A system and method for implementing a physical fitness regimen method with color healing in a manner that synergistically affects one or more of the seven chakras of the human body. The method comprises selecting at least one physical fitness activity to be performed by a person in a fitness area during a predetermined activity period. Further, the method comprises selecting a color environment to be produced in the fitness area during the predetermined activity period. The method may also include the selection of an aural environment to be produced in the fitness area during the predetermined activity period. The system comprises a color generator, to produce the color environment, an audio generator, to produce the aural environment, and a main control unit to synchronize the actuation of each.
The Chakras

Crown Chakra - Violet Ray
Essence: Wisdom/Understanding
Affirmation: I know the wisdom and understanding I seek always comes into my consciousness upon my request.

Throat Chakra - Blue Ray
Essence: Communication/Creativity
Affirmation: I communicate effectively and create from a knowingness unique unto my being.

Heart Chakra - Green Ray
Essence: Love/Compassion
Affirmation: I am love, loving, and beloved.

Solar Plexus Chakra - Yellow Ray
Essence: Power/Will
Affirmation: I can always have the power and will to achieve my goals.

Sacral Chakra - Orange Ray
Essence: Desire/Sexuality
Affirmation: I feel balanced desire, sexuality and self-confidence.

Root Chakra - Red Ray
Essence: Survival/Individuality
Affirmation: I have an abundance of strength and energy. I express my individually in a Divine Perfect Way.

Brow Chakra - Indigo Ray
Essence: Intuition/Perception
Affirmation: I see and perceive all things clearly. Intuition is my God speaking directly to me.
SYSTEM AND METHOD FOR IMPLEMENTING A PHYSICAL FITNESS REGIMEN WITH COLOR HEALING

CLAIM OF PRIORITY

[0001] The present application is based on and a claim to priority is made under 35 U.S.C. Section 119(e) to provisional patent application currently pending in the U.S. Patent and Trademark Office having Ser. No. 60/657,791 and a filing date of Mar. 2, 2005.

BACKGROUND OF THE INVENTION

[0002] 1. Field of the Invention

[0003] The present invention relates generally to a system and method for implementing a physical fitness regimen with color healing to positively affect a person’s health and well being. More particularly, the invention relates to a system and method wherein a person performs a physical fitness activity in a fitness area in which a color environment is produced, such that the person achieves chakra cleansing and heightened awareness which positively affects the physical and emotional body of the person. In at least one embodiment of the invention, an auroral environment is produced in the fitness area via music, verbal affirmations, and/or other forms of audible stimuli while a person is performing a physical fitness activity therein.

[0004] 2. DESCRIPTION OF THE RELATED ART

[0005] It has been long recognized that physical exercise—particularly, cardiovascular exercise—is beneficial to both the physical health and mental wellbeing of individuals. Similarly, it has been well established that environmental variables, including visible and audible stimuli such as color, music/sound, and lighting, can have a significant effect on a person’s mental state. With regard to color, it is well understood that color and combinations of color embody energy “personality” that correspond to specific frequencies in the physical being. These frequencies are commonly referred to as “chakras.”

[0006] Various systems, methods, techniques and the like, have been disclosed in the prior art that incorporate combinations of human physical motion, music, light and/or color. For example, pending U.S. Patent Publication No. 2004/0181268 discloses a light therapy system that exposes specific chakra points on a patient’s body with specific light frequencies in an effort to allow the body to generally rejuvenate itself. U.S. Pat. No. 5,352,181 discloses a method and recording for use in achieving alpha and theta brain wave states, and effecting positive emotional states in humans to enhance learning and self-improvement. U.S. Pat. No. 6,499,955 discloses a group preference arbitration system that allows the members of a group environment to influence, but not directly control, the selection of various environmental factors, including, for example, lighting and music, at a given time. U.S. Pat. Nos. 6,641,523, 5,403,263, and 5,676,633, disclose various methods and associated apparatus incorporating audio and/or video means for reducing patient stress during the preoperative, intra-operative and postoperative phases of surgery.

[0007] However, there is no current fitness regimen wherein a person performs a physical fitness activity such as, for example, indoor cycling, yoga, pilates, and/or medita-

tion, in a controlled environment of variable color or monochromatic light, and/or sound, such as, music, thereby providing a variety of pitch and tonal qualities, and/or verbal affirmations, so as to achieve a heightened state of awareness with respect to the mind and body as it relates to the chakras and benefits of color healing.

