

Schedule a private Color Energy Healing session!

A chakra balancing & color therapy session with Constance Hart brings your ethereal & earthly energy in balance. Constance is a skilled color intuitive healer: she'll find the color energies you're lacking and fill you back up with Color Aromas color aromatherapy, through both your Chakras & your Aura.

Your customized chakra balancing includes color therapy meditation, tuning forks sound healing and a color prescription to help further the healing effects in your daily life. Get your energy illuminated today!

"I am deeply grateful that color therapy is part of my life. I start each morning using them and carrying with me my "rescue pack." Life can throw curves, challenges & stressful situations. The Color Aromas always help me smooth out life's little bumps and help me respond rather than react. The fragrances soothe my soul and bring me joy, self confidence and centerdness."

– Karen Witter

"Every time I use my Color Aromas I feel how great they are! I have found a new level of enjoyable healing, growth, strengthening, and empowerment through use of these natural yet fragrant scents paired with the prescribed chakra affirmations"

– Nora Herstad

Call **805-305-0046** to Schedule your session

Bring this flyer in for \$10 off your first session

Color Energy Healing includes:

- Color Therapy
- Tuning Forks Attunement
- Color Aromatherapy

Benefits:

- Balance body, mind, spirit
- Release stagnant energy
- Elevate your frequency
- Gain clarity

"My sessions with Constance have been magical, transformative, opening, and grounding. I find her wisuggestions true on a soul-level. I have made numerous positive changes in my daily life, including considering the colors in my clothing and environment, using chakra affirmations and Color Aromas, as well as breathing exercises. With Constance's help, I feel that I am evolving into the person I have always wanted to become. I am more gentle with myself and others, and my mind has quieted. I am smiling and laughing more. My creativity is flourishing. I am better able to handle challenges and situations which caused stress in the past. I am at once excited about my future!"

– Christina Aumann

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 and sound healings with tuning forks and guided visualizations. Each class focuses on one chakra at a time to help you focus your energies. You'll receive a Chakra information packet and weekly handouts. Simple Yoga, beginners welcome.

7 Weeks, 7 Chakras, 7 Colors

Series starts April 9th - Take the Intro Class April 2nd!

Next Series: June 11th - July 23rd

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 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**

Sacred Sound Temple- experience the incredible healing energy of meditation on sacred sound. Each month offers a unique sound healing artist and journey. Leave feeling balanced, nurtured and elevated!

Healer's Circle- Come together with like-minded people to replenish yourself so that you'll have more vital energy to share with others. Free yourself of energy blocks and challenges that are standing in your way of your radiance. Celebrate your inner & outer light! Includes simple ceremony, ritual, breathwork, energy-empowering and balancing techniques. Please RSVP.

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!

Conscious
Colors
Energy
center

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