

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	WED 23 MARCH	Set Yourself Up for Success	Live Session 7:30 - 8:30 pm GMT
	Week 2	TUE 29 MARCH	How to Achieve Instant Calm Before Bed	
		THU 31 MARCH	Bonus Practice Session*	
	Week 3	TUE 5 APRIL	Balance your Mind and Emotions	
		THU 7 APRIL	Live Practice Session*	7:30 - 8:00 pm BST
	Week 4	TUE 12 APRIL	Your Sleep is Sacred	
		THU 14 APRIL	Bonus Practice Session	
	Week 5	TUE 19 APRIL	Learn the Supertools to Help You Sleep Night After Night	
		THU 21 APRIL	Live Practice Session*	7:30 - 8:00 pm BST
	Week 6	TUE 26 APRIL	Unlock the Power of True Circadian Health	
		TUE 26 APRIL	Live Bonus Wellness Expert Session with Sunita Passi	7:00 - 7:40 pm BST
		THU 28 APRIL	Bonus Practice Session*	
	Week 7	TUE 3 MAY	Be Your Own Sleep Expert	
		THU 5 MAY	Celebrate yourself! Live Practice session*	7:30 - 8:00 pm BST

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Guidelines

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 specifically to prepare you for the following week and must be practised 5-7 times a week to ensure maximum progress. We replace the video recording 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 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 so we can assist you.



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