



BOOK REVIEW:
COLOUR BREATHING (2 part book set)
Alison Bourne

Colour Breathing is presented in two parts. The book takes you through a guided meditation and is a form of self-relaxation technique. Used in conjunction with the seven ***Colour Breathing*** disks, you can focus on the colours, which correspond to the chakras. Each disk has been specifically designed to relax each chakra. You focus on your breath whilst looking at each disk, and breathe the colour in and out. The Colour Breathing disks are presented as a separate freestanding easel. Their vibrant yet calming colours have been found in trials to help people concentrate and think more clearly.

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Available from most major book stores and from the Colour Breathing website (www.colourbreathing.com).