

Introduction to Colour Therapy including Colour Personalities - (Level 1)

Objectives:

- To understand the basics of light and colour therapy in relation to health and wellbeing.
- To learn the nine-colour system and how the colours affect us physically, emotionally, mentally and spiritually.
- To gain a basic understanding of how to calculate your colour personality, inner child, skills and aspirations.

Subjects:

- What is colour and how does it work?
- Brief history of colour therapy and a little bit of science about the colour spectrum
- Getting to know the colours of the nine-colour system
- How complimentary colours can help to balance us
- Our physical and emotional responses to colour
- Chakra healing system and the relating colours
- How to calculate your colour personality and their traits and behaviours
- Colour of your inner child, skills and aspirations to advance your knowledge
- How you can gain positive benefits for self-knowledge and wellbeing knowing your colours

How we run the course

The course is run on Zoom in sessions of 2 hours in length (can be shorter if you feel that is too long, just need a few more than 4 sessions). The course is 8 hours in total and will cover all the above topics. Dates can be agreed with you, and you can choose daytime or evening, whatever is convenient.

Course Information

You will be sent a workbook to help support you during and between sessions. You will also receive 9 colour felts that will be used to help you get to know each colour. These will be sent to you prior to the course. There is also a certificate at the end of the course with a short quiz, just to remind you of what you know.

Course Price

The course price is £240.00 and is run on a 1 to 1 basis. If you would like an additional person to attend or want to run it as a group then we are happy to discuss the pricing with you. Please contact alison@thecolourministry.co.uk to book and confirm your dates.

