

International Sophrology Federation - 15th International Conference

Awakening Collective Vitality

Sophrology practices for personal and collective transformation

Wednesday, 17th June 2026 (1-5pm BST- UK time)

FULL PROGRAMME

1pm to 1.30pm – Opening and welcome to the ISF Conference experience

Join ISF Board for the opening of the conference

A short guided exercise to awaken our collective vitality from the start of this joined experience.

1.30pm to 2.30pm – It's all about energies. Taking care of yourself and being of service to others in a chaotic and confusing world.

With Gavin Andrews, MD of HearthMath UK & Ireland and co-founder of Syntropy

We're living in a time of profound challenge and change. While the world can often seem dominated by conflict, division, and uncertainty, something new is also emerging. More and more people are recognising that old systems and ways of being are no longer fit for purpose, and that new paradigms are beginning to take shape.

But times of transition can feel unsettling. They can pull us back into fear, separation, and the mindset of "us and them." This workshop is an invitation to pause, reconnect, and return to the heart — both your own and our shared human heart. It offers a space to come together in deeper presence, compassion, and connection, and to explore how we can navigate these times with greater trust, clarity, and hope and how we can create a halo effect of positivity that will benefit others too.

2.30pm to 2.45pm - Break

2.45pm to 3.30pm – Collective Rhythms - The true power of music and dance to build community

Rafael Piccolotto, Brazilian Composer, Arranger, Conductor and Music Director

In this session, Rafael brings his unique perspective on how rhythm and dance have been used across cultures and communities as powerful tools for connection, healing, and social cohesion. Drawing on his own practice and creative work, he will explore how music is far more than entertainment — it is one of humanity's oldest and most effective ways of coming together, building trust, and awakening a shared sense of vitality and purpose.

3.30pm to 4.30pm – Panel discussion –Beyond academic performance, wellbeing for future generations

With Annette Ebbinghaus, Beryl Palmer and Jordi Diaz

This engaging panel brings together Annette Ebbinghaus and Beryl Palmer, two sophrologists working at the heart of education, alongside Dr. Jordi Diaz, Dean and Director of EADA Business School. Drawing on both frontline practice and institutional leadership, they will explore how sophrology can reshape wellbeing in higher education — from supporting student mental health and academic resilience to reimagining how future generations are nurtured and prepared for the world ahead.

4.30pm to 5pm – Integration, Wrap-up and Close

With ISF Board

An opportunity to come together at the end of the conference to reflect on insights and most importantly come up with a plan on how we can make further impact. A session where participants will work in small groups to connect and share learnings.