

# SLEEP DEEPLY WITH *Sophrology*

## Course Reminders

### We're so happy you are joining the course!

Throughout the next 7 weeks, we will be providing you with a mix of compulsory and bonus material to maximise long-term and lasting results, but we are also aware that everyone has different time commitments so please go by what you feel is do-able and best for you!

The Sophrology practice isn't about aiming for perfection or feeling pressured to do as much work as possible, it is about gauging and observing what you feel and adjusting to what will bring you the most balance.

Course Schedule	Week 1	<b>WED 22</b> SEPT	Set Yourself Up for Success	<b>Live Session</b> 7:30 - 8:30 pm BST
	Week 2	<b>TUE 28</b> SEPT	How to Achieve Instant Calm Before Bed	
		<b>THU 30</b> SEPT	Bonus Practice Session*	
	Week 3	<b>TUE 5</b> OCT	Balance your Mind and Emotions	
		<b>THU 7</b> OCT	Live Practice Session*	7:30 - 8:00 pm BST
	Week 4	<b>TUE 12</b> OCT	Your Sleep is Sacred	
		<b>THU 14</b> OCT	Bonus Practice Session*	
	Week 5	<b>TUE 19</b> OCT	Learn the Supertools to Help You Sleep Night After Night	
			Bonus Wellness Expert Session with Angelique Panagos*	
		<b>THU 21</b> OCT	Live Practice Session*	7:30 - 8:00 pm BST
	Week 6	<b>TUE 26</b> OCT	Unlock the Power of True Circadian Health	
			Bonus Q&A with Wellness Expert James Duigan*	
		<b>THU 28</b> OCT	Bonus Practice Session*	
	Week 7	<b>TUE 2</b> NOV	Be Your Own Sleep Expert	
<b>THU 4</b> NOV		Celebrate yourself! Live Practice session*	7:30 - 8:00 pm GMT	

\*bonus sessions

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## Guidelines

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You will be receiving weekly access to a total of *2 video recordings of the Tuesday and Thursday sessions and 1 audio practice.*

On each Tuesday, a video recording of the *Knowledge & Practice Session* will be released on the course platform. *They will be available on the platform for 7 days until they are replaced by the succeeding week's content.*

Each Thursday, you will receive a *Bonus Practice Session*. These sessions will be a mix of video recordings released weekly and live sessions with Dominique Antiglio via zoom. The video recording of the live Bonus Practice sessions will be uploaded to your course platform after the live session has ended. *These sessions are designed to help you stay committed to the practice and will be available for 5 days until they are replaced by the succeeding week's content.*

The weekly *audio practice* is a 15-20 minute audio recording which you can use to practise on your own every day. You will be able to download it from the courses platform, and *it is yours to keep forever* so you can use it for your own practice even after the course has ended. Please keep in mind, this recording is for private use only.



These weekly video recordings and audio practices are meant to help you stay at pace with the course programme, which was developed in a very specific way to ensure long-lasting and sustainable results. Each week's practice is designed to prepare you for the following week and must be practised 5-7 times a week to ensure maximum progress. We replace the video recordings each week because it is important that you stay on track and we all progress through the course at the same time. When we advance together, you can support each other as a community and I can better guide you during our live practices.



This course comes with exclusive access to the private [BeSophro Facebook Community](#), a place to share and connect with other like-minded people. Dominique will also be sharing additional content here - tips, advice, and questions - to help you stay on track. This is a safe, open space so don't hesitate to ask Dominique or the community any questions with regards to your Sophrology journey. Please do not use this group to ask for technical assistance as it may distract the community from their practice.



If you have any technical issues accessing the course platform, any of the zoom links, audio practice and video recordings, content, and BeSophro Facebook Community, please send an email to [info@be-sophro.co.uk](mailto:info@be-sophro.co.uk) so we can assist you.



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