

Spectral Journeys Colorized Wellness is an innovative new concept in the fusion of fitness and holistic wellness. Chakras (our energy centers) are opened and aligned to allow for the free flow of energy through your body while doing yoga, pilates and indoor cycling.



**Learn to integrate color healing and chakra opening along with sutras or affirmations to create a harmonious blend of vibrational energy.**

September 10<sup>th</sup>

Sunday 9am-5pm

Learn new yoga, mat Pilates, indoor cycling and meditation choreography and techniques to boost your classes. Apply the Color to your experience by being the first to bring this to your studio.

What is a chakra and how does it affect every part of your life?

How does color affect your thoughts and emotions?

Find peace and vitality and help others to do the same by attending this workshop.

To register, call 954-600-8735 or email us at [Christina@spectraljourneys.com](mailto:Christina@spectraljourneys.com) . We will contact you to complete your registration reservation.

The Elizabeth Arden Red Door Lifestyle Spa

Weston, FL

**This course has been approved by Yoga Alliance and AFAA for 11 contact hours. Certification Only \$199.**

*Prerequisites: It is neither our intention nor purpose to certify anyone to teach either yoga, pilates or cycling. This is a mind/ body integration and instructional certification.*