[0008] Thus, it would be beneficial to provide a system and method for implementing a physical fitness regimen with color healing to positively affect the health and well-being of a person. More in particular, it would be helpful to provide a physical fitness regimen having at least one color environment produced in a fitness area in which one or more physical fitness activities are performed, wherein the fitness activity and the color environment are selected to correspond to one of the chakras, such that a person’s chakra receives the synergistic benefits of the physical fitness activity with color healing. It would also be advantageous to provide a physical fitness regimen with color healing further providing an auroral environment such as, by way of example only, musical accompaniment, verbal affirmations, or both, wherein the auroral environment is selected to correspond to a chakra being affected by the physical fitness activity and the color environment, thereby providing the benefits of further synergy between the physical fitness activity, the color environment, and the auroral environment to affect one or more chakras of the person.

SUMMARY OF THE INVENTION

[0009] The present invention is generally directed to a system and method for implementing a physical fitness regimen with color healing. More in particular, the system and method of the present invention provides for the selection, use, and control of a color environment in a fitness area via variable color or monochromatic light and at least one physical fitness activity such as, by way of example only, indoor cycling, yoga, pilates, or meditation, which may be performed by a single person or in a group environment, to assist a person or persons in achieving a heightened state of awareness with respect to the mind and body as it relates to the chakra cleansing, realigning, and sizing, to clean and heal each chakra. In at least one embodiment, the present system and method further include the selection, use, and control of an auroral environment via music having a variety of pitch and tonal qualities, and/or verbal affirmations which correspond to the chakra being affected.

[0010] In one embodiment of the invention, a method for implementing a physical fitness regimen incorporating color healing is provided wherein a person or a group of persons are engaged by a fitness instructor and perform a physical fitness activity in a fitness area. Concurrently, color is introduced into the fitness area to produce a color environment in such a manner that the combination of the physical fitness activity and the color environment mentally stimulates the person(s) and positively affects at least one chakra. The combination of the physical fitness activity and color healing are selected such that they address and affect one or more chakras of the person, as desired.

[0011] In another embodiment of the present invention, audible stimulation is selected and introduced into the method to complement the effects of the physical fitness activity and color healing.
[0012] In a further embodiment of the present invention, the method incorporates the step of leading a person or persons through one or more verbal affirmation(s).

[0013] In yet another embodiment of the present invention, the method is repeatable to allow effective and efficient chakra cleansing and balancing for aiding persons in dealing with both physical and emotional issues through an innovative format, unlike simple passive meditations, and to enable persons to achieve a state of upper consciousness so that intuitions may be felt.

[0014] In still another embodiment of the present invention, the method comprises an organized format such that the method can be efficiently taught to and subsequently implemented by a wide variety of fitness instructor trainees.

[0015] The present invention further encompasses a system which permits the foregoing methodology to be implemented by one or more persons, the system comprising a fitness area, a color environment produced by a color generator, and, in at least one embodiment, an aural environment produced by an audio generator.

[0016] These and other objects, features and advantages of the present invention will become more clear when the drawings as well as the detailed description are taken into consideration.

BRIEF DESCRIPTION OF THE DRAWINGS

[0017] For a fuller understanding of the nature of the present invention, reference should be had to the following detailed description taken in connection with the accompanying drawings in which:

[0018] FIG. 1 is a schematic representation of a person identifying a plurality of chakras in accordance with the present invention.

[0019] FIG. 2 is a schematic representation of a person Preferred embodiment of a system in accordance with the present invention.

[0020] Like reference numerals refer to like parts throughout the several views of the drawings.

DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

[0021] The present invention is generally directed to a system and method for implementing a physical fitness regimen with color healing in order to positively affect not just the physical fitness of the persons, but their mental health and overall wellbeing, or wellness. Wellness encompasses the physical, mental, emotional, spiritual, and social wellbeing of a person, and the present invention is directed towards a system and method to improve a person's wellness. The method is particularly well suited for a group fitness format, however, in at least one embodiment, the method may be performed by a single person. In a preferred embodiment of the invention, the method for implementing the physical fitness regimen comprises at least one physical fitness activity to be performed by one or more persons in a fitness area, wherein a color environment is selected and produced in the fitness area to provide the further benefit of color healing. In further embodiments of the invention, the method may comprise one or more additional environmental stimuli including, but not limited to, an aural environment such as may be produced via music and/or verbal affirmations, of course, it is within the scope and intent of the system and method of the present invention to include one or more additional environmental stimuli.

