

Colorlighthouse is a creative relaxation studio in Sun Valley, California. It is an active program of Universe Gives Inc. – a California nonprofit organization 501 c (3) helping the stressed out members of the work force and the community to acquire new stress management skills by simple exposure to therapeutic qualities of color, light, art, craft, music and dance.

Colorlighthouse helps individuals to significantly reduce their stress levels with our creative relaxation practices that are beneficial, safe and enjoyable.

We offer classes, workshops, events and personalized sessions for adults who may be suffering from PTSD or experience high levels of stress on a daily basis.

Our facility is designed for easy access to meditation and creative relaxation.

We provide basic energy balancing with color light frequencies.

We offer classes such as Abstract Painting, Creative Visualization and Improvisational Dance.

Our workshops include Sand Mandala Meditation, Sacred Geometry and Meditative Drumming.

We host special events, inner awareness seminars, inspirational talks and video screenings.

How It Works

Colorlighthouse offers individual stress relief sessions to qualified clients. Our stress relief sessions are customized to the individual needs of our clients.

An individual session duration is from 30 minutes to 2 hours, depending on the case. A session may include: Lumia Therapy, Sound Bath, Creative Visualization, Art Meditation, Rhythmic Movement, and more.

If you are often stressed and having a hard time dealing with it, you qualify for a stress relief session to be designed just for you.

This unique service is currently available by appointment at our facility in Sun Valley California 91352

To make an appointment, please call Zhanna Osminina 323 829-5337.

Colorlighthouse is a donation based establishment. All proceeds support Universe Gives Inc. programs. To learn more about Universe Gives, please visit www.universegives.org

Only with generous support of our donors, our stress relief facilities and services can continue to expand and improve.

<http://universegives.org/donate>



Feeling Stressed?

Scientific Fact: Your cells are constantly responding to your mental and emotional states. Healthy cell regeneration is simply not possible during high levels of stress. Prolonged exposure to stress can seriously affect your health and well-being.

*It's Time For Your
Positive Energy
Renewal!*



Start by making a conscious attempt to simply switch your attention for a little while. Change your surroundings and allow your mind to focus on something new, something pleasant, something that seems like fun. Have no expectations, relax, listen, and observe. Discover your secret abilities and unlock your unique creativity.

In one hour, you can significantly reduce your stress levels with our creative relaxation practices that are beneficial, safe and enjoyable.



colorlighthouse

Personalized Stress Relief Sessions

featuring

Lumia Therapy

- Chakra Balancing
- Kundalini Activation
- Color-Light Facial
- Cell Rejuvenation (anywhere in the body)



Art Therapy

- Abstract Painting
- Drawing / Doodling
- Mixed Media / Crafts
- Color Sand Mandala Meditation



Rhythm Therapy

- Affirmation Drumming
- Sound Bath Meditation
- Rhythmic Movement
- Breathing Visualization Techniques

