**‘Being Light’**

**Colour and Astrology workshop**

Would you like to step into living more light? To bring to light the parts of yourself that may sabotage or get in the way of you experiencing a fulfilled and joyful life? To raise your vibration and live your life on a higher level so that you are less affected by other people and what is going on around you? To share and spread your light out into the world?

Join us at ‘Fargetuva’ for an insightful, supportive and playful weekend exploring your Astrology birth chart with the magic and support of Colour sprays and essences including the ‘Colour Mirrors’ system and other colour and elemental sprays.

The workshop will involve visualizations, colour exercises, teaching on Colour and Astrology and in-depth work with your own birth chart. For this workshop we will look particularly at the planets Jupiter, Saturn, Pluto, the Sun and the nodal axis in the chart. Amanda will also share some information on the Swiss psychoanalyst Jung and his explanation of the shadow and the ego.

We will be doing this workshop close to the summer solstice, at a celebratory time of great light in Norway. As we raise our own consciousness and transform ourselves we share our light and what we do ripples out on a collective level.

The workshop will be facilitated by Amanda Bradbury, who is based mainly in Italy. She has more than 20 years of experience in Astrology and trained at Liz Greene’s school of Psychological Astrology. She has also been working with the Colour Mirrors system for many years now as a teacher and trainer, combining Colour with Astrology. Amanda also has a degree in Psychology BSc.

You can read more about Amanda on her website: [www.amandabradbury.com](http://www.amandabradbury.com)