UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT Pursuant to Section 13 OR 15(d) of The Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) January 14, 2022

SONOMA PHARMACEUTICALS, INC.

(Exact name of registrant as specified in its charter)

Delaware (State or other jurisdiction of incorporation)

001-33216 (Commission File Number)

68-0423298 (IRS Employer Identification No.)

645 Molly Lane, Suite 150 Woodstock, GA 30189

(Address of principal executive offices) (Zip Code)

(800) 759-9305

(Registrant's telephone number, including area code)

Not applicable.

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is int (see General Instruction A.2. below):	ended to simultaneously satisfy the filing obli-	gation of the registrant under any of the following provisions
☐ Written communications pursuant to Rule 425 under the Secu	urities Act (17 CFR 230.425)	
☐ Soliciting material pursuant to Rule 14a-12 under the Exchan	ge Act (17 CFR 240.14a-12)	
☐ Pre-commencement communications pursuant to Rule 14d-2e	(b) under the Exchange Act (17 CFR 240.14d-2((b))
☐ Pre-commencement communications pursuant to Rule 13e-4((c) under the Exchange Act (17 CFR 240.13e-4(c))
Securities registered pursuant to Section 12(b) of the Act:		
Title of each class	Trading symbol(s)	Name of each exchange on which registered
Common Stock	SNOA	The Nasdaq Stock Market LLC
Indicate by check mark whether the registrant is an emerging gr Securities Exchange Act of 1934 (17 CFR §240.12b-2). Emergin	g growth company □	,

Item 5.02. Departure of Directors of Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

On January 14, 2022, we completed our annual grant of stock options to employees, including executive officers, and directors of the Company. The annual grant is intended to recognize employees who meet certain employment criteria and retain key employees. The exercise price of the options is based on the closing price of our common stock of \$4.57 per share on January 14, 2022, and the options vest in three equal tranches on the six-month, 18-month and 30- month anniversary of the grant date. All options vest upon change of control. Any unvested options will expire if the employment of the respective executive terminates prior to the vesting date. Each director received 30,000 options and each executive officer received grants as follows:

- · Amy Trombly, Chief Executive Officer: 30,000 options;
- Jerry Dvonch, Chief Financial Officer: 30,000 options; and

accounting standards provided pursuant to Section 13(a) of the Exchange Act. \square

Bruce Thornton, Chief Operations Officer: 30,000 options.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date:January 14, 2022 SONOMA PHARMACEUTICALS, INC.

By: /s/ Amy Trombly
Name: Amy Trombly

Title: Chief Executive Officer