

Intensive English Programme 2026 at the CEAS Paris

Module	Teacher	Date	Nbr days	Subject	Nbr hours
D1	Maéva Morin Béranger	Monday the 22nd of June	1	Dynamic Relaxation Level 1 + Specific Techniques and Individual Training	8
D2	Maéva Morin Béranger	Tuesday the 23rd of June	1	Dynamic Relaxation Level 2 + Specific Techniques and Individual Training	8
D3	Nathalie Bergeron-Duval	Wednesday the 24th of June	1	Dynamic Relaxation Level 3 + Specific Techniques and Individual Training	8
D4	Nathalie Bergeron-Duval	Thursday the 25th of June	1	Dynamic Relaxation Level 4 + Specific Techniques and Individual Training	8
D5	Jury CEAS	Friday the 26th of June	0,5	Exams + Certificate delivery	4
	One of our teachers online by visioconference via Teams		0,5	Individual Coaching	4
			5		40

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.