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There are three fundamental principles in sophrology. To bring the person into present time, the HERE and NOW; To reinforce positive action.

The 3 Fundamental Principles of Sophrology is the first book that brings Sophrology to life. A clearly written book with explanations about: What. With sophrology one of the exercises we practice is 'the appreciation of our 5 senses' There are three fundamental principles in sophrology. The site of a sophrologist of experiment, abounding in information on the sophrology: origins, definition, theory Three fundamental principles. THREE FUNDAMENTAL PRINCIPLES In sophrology, one does not work on the negative one: to activate the negative.

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