[0022] More in particular, the present invention comprises a system and method for implementing a physical fitness regimen which including at least one physical fitness activity with color healing to affect chakra cleansing and balance, and to improve wellness in persons who utilize the invention. Each chakra has a corresponding color, and is associated with a particular location or part of the human body, and to a particular element, as provided below in Table 1, which also includes the Sanskrit name for each of the seven (7) chakras.

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Sanskrit Name</th>
<th>Color</th>
<th>Location</th>
<th>Element</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>Muladhara</td>
<td>Red</td>
<td>Root</td>
<td>Earth</td>
</tr>
<tr>
<td>Two</td>
<td>Svadisthana</td>
<td>Orange</td>
<td>Sacral</td>
<td>Water</td>
</tr>
<tr>
<td>Three</td>
<td>Maipura</td>
<td>Yellow</td>
<td>Solar Plexus</td>
<td>Fire</td>
</tr>
<tr>
<td>Four</td>
<td>Anahatha</td>
<td>Green</td>
<td>Heart</td>
<td>Air</td>
</tr>
<tr>
<td>Five</td>
<td>Vishuddha</td>
<td>Blue</td>
<td>Throat</td>
<td>Sound</td>
</tr>
<tr>
<td>Six</td>
<td>Aja</td>
<td>Indigo</td>
<td>Brow</td>
<td>Light</td>
</tr>
<tr>
<td>Seven</td>
<td>Sahasrara</td>
<td>Violet</td>
<td>Crown</td>
<td>Thought</td>
</tr>
</tbody>
</table>

[0023] It has been observed that the body absorbs color energy through the vibration each color gives off. Further, all organs, body systems, and functions are connected to the main energy centers or chakras. Every person has seven chakras and each of these energy centers is governed by one of the seven colors. Each chakra resonates with a particular color vibration and reflects a different rainbow color when balanced. Color healing helps to balance the chakras by introducing more color, via light energy, to the physical, mental and ethereal bodies.

[0024] Individuals have a "subtle physical" body, also known as an astral body, which surrounds the physical body and is roughly the same size and shape. This is a body of energy that some people are able to perceive as an aura surrounding the physical body. The subtle physical body consists of chakras, energy fibers and astral tubes that are similar to arteries. The part of the subtle physical body that concerns the practitioner of yoga and Buddhism is the "shushumna." The shushumna is a tube, more particularly, an astral tube, that runs from the base of the spine to a center point between, and slightly above, the eyebrows. There are six (6) chakras, or energy vortexes, that lie along the tube.

[0025] The seven (7) chakras are not physically identifiable portions of the body, however, they can be located by providing a physical location, and then feeling the energy in that approximate region. Following are the approximate physical locations of the seven (7) chakras, as illustrated in FIG. 1: root chakra—base of the spine; sacral chakra—spleen or sex organs; solar plexus chakra—approximately one inch below the navel; heart chakra—center of the chest; throat chakra—base of the throat; brow chakra—between eyebrows and about an inch above; and, crown chakra—approximately several inches above the top of the head.

[0026] The first six (6) chakras are connected by the shushumna, as noted above. The seventh chakra, the crown
chakra, is not connected to the other six. The kundalini is at the base of the spine, “resting” in the first, or “root” chakra. Really, it is probably almost asleep, because most people never access their kundalini, unless confronted with extremely intense physical or emotional circumstances.

One benefit of chakra cleansing is that it enables meditation on personal issues. An instructor, through verbal phrases or affirmations, can guide persons to focus on each region of their body, and on particular issues that a person desires to address. The color of light is selected to correspond to a specific portion of the body and to affect a specific chakra in accordance with Table 1 and FIG. 1. The present invention provides for a chakra cleansing workout which incorporates in an alternating manner each of the full spectra of colors listed in Table 1. It is to be noted however, that at least one embodiment of the present invention, violet light is selected to affect the brow chakra and in this embodiment, white light is utilized to affect the crown chakra. The foregoing selection is based upon current limitations in effectively producing a color environment utilizing indigo lighting, however, it is within the scope and intent of the system and method of the present invention to comprise a color environment utilizing indigo lighting, as improvements in lighting technology permit effective and efficient production of such a color environment. As noted above, an aural environment comprising music and/or verbal affirmations may also be selected to affect and stimulate the portion of the body corresponding to the frequency of the color light selected and the chakra affected thereby.

