift to share with people of South Africa. My ultimate passion is to create an awareness, help, support, share my knowledge and experiences of this phenomenal wellness technique, with people. As the first Sophrologist in Johannesburg, my practice resides in Eagle Canyon Business Centre, Eagle Canyon Estate, Honeydew.

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