

## Intensive English Programme 2026 at the CEAS Paris

Module	Teacher	Date	Nbr days	Subject	Nbr hours
D1	Maéva Morin Béranger	Monday the 2nd of February	1	Dynamic Relaxation Level 1 + Specific Techniques and Individual Training	8
D2	Maéva Morin Béranger	Tuesday the 3rd of February	1	Dynamic Relaxation Level 2 + Specific Techniques and Individual Training	8
D3	Nathalie Bergeron-Duval	Wednesday the 4th of February	1	Dynamic Relaxation Level 3 + Specific Techniques and Individual Training	8
D4	Isabelle Castellanet	Thursday the 5th of February	1	Dynamic Relaxation Level 4 + Specific Techniques and Individual Training	8
D5	Jury CEAS	Friday the 6th of February	0,5	Exams + Certificate delivery	4
	One of our teachers online by visioconference via Teams		0,5	Individual Coaching	4
			<b>5</b>		<b>40</b>

NB :

*Teachers may change as and if needed, names are an indication only.*

*Students will be awarded a bilingual sophrologist certificate from CEAS Paris - All teachers have been trained at the 1st english school : the Sophrology Academy.*