The following are a few examples of preferred embodiments for implementing a physical fitness regimen with color healing in accordance with the present invention:

(a) Chakra clearing for the entire body. This embodiment encompasses the selection of a plurality of color environments wherein each color is selected to affect one of the seven (7) chakras, and producing a different one of each color environment in a fitness area in an alternating and preferably sequential manner during each of a corresponding plurality of predetermined activity periods. This embodiment may also include selecting a plurality of aural environments which correspond to the chakras to be affected and producing each aural environment in synchronization with a corresponding color environment during a corresponding predetermined activity period. In the present invention, the aural environments can encompass a wide variety of musical rhythms and tempos, verbal affirmations, and/or other audible stimuli. Further, in this embodiment, a different one of a plurality of physical fitness activities are selected to be performed by the person during each predetermined activity period, wherein the physical fitness activity is selected to correspond to a specific chakra to be affected.

(b) Physical chakra clearing. This embodiment is similar to chakra clearing for the entire body with the exception that it is limited in scope to the lower three (3) chakras, namely the root chakra, the sacral chakra, and the solar plexus chakra, and as such, the color environments selected comprise red, orange, and yellow, respectively.

(c) Spiritual chakra clearing. This embodiment is similar to physical chakra clearing with the exception that it is limited in scope to the upper four (4) chakras, namely the heart chakra, the throat chakra, the brow chakra, and the crown chakra, and correspondingly, the color environments selected comprise green, blue, violet, and white, respectively.

(d) Individual chakra clearing. This embodiment is structure to affect a single one (1) of the seven (7) individual chakras, and the color environment is selected to correspond to the specific chakra to be affected.

To fully appreciate the invention, a further discussion of the term “chakras,” as well as the intimate relationship between chakras, the frequency of light, and in particular, colored light, as well as the effects of physical and audible stimuli on the chakras is warranted. The word chakra, which translates to “wheel” in Sanskrit, defines spinning energy centers that receive, transform and expand energy in the body, mind and spirit. Each of the seven (7) major chakras governs a different physical area of the body, specific organs and glands, as well as mental, emotional and spiritual qualities. Accordingly, the chakras truly are a map to understanding and transforming the quality of life. When the chakras are clear, unblocked and balanced, persons gain immediate access to their higher selves, experiencing vibrancy, joy and clarity, and radiating pure light energy. When the chakras are blocked, the color energy is muddy and persons experience many symptoms, including, for example, lethargy, depression, confusion, anger, poor digestion, labored breathing, and headaches.

Color healing is a holistic practice concerned with nourishing and balancing vital life energy, and it is complementary to all other holistic practices, such as homeopathy, yoga, massage therapy, reflexology, chiropractic, acupuncture, Reiki, naturopathy, and the like. Color healing is the fastest growing spa treatment in the United States. Ancient Sanskrit writings describe the body as having a series of seven (7) major energy centers known as chakras, as above. Each chakra, it is believed, is responsive to a different color. In addition, each chakra is located at the site of the major endocrine gland and corresponds to particular states of consciousness, personality types, and endocrine secretions. More in particular, the root chakra is associated with the gonads or the ovaries; the sacral chakra is associated with the adrenals; the solar plexus chakra is associated with the pancreas; the heart chakra is associated with the thymus; the throat chakra is associated with the thyroid; the brow chakra is associated with the pineal; and, the crown chakra is associated with the pituitary.

Science is now confirming that different colors interact with the endocrine system of the body to stimulate or inhibit hormonal production. Hormones directly affect a person’s physical, emotional, and mental states. In fact, color travels through the eyes directly to the brain’s hypothalamus to affect the various functions within the body. Color healing has been used to treat the chakra through various treatment methods.

