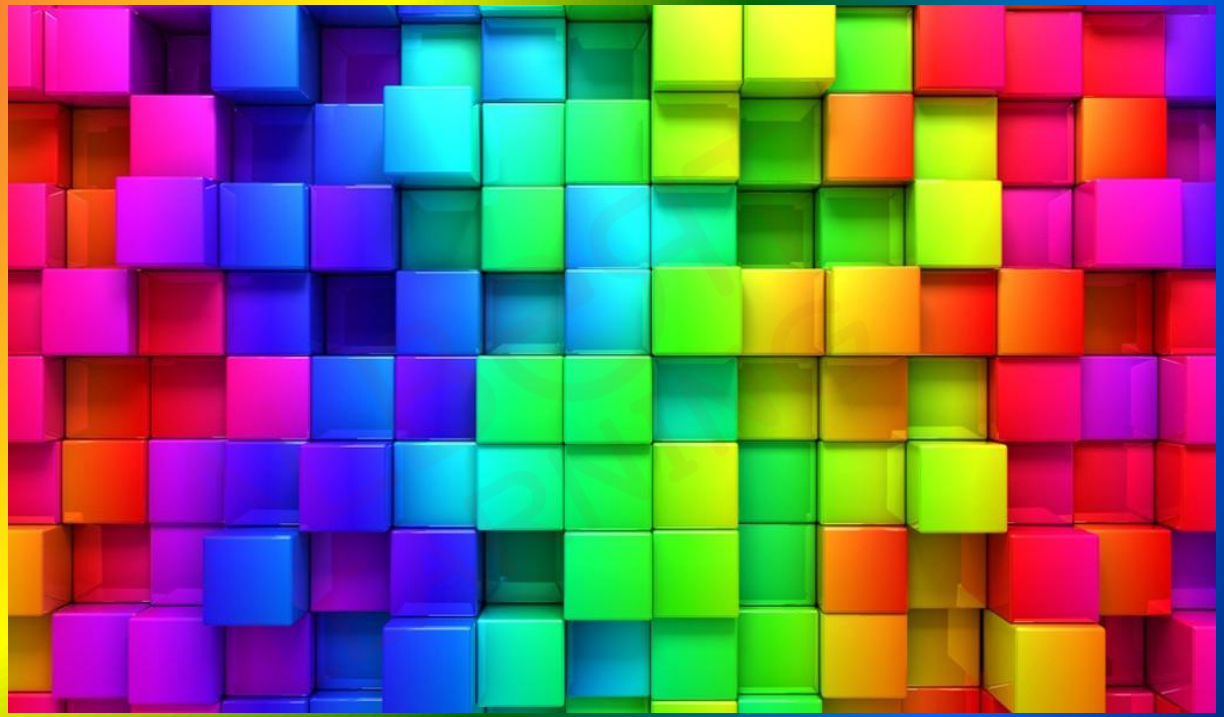

Colour Therapy

B2-C1
Module 6

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Here's What We Will Be Learning in this Presentation:

Summary

- What is Colour Therapy?
- How Can the Energies from Colours Around Us Be Used Effectively?
- One of the Bases of Colour Therapy.
- Colour Therapy Equipment.
- Exercises.

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Vocabulary

Holistic: Characterised by the treatment of the whole person, taking into account mental and social factors, rather than just the physical symptoms of a disease. For example: Holistic healing is gradually becoming popular.

Non-Invasive: (Of medical procedures) not requiring the introduction of instruments into the body. For example: Non-invasive medical procedures have made things more comfortable for many patients.

Subconscious: Of or concerning the part of the mind of which one is not fully aware but which influences one's actions and feelings. For example: She subconsciously distrusted Mark, which made her hesitate to accept his marriage proposal.

Connotation: An idea or feeling which a word invokes in addition to its literal or primary meaning. For example: The words 'home' and 'house' mean the same thing, however, the connotations are different.

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