



# Sophrology

## Preparing for motherhood

Pregnancy is always a unique moment in a woman's life. Relaxation therapy helps create serenity during pregnancy, childbirth preparation and birth, ensuring a harmonious setting for a newborn.

### Relaxation therapy provides:

- awareness and acceptance of the body's transformations,
- relaxation, breathing for calming of the mind, spirit and pain-management,
- experiencing this time mindfully and lovingly

### In Fontainebleau

15€ to 25€ per session  
according to the number of people in the group

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**Sophrologist and yoga teacher**

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Yoga Sophro  
by Alexia