

Hitch a Ride with "Spectral Journeys"

By: *Juanita Chin*

Photos By: *Spectral Journeys*



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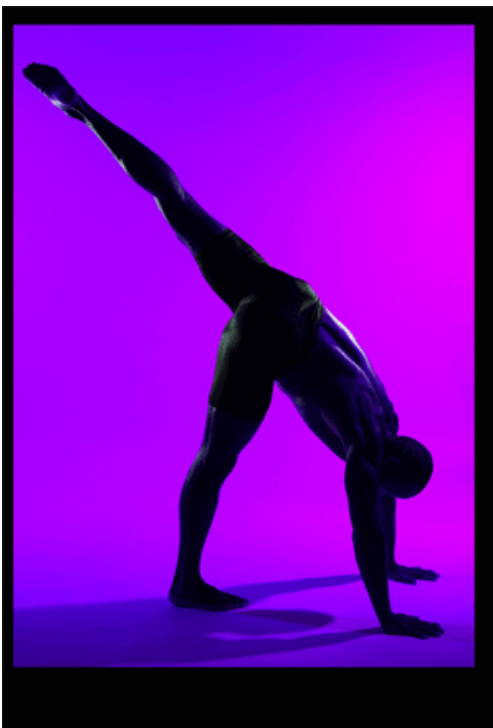
It was my first time taking the Spectral Journeys 'colorized' spinning class and I wasn't to sure what to expect. Feeling exhausted and unmotivated, I dragged myself to class knowing how great I usually feel after an intense workout. My instructor and the founder of Spectral Journeys, Christina Leon, was a tiny ball of energy as she eagerly announced herself to the class. I knew from that moment on, this was going to be worth getting out of bed for. After class I spoke with Christina to find out more about this unique and invigorating workout where colored lights and the guidance of a supportive instructor help you on your path to wellness.

JC: What is your training/certification background?

CL: I have been in the fitness industry since 1986. I began as an aerobics instructor and a personal trainer. Over time I became interested in the mind/body connection and pursued yoga. During a yoga training workshop, I felt the inspiration to begin a meditation class. I now teach kickboxing, cycling, yoga, meditation, and weight classes. I am also a color therapist and hold Reiki level I and II certifications.

JC: What led you to create this program?

CL: This is a long, interesting story. I have a very close friend, Tracy Avedon, who is a Reiki Master. She is able to communicate with angels and would frequently tell me to slow down and listen to my angels and guides who were trying to get my attention. I was a very hyperactive, multi-tasking type of person, who never took the time to just listen to my own thoughts. She told me my angels wanted me to bring the chakras to fitness, specifically, indoor cycling. It took me about six months but eventually things started happening to me that convinced me I should follow Tracy's words. I learned more about the chakras, became a color therapist, learned the poses that correspond to the chakras, practiced with friends, and then everything just clicked. The idea took on a life force. People were coming to me, asking to join our practices. Everyone who heard about the concept loved it. I felt, I knew, I was following my divine purpose. Now, we are going to conferences, speaking at conventions, and being taken seriously by clubs and studios as a way to achieve the mind/ body balance.



JC: How long ago was the system created?

CL: The system was completed in March 2005. We filed our patent for the Colorgized Yoga and Colorgized Cycling and have been marching forward every since.

JC: What are some of the benefits one can expect?

CL: Wow, the benefits? Let's start with the five components of wellness we integrate into the classes – (1) Physical – You will do cardio work in the cycling [part of the class], flexibility and strength in yoga, and breath work in meditation. (2) Social – The classes are in a group format, meeting the social needs. (3) Spiritual – Colorgized wellness focuses on the individual. It assists in getting in touch with one's inner self, one's soul. (4) Mental – You are focusing your mind to enter a beta or theta brain wave state. (5) Emotional – Unlock your emotions by dealing with issues relating to each chakra or energy centers. Issues such as self-esteem, compassion for others, intuition and relationships are just a few of the themes of the classes. You can expect peace, joy, tranquility. You can expect clarity of mind and confidence of the self. You can expect to get to know yourself better. You can expect to get a workout [for your] mind, body and soul.

JC: Who would benefit from this program?

CL: Anyone can benefit from this program. The young, old, strong, beginner, flexible, etc. Each Colorized class has a beginner and an advanced format. Even the colorblind will feel the effects of the color. The light waves enter through the skin, not only the retina of the eyes. This is truly a holistic experience for everyone. This is excellent for someone who has tried yoga and never understood how to integrate the mind-body connection. Spectral Journeys assists by giving affirmations to focus on so that the mind is not wandering. Those who know how to attain the mind-body unity will benefit by being engulfed in a multi-sensory experience they can fully get lost in.

JC: What is a Chakra?

CL: This is another very detailed answer that I will describe briefly for the purpose of understanding but [it] is not meant as all-encompassing. A chakra is an energy center in the body. Chakra is the Sanskrit word for wheels of light. These energy centers in the body spin like wheels and are bright when clear and balanced. They have a corresponding color, a right, a gland of the endocrine system and an emotional purpose. There are seven main chakras. The root, sacral plexus, solar plexus, heart, throat, brow and crown. The base chakra or root deals with the basic needs in life – shelter, food, security. The right of the first chakra is “to have”, the color is red and it is responsible for energizing the central nervous system.

During the class Christina explains each chakra and how it affects us in our daily lives, reminding us that the amount of effort we put in while taking her class is representative of the effort we put into achieving our goals and dreams everyday. She constantly pushed us and just when we thought she squeezed every last bit of energy out of us, she would find a way to make us go the distance.



JC: Where can I attend classes?

CL: Ellen's Pilates and Spin studio in Plantation, The Athletic Club at Weston in Weston. Soon at Miami Beach Fitness in Sunny Isles and we will have a booth at the Omega Yoga Conference in Bal Harbor, November 11 – 13, 2005.

As I walked out of class I felt completely different than when I arrived. Feeling surprisingly energetic, centered, motivated and at peace, I was ready to start my day. I have been hooked ever since. The Spectral Journey's Colorized Wellness Program is not only a physical, but a spiritual experience as well, and I would highly recommend to everyone. For more information, go to www.SpectralJourneys.com
