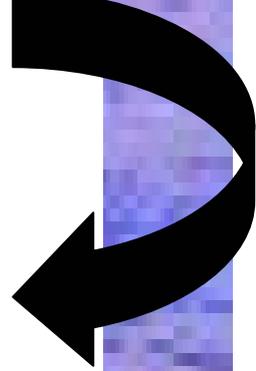


Look inside



Iris International School of Colour Therapy



Colour Counsellor & Healer
Level 1

Modules 1 – 5



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Your Colour Personality 🌈🌈

To be happy and feel good about ourselves we need to wear colours that express our true personality. When we wear colours we like, the radiant energy gives us emotional and mental support so we feel good and look good too.

It is strange but true that we are attracted to things in nature that reflect something in ourselves. Often people are attracted to their partner because they mirror something they like in themselves, so often couples have a similar smile and sense of humour. They may have same colouring, shape face or even similar facial expressions. Even our choice of pets often mirrors our general physical look and character traits.



Studies in America in 1994 and reported in Scientific America in suggest that people really do resemble their pets

Not only do we choose to have people and animals around us that remind us of aspects of ourselves we are also attracted to **COLOURS** for similar reasons.

Task:

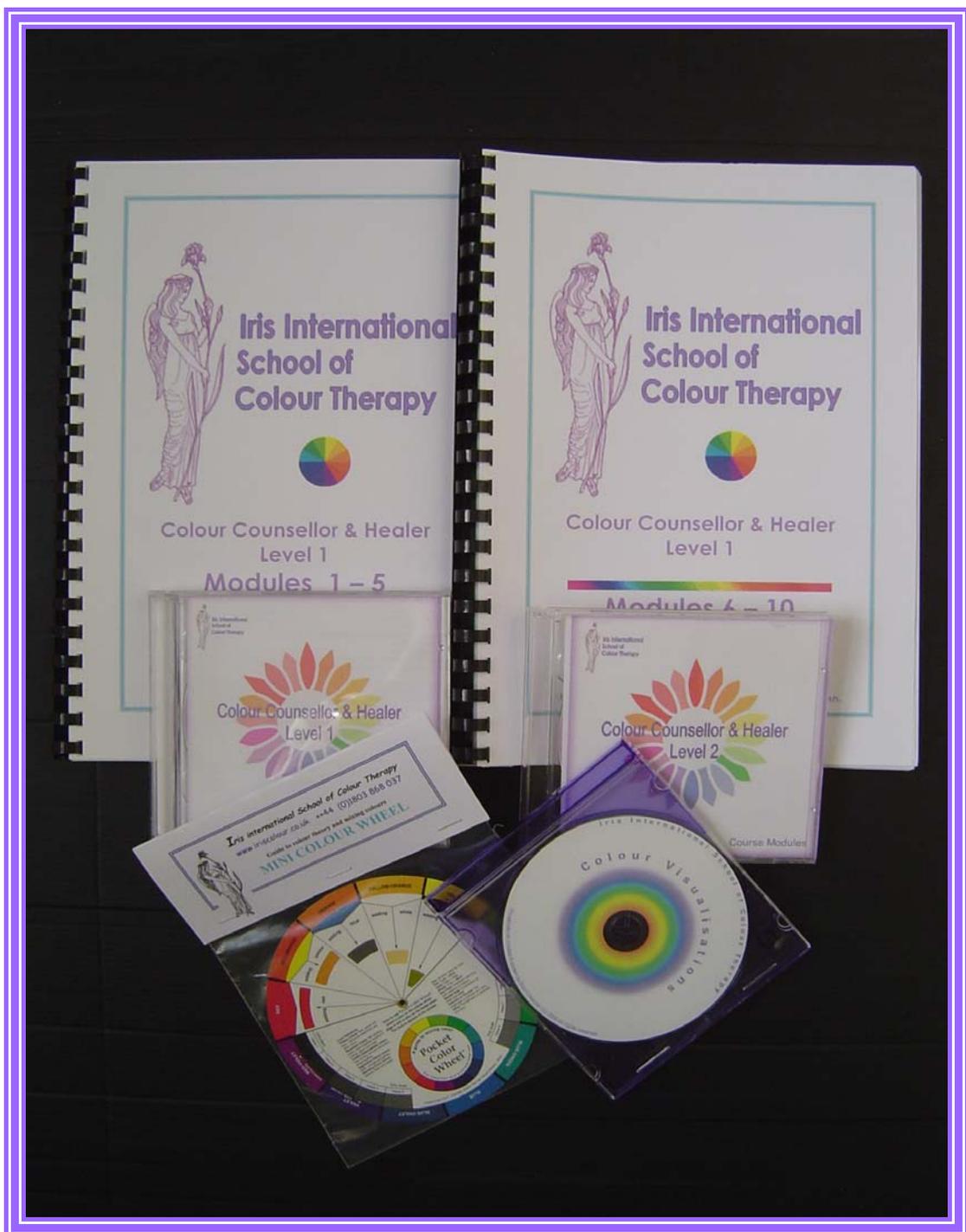
Buy a local paper or magazine and look for engagement or wedding photographs. Look to see whether you can spot similarities between couples. If you don't have a local paper, magazines featuring celebrity couples will offer you the same opportunity to find lots of similarities between the partners.

Seasonal Colour Types 🌈🌈



Every season has its own energy and atmosphere and colours and these tones bring richness and make your life more fulfilling and happy. When we follow the natural rhythms of the seasons we find that we feel more connected and in tune with ourselves and the world. Bringing these colours into your life can harmonise your life and help you pace yourself throughout the year. Observing nature's combinations can develop your sense of colour and help you understand the basics of colour co-ordinating and how colours can enhance your mood and well-being.

We can relate the four seasons not only to our personal colouring (our complexion, hair and eyes) but also our personal character traits, our behaviour and outlook on life. Let us look at the four seasons and how they relate to different personality types.



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