Color stimulates and works synergistically with all of the senses, symbolizes abstract concepts and thoughts, express fantasy or wish fulfillment, recalls another time or place and produces an aesthetic or emotional response. Color impacts mood, appetite, and energy level. Colors are perceived by the eyes and absorbed by the body through the skin and the optic nerves. They penetrate into the brain where they are processed and utilized by the hypothalamus, the system or region of the brain that links the central
nervous system to the hormonal system. The light that penetrates the brain at various wavelengths triggers a complex biochemical transfer within the body, through the endocrine system. When hormones and enzymes are exposed to colored light, they themselves undergo changes in color and begin to have different effects on the body. This is why people who are subjected to prolonged periods of darkness, during which their body cannot absorb any light/color, suffer from vitamin deficiencies, hormonal disorders, disorders of the normal body cycles—particularly sleep and metabolic functions and depression. The balance of light/color is crucial to a person’s health and wellness.

Different colors affect the amount and type of light that affects us. Specifically, color, in the form of light energy, enters not only through the eyes, but also the skin, which people do not consciously register. It permeates through the aura, triggering chemical and hormonal changes within the body that affect health and wellness. Exposure to certain colors can therefore adjust a person’s intake of light energy, in order to balance the body. Even the colorblind or the visually impaired can be positively affected by color healing.

White or full-spectrum light is also now being used in the treatment of cancers, SAD (seasonal affective disorder)—so called “winter depression”), anorexia, bulimia nervosa, insomnia, jet lag, shift-working, alcohol and drug dependency, and to reduce overall levels of medication.

Blue light, found to be successful in the treatment of neonatal jaundice, has also been shown to be effective in the treatment of rheumatoid arthritis. In studies, subjects exposed to blue light for variable periods of time experienced a significant degree of pain relief. It was concluded that the pain reduction was directly related both to the blue light, and the length of exposure to it. Blue light is also used in healing injured tissue and preventing scar tissue, in the treatment of cancers and nonmalignant tumors, as well as skin and lung conditions.

Recent studies have found that light need not be seen to be beneficial to the psyche. Until recently, the function of light was thought to relate largely to sight. However, it is now well established that color light need not actually be seen for it to have definite psychological and physiological effects. Accordingly, various implementations of the method of the present invention could employ monochromatic light.

It has been shown that cells within the human body communicate via small packets of light, also referred to as “bio-photons.” Thus, even though people are physical beings, internally, they are comprised of networks of light and energy that coordinate and orchestrate their physical form. What can happen, however, is that these internal communication networks can become blocked or shut down as the result of physical, mental, and/or emotional trauma. When the body is out of balance, it is vulnerable for the onset of a variety of disease to occur. Color healing affects a person’s internal light “network,” i.e. “reconnects” the network, thereby enabling a person to function at full potential. Within the visible light spectrum are all of the colors of the rainbow. The internal light network may be reconnected by introducing various colors of light, each color having its own frequency or energy vibration pattern, into the body, which then resonate with the current pattern of energy which exists within the body. The intelligence and wisdom in a person’s body and mind perform the more intricate functions of reconnecting and rewiring.

Modern color healing uses these natural pathways to open blocked energy channels and dispel energy imbalances. Applications of specific color light travel the meridian system at light speed with information-specific particles to replenish the natural energy and restore cellular balance. Each color has a different frequency or energy vibration pattern, as noted above, and is useful for specific and different therapeutic uses. For instance, blue is cool and sedating, red is hot and stimulating, orange is warm and encouraging, and green is balancing and calming.

Colored light bulbs or white light through colored gel film or paper provide an economical means of implementing color healing. However, this should be implemented using a minimum light bulb energy of 25-watts, at a distance from the subject in the range of about twelve inches to eighteen inches from the body. Increased light bulb energy output can be used to permit a corresponding increase in the distance of the light source from the subject.

Color healing can be used proactively to diffuse energy blockages before they lead to health problems, or it can be used as a post-acupuncture maintenance regime to keep recovered patients “in the pink.” Holistic color light therapy does not treat specific muscles or organs, but addresses the integrated body, mind and spirit through its energy field to re-establish balance and harmony. Color light replenishes the body’s natural energy and gently restores balance in all cells. As a noninvasive and non-toxic healing modality, acupuncturists can even administer color light therapy to individuals who are phobic about needles and thereby resistant to submitting to a full course of acupuncture treatments.

