



Intensive English Programme 2026 at the CEAS Paris via videoconference / Teams

Module	Teacher	Date	Nbr days	Subject	Nbr hours
D1	Maéva Morin Béranger	Monday, Novembre 30	0,5	Dynamic Relaxation Level 1 + Specific Techniques and Individual Training	3,5
D2	Nathalie Bergeron-Duval	Tuesday, December 1	0,5	Dynamic Relaxation Level 1 + Specific Techniques and Individual Training	3,5
D3	Maéva Morin Béranger	Wednesday, December 2	0,5	Dynamic Relaxation Level 2 + Specific Techniques and Individual Training	3,5
D4	Nathalie Bergeron-Duval	Thursday, December 3	0,5	Dynamic Relaxation Level 2 + Specific Techniques and Individual Training	3,5
D5	Maéva Morin Béranger	Friday, December 4	0,5	Dynamic Relaxation Level 3 + Specific Techniques and Individual Training	3,5
D6	Nathalie Bergeron-Duval	Saturday, December 5	0,5	Dynamic Relaxation Level 4 + Specific Techniques and Individual Training	3,5
EXAM	Assessment panel	Saturday, December 12	0,5	Exams + Certificate delivery	3,5
			3,5		24,5

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.