



## COLOURS MONTHLY MEETINGS

-cost £10 including refreshments

*For locations , times and bookings please contact*

**Alka on 07874 693319 or [alka1sd@gmail.com](mailto:alka1sd@gmail.com)**

Next meeting on **Friday, 4th May 2018** between **10am-12 noon** in Taunton

The colour theme is **RED**

A fun and interactive 2 hours including:

- ◆ Meditation
- ◆ Experiencing the different aspects of a colour theme every month
- ◆ Experiencing healing through the different colours
- ◆ Getting to know your true authentic Self
- ◆ Empowering yourself
- ◆ Experiencing the energy of the Colour Mirrors bottles

