

Colour Chakra Meditation



Colour is life.

Our emotional levels respond to colour consciously and unconsciously influences change. Colour reflects our mood and can change it there are many colour influences, and during our lifetime we can choose to travel the full spectrum of colour. Our chakras are part of what we commonly call the aura which is a highly complex and intricate multi-layered energy field. When we choose to stimulate our chakras we impact this field to increase our awareness set and many processes into motion as well as can heal ourselves.

In this 9 week meditation program we will explore the 7 chakras system and how they affect our functioning; the impact of color on this system and how this in turn impacts our physical mental, emotional, and spiritual levels.

This program is suitable for people who wish to expand their knowledge and experience of colour and their chakra systems and who wish to take their personal and spiritual development to the next stage.

Sessions are held weekly on Saturdays 12noon till 1pm.

Includes Notes

Session fee \$55.00

Commences September

Educator facilitator Ilse R. Jamonts is a highly experienced Meditation Therapist and Educator. She is a practicing RN, with extensive experience in healing, counseling & teaching. She has post graduate qualifications in Community Health & Human Relations Education, Drug Rehabilitation and Adult Education and Training. Other qualifications include: Reiki 1&11, Energy Healing Methods, Chinese Massage & Vibrational Healing, Color Therapy and a Shell Essence Practitioner and Teacher. She has a private practice, works in Drug Rehabilitation and teaches internationally.

For more information or to register your interest, please call 0411026614 or send an email to: enquiries@utopiahealthcare.com.au and put **colour** back into your life today.

1/387 Malvern Road, Sth Yarra 3141
Phone (03) 9826 2660 Mobile 0408 887 566
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