

Colour Breathing For Relaxation And Wellbeing

The Worldwide Colour Breathing
Company Limited

Relaxation - sounds easy doesn't it? But in this fast-paced modern world, with increasing pressures both at home and in the workplace, deep relaxation can be very difficult to achieve. The ability to relax effectively is an important life skill and is beneficial for all ages and a wide range of health issues, both physical and psychological.

"Colour Breathing is a therapy that probably suits a larger percentage of the population than most therapies because of its gentle and neutral approach, and the BCMA recognised this when accepting this pioneering healthcare system."

Terry Cullen, Chairman, British Complementary Medicine Association - 2004

IS COLOUR BREATHING FOR ME?

A Colour Breathing practitioner can offer both individual and group relaxation sessions. During an individual session, the practitioner asks you for feedback about how you feel about the different colours. Professional psychotherapists and counsellors are training to become practitioners - with excellent results already shown within the Education and Corporate sectors.

*"88% of people find
talking therapies beneficial."*

The Mental Health Foundation 2007

Colour Breathing is a proven relaxation method based on seven disks of beautiful, hypnotic colour. As a talking therapy*, it is found to be an effective relaxation technique for all age groups. The combination of looking at the Colour Breathing Disks while becoming aware of your breathing pattern and specific areas of your body enables your mind and body to relax.

One of Colour Breathing's many benefits is that it enables you to help yourself achieve a state of deep relaxation (especially beneficial if you find it difficult to use other relaxation methods, such as visualisation).

In our trials of 1999/2000, 91% of users wanted to have their own set of Colour Breathing Disks.

IN CLINICS AND SURGERIES

A one-day Healthcare sector training programme has been created to enable doctors, nurses, midwives and other healthcare staff to train in the technique and then offer relaxation classes to patients in their surgeries. WCBC Limited intends to help the NHS and doctors to bring Colour Breathing relaxation classes into a national network by 2008.

*Why not try Colour Breathing for yourself, a friend or family member?
Our home kit costs £45 + P & P
from www.colourbreathing.com*

CAN I TRAIN TO BECOME A COLOUR BREATHING PRACTITIONER?

Yes! Simply join one of our nationally run two-day certified Colour Breathing Practitioner training programmes. No previous experience is required. Completion of an assessment paper and case histories are required before becoming qualified.

In addition, we are launching an exciting party plan operation exclusively for Colour Breathing practitioners. This new initiative will encourage people to book relaxation sessions for friends and family in the comfort of their own homes and learn just how good it can feel to relax naturally. Our exclusive range of body care and health products has been created to naturally nurture and balance our bodies.

CAN I GET MORE INVOLVED?

Yes! If you enjoy training others, you could become a Regional Manager. WCBC Ltd currently has a limited availability of franchised regions across the UK and Republic of Ireland.

Donna Haughian, a stress consultant with Action Mental Health and Regional Manager for Northern Ireland, says:

"Often when clients come to us for counselling we find that initially they are too distressed and upset to verbalise their feelings. Using Colour Breathing in the initial stages of the counselling process has

enabled our clients to quickly achieve a stage of relaxation which then enables them to more fully engage in the counselling process. We highly recommend the use of Colour Breathing as a relaxation technique." ♦

If you wish to become part of our pioneering worldwide Colour Breathing programme, please contact us on 0800 473 0055 or email training@colourbreathing.com.
www.colourbreathing.com

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