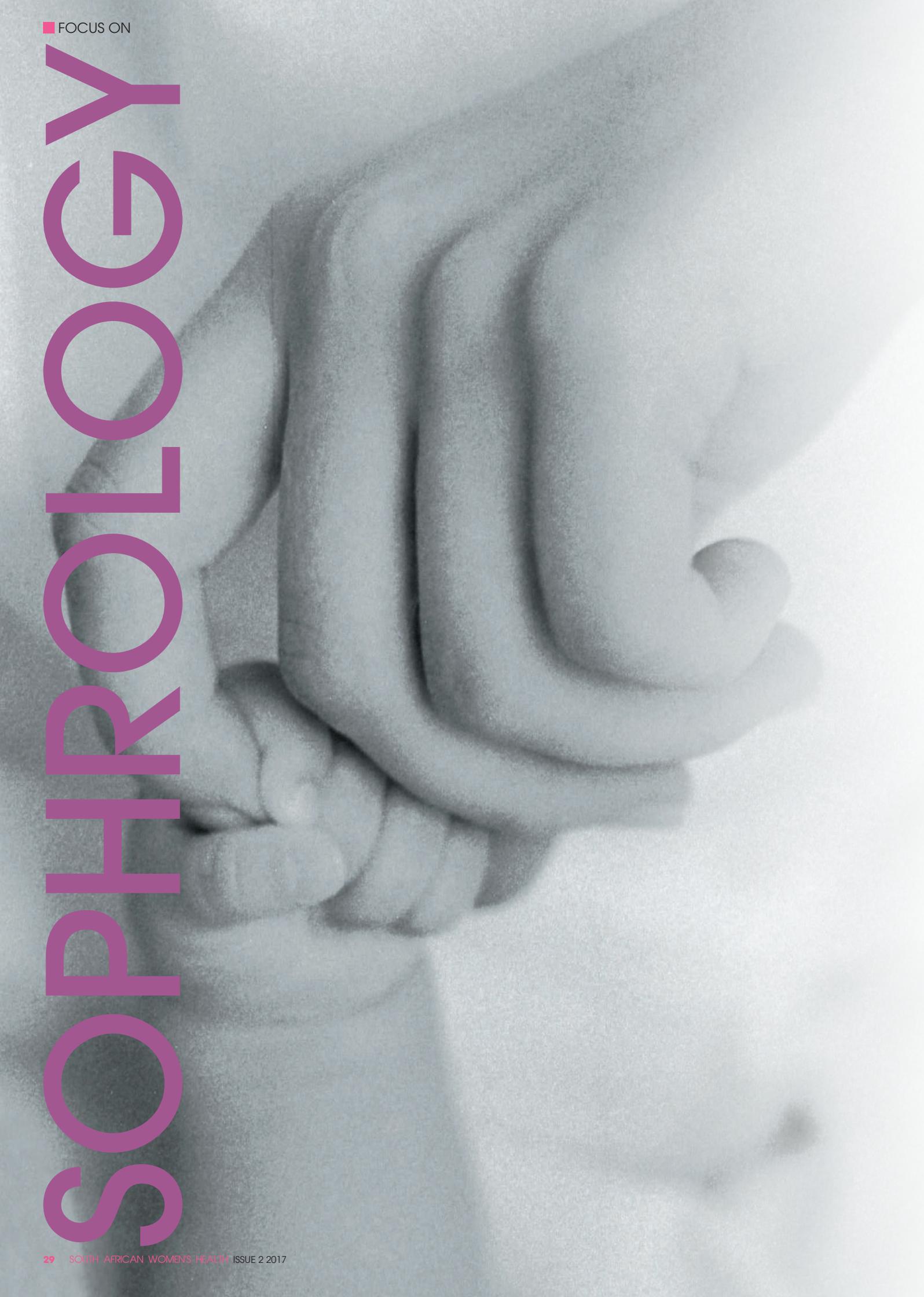


SOPHROLOGY



HOW SOPHROLOGY: HELPS PREGNANCY A WOMAN'S JOURNEY BEFORE, DURING & AFTER

Ishana Maharaj

Many women have a deep need or sometimes a secret wish to start a family. It's a magical moment to become a loving mother and experience the pure unconditional love of her own baby.

However for some women, falling pregnant has its challenges in today's demanding environment, largely due to career pressures combined with the rigors of hectic daily lives. Adding workplace obstacles, it becomes a challenge for women to cope.

SOPHROLOGY IS A SIMPLE, HOLISTIC APPROACH AIMED AT BRINGING THE MIND, BODY & SPIRIT INTO HARMONY

Comprising of effective exercises, breathing techniques, visualization, bits of meditation and many additional techniques, this leads to optimal health and wellbeing. Sophrology is beneficial to all stages of pregnancy (i.e. Pre-Natal, Delivery & Post-Natal). It can be done in various sitting positions, standing or lying down if fatigued.

