



# Colours of Spring

## Women's Day Retreat

**“I am a Woman Imagining a New Self”**

Come along and enjoy a wonderful, relaxing day at Sedgwick Park House, Horsham.  
By using Colour Therapy you will be able to connect with your true essence, surrounded by the beauty of Spring

**Friday 15<sup>th</sup> May 2009 at 10am until 5pm**

**£45.00 per person**

### WELCOME GROUP

10am

Join Dorothy Larios, Executive Life Coach to explore the meaning of Spring colours in our lives. From the outside to the inner self we resonate with colour, physically, emotionally and spiritually.

### COFFEE BREAK

11.30am

Enjoy a tea or coffee

### SPRING CLEAN YOUR WARDROBE

12pm

Enjoy a group workshop discovering how to tackle your wardrobe! Elaine Mackenzie, Image specialist will guide you through getting into the mindset for establishing a fresh canvas for your new image.

### LUNCH

1pm

Freshly prepared ingredients provide some wonderful dishes to be served as a light lunch

### COLOUR ENERGY WORKSHOP

2pm

Using Crystals, Chakras and Visualisations, learn how to relax with colour energies. Be revived and connect with your inner power

### TEA

3pm

Another mid afternoon break

### CREATIVE COLOUR

4pm – 5pm

Design your new image- Create vision board of what you want to take home with you for the future