Within a person’s body, the organs, muscles, cells and nerves all have a level of vibration. When the body becomes out of balance, disease occurs. Each color has its own frequency and vibration. Through extensive research, we know that color and light will help bring the physical and emotional systems into balance. Asian medicine teaches that the body has meridians carrying energy throughout the system, connecting with each major organ. When blockages in these meridians happen, disease follows. The Chinese use acupuncture needles to remove blockages in the meridians. Color lighting can be used in the same way and is frequently more powerful, quicker and without the discomfort produced by needles.

Red, yellow, and orange are considered warmer colors, and they denote extroversion, expressiveness, practicality and vitality. Blue and green are considered cooler colors, and they generally denote more sensitivity, peacefulness, as well as, an inward and intuitive nature. Violet, indigo, and white colors symbolize a vivid imagination, magic and a spiritual orientation toward life. It tells a person that they are, or have the ability to be connected to the one consciousness. It is the highest and truest ability to be one with the spiritual, allow great insight, vision and clarity. Black is a color often shrouded in confusion. Many individuals have a tendency to shy away from black, particularly during color healing. In fact, black is actually a protective color and it can be used to calm and ground extremely sensitive people. It activates the feminine or magnetic energies of the body, strengthening them. It should be used sparingly since
too much black can cause depression or aggravate emotional and mental conditions. Black is most effective when used in conjunction with white, which balances the polarities of an individual. It can activate the level of the subconscious, which can put life in its proper perspective.

[0047] The following discussion of the energy associated with select colors of light as well as the relationship of each color to the chakras and the affect they may have thereupon, will further the understanding and appreciation of the present system and method for implementing a physical fitness regimen with color healing.

[0048] Red Energy

[0049] The color red symbolizes heat, fire, blood, passion, love, warmth, power, excitement and aggression. It can elevate blood pressure and respiratory rate. It has the effect of stimulating people to make quick decisions and increase expectations. Red is an attention grabber. Words and objects in red tend to attract people’s attention immediately. Red is an emotionally intense and very extreme color. It can be uplifting and convey power and energy, but may invite confrontation. Red is extremely dominating and should be implemented as an accent, not as a background.

[0050] Exposure to red light causes measurable reactions in the body. Blood pressure, temperature, and energy levels are raised, circulation improves, and breathing, pulse rate and brainwave action quickens. These are only temporary effects and quickly decrease when the color is withdrawn. Red strengthens the blood and therefore helps in the treatment of blood-related disorders, such as anemia. It is also a detoxifier, removing debris from both the psyche and the body, and will help to stave off infection. The color red raises comfort levels, making cold areas feel a few degrees warmer than they actually are, so it is a very useful color for those who catch colds easily or need warmth. It is a real support when a person feels sluggish or apathetic, providing physical and mental energy. An arousing color, it is not suitable for the treatment of anxiety or emotional disturbance.

[0051] The spine, or the root chakra, governs red energy. The power center is closely grounded by earth, is outgoing, and portrays a positive attitude. The root chakra must be grounded. Fatigue, fear, and anxiety are often caused by the missing contact with the earth reality. The root chakra energizes the feet, legs, tailbone, vagina, urinary organs, and adrenalin glands. This energy provides power to the strong life qualities of courage, self-confidence, security, positive love, and willpower. Symbolic of heat, fire and anger, it is an energizing color that stimulates arterial blood flow and brings warmth to cool extremities. Used as a general tonic, it is very valuable in the treatment of diseases like low blood pressure, rheumatism, paralysis, anemia and advanced cases of tuberculosis. Red is useful when striving for balance. This is the energy needed to help each of the chakras to function in accordance with the others. In the present system and method for implementing a physical fitness regimen with color healing, a color environment comprising the color red is selected to positively affect the root chakra, for example, to address a need for improved courage and self-confidence, increased energy, and improved blood circulation.

[0052] Orange Energy

[0053] Orange is associated with warmth, contentment, fruitfulness and wholesomeness. It gives the appearance of strength and generosity. Orange is the color most associated with appetite. Orange has a declassifying, broad appeal. The orange vibration expands the lungs, promotes happiness and joyousness, and combines physical energy with mental qualities. Orange strengthens the energetic body, enlivens the emotions, and creates a general sense of wellness and cheerfulness. It is the color of joy and wisdom and creativity. Orange stimulates feelings of gregariousness. Orange is tied to emotional health and the muscular system of the body.

