

EMBODY THE COLORS

- 1 Stop and take a deep breath
- 2 Now notice what color you are wearing
- 3 Refer to the characteristics of each color
- 4 Make up a pose that corresponds with that color. For example, "Red! I am healthy and strong!" could be a Warrior Pose because a warrior is very strong.
- 5 Staying in the pose take 3-5 full deep breaths
- 6 Option to close your eyes and visualize the color as you breath in and exhale



This exercise is empowering and helps enhance focus and concentration.

