[phrodelic Legal Magic Mushroom Retreat](https://sophrodelic.com/)

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* [**All**](https://www.harmreductionadvocate.com/sophrodelic-legal-magic-mushroom-retreat) |
* [What Is Sophrology](https://www.harmreductionadvocate.com/sophrodelic-legal-magic-mushroom-retreat/yoga-for-beginners) |
* [How Does Sophrology Work?](https://www.harmreductionadvocate.com/sophrodelic-legal-magic-mushroom-retreat/mindful-meditation) |
* [More Videos Added Soon!](https://www.harmreductionadvocate.com/sophrodelic-legal-magic-mushroom-retreat/7-day-morning-flow-challenge)
  + [What Is Sophrology](https://www.harmreductionadvocate.com/sophrodelic-legal-magic-mushroom-retreat/yoga-for-beginners)

• 2024-11-18

[**What Is Sophrology?**](https://www.harmreductionadvocate.com/sophrodelic-legal-magic-mushroom-retreat/v/what-is-sophrology)

I am honored and grateful to work with Bénédicte (Ben) Mannix. She is a a holistic therapist with a long history of helping clients across the globe deal with anxiety, depression, childhood trauma, and other issues. Over the years she has developed a holistic approach to therapy which combines aspects from Rogerian therapy, Transgenerational therapy, Risk Reduction, and Sophrology. Discover More:

<https://sophrodelic.com/benedicte/>

<https://www.youtube.com/live/xfePp0dIzlc>

* + [How Does Sophrology Work?](https://www.harmreductionadvocate.com/sophrodelic-legal-magic-mushroom-retreat/mindful-meditation)

• 2024-11-18

[**How Does Sophrology Work?**](https://www.harmreductionadvocate.com/sophrodelic-legal-magic-mushroom-retreat/v/how-does-sophrology-work)

Bénédicte (Ben) Mannix is a holistic therapist that applies methods from Sophrology to help clients recognize their own strengths and abilities as well as develop a non-judgemental mindset. This provides clients with a greater sense of agency in their lives and results in them being prepared to face any challenge. Discover More:

<https://sophrodelic.com/benedicte/>

<https://www.youtube.com/live/xfePp0dIzlc>

**I am honored to work with the amazing team at Sophrodelic, offering Legal Magic Mushroom Retreats —> https://sophrodelic.com/**

**Bénédicte (Ben) Mannix is the founder of Sophrodelic, and is a Holistic therapist.**

**Navlett Edwards is a Master Chef and experienced Facilitator.**

**As a Psychedelic Pharmacist I am grateful to humbly offer my own western medical background and training.**

***Sophrodelic offers a safe, capable, and confident container for psychedelic exploration and powerful personal healing.***

**Check out the Video links above**, and **book your journey to healing and self discovery here:**

[Sophrodelic: “Dream Your Life and Live Your Dreams”](https://sophrodelic.com/)

A deck with palm trees and a body of water

AI-generated content may be incorrect.

**Core Values:**

1. **Gratitude and Humility**
2. **Personal Freedom**
3. **Sincerity and Honesty**
4. **Self-awareness**
5. **Respect and Empathy**
6. **Peace and Love**