[0054] The spleen, or the sacral chakra, governs orange energy. Orange is the best stimulant, helping in times of depression, loneliness, and boredom. It is the best emotional stimulant. Joy comes from orange energy. Orange has the love from red and the wisdom from yellow. It strengthens confidence and allows independence. The sacral chakra gives energy to the bronchi, and aids in alleviating chest discomfort, and disturbances in the spleen, kidneys, stomach, and gallstones. It increases the intake of oxygen, helps lungs, and releases flatulence from the stomach. This energy provides power to remove suppression and inhibitions. It facilitates the creation of ideas, and provides courage and strength. Symbolic of prosperity and pride, orange is useful for stimulating blood supply and energizing the nerves. It is beneficial in the treatment of kidney gallstones, hernia and appendicitis. It is also used to stimulate the milk producing action of breasts after childbirth. Utilizing orange energy, a person can learn to understand how the stomach tells them about a person’s physical situations. If the sacral chakra is out of balance, the stomach is usually the first to provide warning. A person may have a nervous stomach, if they cannot control their feelings. Orange allows a person to balance the sacral chakra in such situations.

[0055] A color environment comprising the color orange is selected by a person practicing the present invention to positively affect the sacral chakra thereby increasing appetite, increasing happiness and wellbeing, addressing stomach disorders, nervousness, skin problems, asthma and allergies, and improving work time energy.

[0056] Yellow Energy

[0057] The pure bright lemon yellow is the most eye-fatiguing color. Light is reflected by this bright color, resulting in excessive stimulation of the eyes, causing eye irritation. It also speeds metabolism. Yellow, when used in small amounts, produces sensations of brightness and warmth. It represents playfulness, lightness, creativity, warmth and an easygoing attitude toward life. Yellow has many shades. Pure yellow is the most cheerful and sunny of the spectrum. A softer tint, however, will make it more pleasant to look at. Dingy yellow represents caution, decay, sickness, jealousy and duplicity. Choice of shade is important when it comes to yellow. Yellow is a spiritual color that is a symbol of the deity in many religions.

[0058] The color yellow generates energy for the muscles. Yellow is the color of the intellect, of perception, mental activity, intellectual power and ability, and awakening. The solar plexus chakra governs yellow energy. This is often referred to as the brain of the nervous system and is the most critical point of all vitalization points in a person’s body. The solar plexus chakra, when balanced, minimizes suffering from ulcers, gallstones, cataracts of the large intestine, and diabetes. This energy provides power for digestion, constipation, flatulence in the intestine, liver problems, diabetes,
and skin problems. Yellow energy may help cleanse the pores of the skin and is a great brain stimulant. Associated with joy and happiness, yellow is laxative and diuretic. It is a stimulant to the brain, the liver and the spleen. It is also effective in the treatment of indigestion, kidney and liver disorders, constipation, eye and throat infections, syphilis and impotence.

Yellow is useful for facilitating clarity of thought. It affects good ideas and awareness. It has a powerful effect on the nervous system, and assists in operation of the left-brain. Yellow energy is good for children in that it enhances their ability to perceive and understand. The system and method of the present invention provide for a color environment comprising the color yellow; the color yellow is selected to positively affect the sacral plexus chakra when addressing nervousness, tiredness and sadness, parasites, skin problems, weight problems, ulcers and poor digestion.

Green energy

Green energy is useful for facilitating clarity of thought. It affects good ideas and awareness. It has a powerful effect on the nervous system, and assists in operation of the left-brain. Green energy is good for children in that it enhances their ability to perceive and understand. The system and method of the present invention provide for a color environment comprising the color green; the color green is selected to positively affect the sacral plexus chakra when addressing nervousness, tiredness and sadness, parasites, skin problems, weight problems, ulcers and poor digestion.

