



# The Colour Experience

## 1 Day Workshop

### Why?

- To understand the basics of light and colour therapy in relation to health and wellbeing.
- Taster of how colour affects all areas of our lives on a day to day basis
- Gives a basic understanding of how to calculate your colour personality and what impact this can have on your daily life

### How?

This is a one day workshop and can be run at your premises

The courses are run in Worthing, within easy distance of Worthing train station. Good bed and breakfast accommodation is available through The Colour Ministry and there is also plenty of space to park if travelling by car.

### When?

Course dates can alter so do please check the website for details.

Wednesday 24th October 18  
Saturday 3rd November 18  
28th November 18  
16th January 19

### Price?

£95.00 in total which includes full course materials, lunch and VAT. Fees can be paid either in cash, on-line via Paypal, by direct bank transfer or by debit or credit card.

This 1 day workshop includes an overview of how light and colour work in an everyday environment. It introduces the qualities of light and colour and gives a general understanding of how these dynamics work in our daily lives. The subjects that are covered are as follows:

- What is colour and how does it work?
- History of Colour Therapy and how it is used in everyday life
- The Colour Spectrum
- Getting to know the colours of our 9 colour system
- How complimentary colours can help to balance us
- Our physical and emotional responses to colour
- Chakra healing system and the nine colour process from original colour therapy
- What is a colour personality?
- How to calculate colours and find out their traits and behaviours
- How knowing our colour can benefit us
- Getting to know your families colours

