



THE SECRET POWER OF YOUR TRUE COLORS

Tapping Into Your Seasonal Archetype

July 8–13 at KRIPALU, Stockbridge, MA

Questions? Call 213-458-6546

Sunday: Essence Preview

7:30–9:00 pm Class meets and you receive a personal “essence card” selected in advance by Jennifer Butler based on pre-work submitted. Workshop intentions will be set.

Monday: Fundamentals of Essence: Beauty as a Spiritual Principle

8:30–11:30 am Theory - Learn to recognize essence in yourself and others. Activities include Kundalini Yoga movement, an essence discussion, and small group exercises, to include music, movement, dance, multi-media experience, and review.

1:45–3:45 pm Practice - Begin workbook exercises and learn to recognize the design principles of contrast, texture, and complexity. Clothing demonstrations will reinforce the concepts. The workbook creates your personalized style blueprint.

Tuesday: The Psychology of Color: Everyone Has Their Own “Frequency” Tune In!

8:30–11:30 am Theory - Images of before and after models will be projected on a large screen, demonstrating the power of color and design as they wear outfits that are first “off-key” and then “in harmony” with their individual archetypes.

Practice 1 - Dress with Intention, the Power of YOUR Presence

Identify an important upcoming situation (i.e. job interview, first date, court appearance, etc.) and demonstrate the power of color for each circumstance. Clothing samples will be available.

1:45–3:45 pm Practice 2 - Invest in YOUR Essence

Continue workbook exercises on the principles of geometry, scale, and proportion. Learn the different requirements of the four distinct archetypes by reviewing handbags and eyewear brought to class to demonstrate what works for whom.

Wednesday: Sacred Geometry: Discover and Celebrate Yours!

8:30–11:30 am Theory - The sacred geometry of the universe is also present in the human body. By extension, each individual is a work of art, authored by Mother Nature. By repeating the existing geometry in the body we call forward our own innate beauty. Learn to recognize and appreciate your own sacred geometry.

1:45–3:45 pm Practice - Learn principle of visual weight through fabrics, handbags, eyeglasses examples, complete personal style silhouettes (the designs that work on your body), and practice movement individually or in groups.

Thursday: Integration: Express YOUR X Factor!

8:30–11:30 am Theory - Each season archetype has a unique silhouette that incorporates specific aspects of each of the seven principles to create the X Factor. Identify individual silhouettes for each participant/archetype and learn how style choices influence the interaction between archetypes.

1:45–3:45 pm Practice - Bring five different outfits and practice dressing with intention in your clothing. Plus practice in relationship to other season archetypes to experience the different energetic exchanges. Jennifer facilitates a guided clothing exchange where you can optionally release what doesn't work for you and receive items that do. This session concludes with a **Conscious Shopping Excursion** to the Kripalu Shop where you group together by season archetype and see what works and what doesn't for each archetype.

Friday: Manifesting the Life of Your Dreams!

9:00–11:00 am Receive a continuing learning path (things to work on) to empower full, authentic self-expression for the various aspects of your personality.

See transformations at: www.jenniferbutlercolor.com/thetestimonials/