PRE-NATAL STAGE

"I am really trying to fall pregnant ..."



Ishana Maharaj

The elements of stress, burnout, tension and anxiety together with an unhealthy diet, impacts the body and results in a less desirable lifestyle. When the body endures this long-term stress, complications may arise, and this does not help women who want to fall pregnant.

But there's hope, as Sophrology comes to the rescue. There could be various medical reasons why a woman has difficulties in falling pregnant. Once identified, solutions or options could be recommended by a doctor.

Whatever solution or changes are required to reach this goal, **Sophrology helps in the following ways:**

- Prepares the body for pregnancy – i.e. physically, mentally and spiritually
- Releases stress, tension & anxiety from the body
- Supports you through the possible ups and downs of IVF and helps you build resilience
- Harmonizes/Activates/Stimulates all cells, organs, bones, muscles, glands and systems of the body
- Keeps you in a calm, peaceful, relaxed state
- Exercises are customized to focus on an individual's needs
- Enhances & improves ALL systems of the body: i.e. Reproductive; Immune/Lymphatic; Endocrine; Digestive; Nervous; Cardiovascular; Renal & Muscular Systems

SOPHROLOGY COMES TO THE RESCUE

DELIVERY STAGE



“I am pregnant! However, I am anxious and scared...”

Whether it’s your first or fourth baby to be born, each woman’s journey is unique. Some women worry or panic about whether they are able:

- to carry to full term of pregnancy,
- scared of the birth procedure,
- or how to cope with certain health complications during their pregnancy

During the 9 months of pregnancy, a woman comes to terms with becoming a mother. In the real world, there is never enough time to look after ourselves. We need to be aware of the adverse effects of stress on the body.

OUR EXTERNAL APPEARANCE CAN ALSO BE A SOURCE OF WORRY. SOPHROLOGY ALLOWS PREGNANT WOMEN TO ACCEPT AND EMBRACE THIS SPECIAL TIME OF LIFE AND FIND IT MEANINGFUL RATHER THAN SCARY. IT ENABLES A PREGNANT WOMAN’S FOCUS TO SHIFT FROM THE WORRY ABOUT HER SHAPE TO FEELING EMPOWERED BY THE LIFE WITHIN. WE MUST NOT FORGET THE ROLE OF FATHERS AS WELL, WHO MAY BE EXPERIENCING STRESS AND ANXIETY DURING THEIR PARTNER’S PREGNANCY.

Sophrology supports them through this process of transition, learning about their partner’s body changes and welcoming the arrival of the baby. Sophrology helps by:

- Creating a more relaxed pregnancy & positive delivery – by doing various breathing techniques.

You will feel prepared for any type of situation that might emerge on the day of the birth, and feel equipped to deal with difficult situations

- Creating a better connection with baby in the womb through practicing visualization exercises
- Supporting the digestive system, especially during heartburn, constipation or cramping
- Assisting with & managing pain endurance
- Staying focused on yourself & baby and embracing each step of pregnancy consciously
- Helping to visualize your baby’s journey into the world
- Boosting your confidence and taking the time to integrate the changes you are going through
- Helping to remove your fears

POST-NATAL STAGE



“Motherhood ...I am always tired, experience fatigue and sometimes feel depressed ...”

Giving birth or being a mum can be the most phenomenal and wonderful gift in life, however, your body has been through a huge physiological roller coaster and it needs time to recover. Many women feel tired, overwhelmed and frustrated for they cannot cope as well as they did before they had children.

Sophrology helps you achieve that deep state of relaxation which is called “sophroliminal state”. This occurs when the alpha brain waves kick in to provide a sense of well-being.

Time is precious, especially when you have to establish a new routine with baby. Sophrology offers simple and

effective techniques that can be practiced regularly for 20 min at any time, in the comfort of your home.

The exercises offer immediate relief. Sophrology can help you to:

- Improve & speed up your recovery process after birth
- Balance your emotions and mood swings related to hormonal changes
- Accept the transition and improving your quality of life
- Sleep better so that you feel more energized and alert
- Deal positively with family, expectations, beliefs etc.
- Bond with your baby and feel motivated/positive in your new role

IN CONTINENTAL EUROPE DOCTORS RECOMMEND SOPHROLOGY AS AN EFFECTIVE RELAXATION AND SELF-DEVELOPMENT TECHNIQUE TO NOTABLY HELP DEAL WITH PREGNANCY, PREPARE FOR BIRTH, DEAL WITH ANXIETIES AND LACK OF SLEEP.

IT CAN HELP YOU PREPARE FOR BIRTH BY ENABLING YOU TO ACCESS YOUR INNER RESOURCES, REINFORCING CONFIDENCE AND POSITIVITY. SOPHROLOGY CAN HELP YOU EMBRACE THE EXPERIENCE OF PREGNANCY, BIRTH AND MOTHERHOOD ACCORDING TO YOUR PERSONAL VALUES.

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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