



5 Elements Studio

WHAT COLOR ARE YOU?

LEARN ALL ABOUT COLOR IN THIS WORKSHOP

Presented by

SHEILA JAMES, Dip.Col.T

Sunday, May 17th and 31st

9:00a-12:30p

\$80.00 per person

Have you ever wondered what the colors in your life mean? Why are you attracted by some colors and ignore others?



We are surrounded by a world of invisible color that affects what we do and how we feel. This is an untapped source of healing and upliftment that can bring harmony and balance to all areas of our lives. We all work predominantly with different colors that mostly we are not aware of, and an understanding of color, which is both an art and a science, helps to expand our awareness and enhance our lives.

In this two-day workshop, discover how to identify your personal colors and how to tune in to the colors predominant in any situation or person. You will find out which colors you may be lacking and how to work with those colors to restore ease to your life. You will learn the meaning of each color and how to use it wisely.

Sheila James Sheila James became a qualified color therapist in 1998 after a 2-year intensive training with June McLeod, the leading color expert in the UK. Sheila has studied spiritual work throughout her life. Other schools of study have been the Spiritualist Association of Great Britain, the College of Psychic Studies and the Company of Astrologers. Sheila noticed her clairvoyant ability at a young age and has developed it over many years. Her clairvoyant personal readings include her ability to see and understand color, palmistry, astrology and tarot.



You can read more about Sheila and her work at **www.sheilajames.com**

Supplies needed for class: Box of crayons or colored pencils. No markers please. Also, a notebook/sketchbook.