

Invitation to a one-day introduction workshop on Metal Colour Light Therapy

Saturday 10th March 2018

at Helios Medical Centre, Bristol

Developed by Marianne Altmaier nearly 20 years ago, and put to the use in Anthroposophical clinics and hospitals (Germany, UK, Sweden and America) for the last 10 years, Metal Colour Light Therapy draws its original inspiration from the coloured glass windows of the Goetheanum in Dornach, Switzerland.

The intense colours of the glass panels arise from metal oxides of iron, copper, silver and gold. Engraved patterns on the glass panels intensify the experiential and therapeutic effect of the sunlight passing through the coloured glasses, conveying the qualities of the metals, for example: warmth or coolness, lovely or peaceful flowing movement, structuring forces or loosening qualities. It can be used both therapeutically and for maintaining health, and is appropriate for both children and adults in developmental life crises, who are handicapped, traumatised, elderly or dying.

This Introduction to Metal Colour Light Therapy will be an interactive event with contributions led by Hazel Adams, Alara Mayes and Liri Filippini. It is open to all those with an interest in Metal Colour Light Therapy, to anyone wishing to explore the healing properties of colour, light and the metals, and to those who may be interested in the next training course beginning in August 2018

There will be a brief introduction to the work and generous time given to observing the glass panels and sharing experiences. A few examples will highlight the main effects observed related to the metals which bring the colour into the glass, and their therapeutic outcomes.

For further information and bookings, please contact Hazel Adams:
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