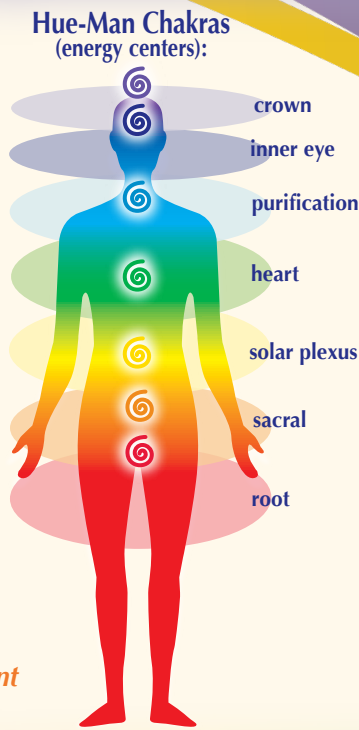


Chakra
in Sanskrit
means "wheel."

Your Chakras are inner energy centers that move like wheels circulating your life force to bring vitality to your body, mind & spirit. Like the energy of the Sun, the various Color energies are keys that unlock the wheels to awaken health & balance within you.

The Ancient Egyptians, Greeks & East Indians all used Color Energy as a vital healing source.

Come experience the potent profound effects!



Crown Chakra- Violet Energy:
keys- higher reason & purpose, purity, spirituality, meditative self

Inner Eye Chakra- Royal Blue Energy:
keys- intuition, non-linear perception, trust, psychic energy

Purification Chakra- Blue Energy:
keys- clear effective communication, peace & calm, purifying senses

Heart Chakra- Green Energy:
keys- balance, renewal, love, compassion, generosity, space

Solar Plexus Chakra- Yellow Energy:
keys- clarity, focus, fire, intellect, will, personal power, self esteem, joy

Sacral Chakra- Orange Energy:
keys- creativity, emotions, nurturing, sensuality, patience

Root Chakra- Red Energy:
keys- support, survival, centering, ambition, activity, life force energy

Come Experience Illumination!

Color Therapy & Chakra Balancing Classes, Courses:

Chakra Restorative Yoga™- a modern spin on the ancient practice of Chakra Dhyana (energy meditation). Enjoy this profound metaphysical healing & meditative journey into your subtle energy centers. Complete holistic program with gentle restorative yoga and pranyama (deep breathing techniques) that awakens your chakras (inner energy centers) and a network of vital energy channels. Includes color therapy, color aromatherapy, guided visualizations and sound healings with tuning forks. Each class focuses on one chakra at a time to help you focus your energies. You'll receive a Chakra information packet & weekly handouts. Simple gentle yoga, beginners welcome. **Next Series starts June 18 7 Weeks, 7 Chakras, 7 Colors - Take the Intro Class June 11th! -**

Chakra Journey- Enjoy this Happy Hour for your spirit! A metaphysical healing meditation to the soundscape of the crystal singing bowls- includes toning into the Chakras.

Chakra Yoga- a slightly more active practice with a focus on chakra balancing. Revive and rejuvenate your energy with metaphysical yoga combining conscious deep breathing, simple yoga asanas (poses) and a meditative focal point- a chakra (inner energy center).

Color Spa™ Color Spa Course- The most thorough and comprehensive course on chakra balancing & color therapy you'll ever find. Includes expanded theory on the chakras, emotional and physical conditions related to the chakras, advanced color therapy, sound healing & more! Learn a complete chakra balancing treatment you can add to any massage. Created for massage, yoga, therapy, healing, & spa practitioners- all welcome. **For More Info Call or Visit ConsciousColors.com**

Healer's Course- learn vital healing tools of the trade including how to conserve & expand your energy, strengthen & heighten your intuition, as well as refine your sensitivity. Ideal for massage therapists/healers, caregivers & compassionate practitioners in a variety of fields. This session is part of a program that will continue through summer including instruction in chakra balancing & color therapy.

Intro to Conscious Colors- Special Day! Curious about color therapy & chakra balancing? Show up to receive a free mini color energy healing. You'll discover how exposure to color can bring you in to better balance physically, mentally & emotionally. First come first balanced!

Sacred Women's Circle- Deepen into the journey of being a woman utilizing sacred breathing, ceremony, simple rituals (like candle lighting), honoring the Moon's cycles and wisdom. Please RSVP.

When you balance your Chakras, your body, mind & spirit illuminate

Constance Hart,
Founder of
Conscious Colors® is
an internationally-recognized
color therapist and the pioneer
of color aromatherapy in the U.S.
A visionary with energy balancing,
she created Chakra Restorative Yoga™
Color Spa™ and Color Aromas.™



Constance Hart



CALL
805-305-0046
to Register
NOW!

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