

DNA June 2015

Before she worked in advertising. But that was before. Today, Sandrine Ankaoua manages "L'Ilozen", a cocoon of zenitude filled with candles and all dedicated to sophrology, which opens its doors to the public this Saturday.

Light wood flooring, warm colored walls, small round rugs, like punctuations, soft music and glass of tea ... The Ilozen is one of those places that instantly make you want to go there. Open since 2009 boulevard Leblois, Sandrine Ankaoua has long offered massages, reflexology and sophrology, before refocusing on sophrology alone last September. "I realized that this was what really excited me, because we are working on the long term and changes in depth" explains the young woman, trained in sophrology Caycat - named Professor Alfonso Caycedo, neuropsychiatrist founder of the discipline.

At the crossroads of relaxation, yoga, meditation, philosophy and biology, sophrology promotes an art of living "in full awareness". During the times of examinations, Sandrine Ankaoua receives a lot of medical students and future graduates "Ultra-stressed", but also children (from three years old and up) lacking confidence or having trouble managing their anxiety. She also receives adults in search of serenity and / or peace with their bodies, "after cancer, for example ". Alone or in groups - with classes year-round - she offers little games and scenarios, "the idea being to start from the physical experience and to understand how and when we can let go, untie knots or focus on things that make us feel good," she says. "Consciousness is like a spot that lights up. It's up to us to know how to guide it! Sophrology is a way of taking a step back from the everyday life and becoming aware of the way we function. »