

# Adult Learning - Course Information Sheet



## SCCC01CZ - Colours And Chakras For Wellbeing-Int

### Abington Bowling Club

Abington Bowling Club  
12 Park Avenue S  
Northampton

NN3 3AA

Start Date: 25 February 2019  
Start Time: 19:00  
Day: Monday  
Weeks: 1  
Hours: 2  
Cost: F=£16.40; R=£16.40  
Tutor: Mrs Janet Flowers

### Aims

To introduce learners to the main 7 main chakras (energy centres) in the body, what emotions and organs relate to those energy centres and the crystals and colours to choose to re-balance them.

### Outcomes

- Identify the 7 main chakras in the body
- Identify what organs and emotions they relate to
- Choose the correct crystals and colours to re-balance the chakras
- Carry out a short re-balancing exercise

### How

Demonstration, 1:1 tuition and practical work.

### Qualification

No.

### Bring

Money to purchase smalls crystals if desired. Notepad and pen.

### Next Steps

Other Adult Learning Therapy courses.

### Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

### Information

If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: [CommunityLearning@firstforwellbeing.co.uk](mailto:CommunityLearning@firstforwellbeing.co.uk) or call us on 01604 367 119.