Blue energy

Blue energy is useful for facilitating clarity of thought. It affects good ideas and awareness. It has a powerful effect on the nervous system, and assists in operation of the left-brain. Blue energy is good for children in that it enhances their ability to perceive and understand. The system and method of the present invention provide for a color environment comprising the color blue; the color blue is selected to positively affect the sacral plexus chakra when addressing nervousness, tiredness and sadness, parasites, skin problems, weight problems, ulcers and poor digestion.
potential in all humans. The sensory organs, such as the eyes and ears, are also influenced by indigo. Purple or indigo combine the blood warming red and the cooling antiseptic blue. It is an excellent stimulant, without being an irritant. It is beneficial in the treatment of advanced stages of constipation, hydrocele, leucorrhoea, many disorders of the stomach and womb, cataracts, migraines and skin disorders. It exerts a soothing effect on the eyes, ears, and the nervous system. Indigo has a psychological balancing influence on fear, frustration, and distortion of inner energy. The present system and method for implementing a physical fitness regimen with color healing provides for a color environment comprising the color indigo, more in particular, indigo is selected to positively affect the brow chakra, to provide inner balance, to calm nerves and lymphatic systems, and to address hearing and sleeplessness problems.

[0072] Violet Energy

[0073] Purple is the color of royalty. It stands for luxury, wealth, and sophistication. It is also the color of passion, romance and sensitivity. Purple is a rare color in nature. It represents purification, transmutation, and practical spirituality. Violet nourishes the blood in the upper brain. It purifies the blood. Violet is good for bone growth. Violet stimulates inspiration and humility. Violet is an inspiring and spiritual color. During meditation, violet can help open people to their past lives, especially those that are presently affecting their health. Violet is a healing color.

[0074] The crown chakra governs violet energy. This is the most exalting and enlightening of all the energy rays. An extremely balanced and refined space of unconditional enlightenment is found here. It is the highest frequency of vibration speed and cannot be utilized by most people. The crown chakra has the ability to obtain a connection with everything that is divine, living or dead, as well as with spiritual helpers of human or non-human origin. It is the controller of the pineal gland in the brain.

[0075] This energy has the most intense electrochemical power. With this energy people have the gift and the possibilities that reach far beyond the physical plane. Violet is beneficial in the treatment of nervous and emotional disturbances, arthritis, acute cases of consumption and insomnia. Violet is particularly useful for enhancing spiritual power and creativity and is known as the color of the spirit. A color environment comprising the color violet is selected to positively affect the crown chakra so as to address emotional problems, and to strengthen spiritual values and creativity. In at least one embodiment of the present system and method for implementing a physical fitness regimen with color healing, a color environment comprising the color violet is selected to positively affect the brow chakra, in a similar manner to a color environment comprising indigo.

[0076] White Energy

[0077] White is a combination of all colors of the spectrum. All colors are equal in white. White has all forgiving qualities, it brings to light all that is dark. The association between white and purity can be seen throughout modern culture: the white knight rescues the maiden, doctors wear white lab coats and are seen as those who save lives, angels are often depicted in white robes, babies and brides wear white to show purity of spirit.

[0078] White encourages creativity and new ideas, it is useful to bring equilibrium. White can assist someone who has a hard time opening up to others. Physically, white is excellent as a source of clearing the lymphatic system. As a tonic for the skin, white keeps a body supple. It carries the properties of all colors equally combined as stated before. White is antiseptic.

[0079] White has been associated with the seventh or crown chakra. White allows a person to open to the divine, live according to spiritual beliefs, be cleansed of all chakra blockages and transcend materialistic reality. White is very powerful at getting rid of negativity. In the present invention, a white color environment may be selected before implementing a physical fitness regimen to prepare the room and participants in a positive way. In at least one other embodiment, a color environment comprising white light is selected to positively affect the crown chakra by addressing emotional problems and strengthening spiritual values and creativity, as above.

[0080] As will be appreciated, color can be therapeutically administered in a number of ways. Before treatment is considered, however, an analysis of the individual’s personal coloration is highly recommended. Practitioners of Ayurvedic medicine link perform a thorough examination and interview with the patient to determine his “prakriti,” or constitution. In Ay, an individual’s “prakriti” is determined at conception and remains unchanged during his lifetime. A personal color analysis serves as an examination of the individual and identifies the predominant pigment within the body. This pigment determines that individual’s “core” color, which is linked to a specific chakra, in addition, a personal traits survey, which can be given along with the color analysis, indicates an innate personality type. Personality type also corresponds to the individual’s core color and dominant chakra. Pigmentation and innate personality are also constitutional, determined at conception, and remain with an individual throughout his or her lifetime. Much can be inferred from understanding the individual as a whole.

[0081] At least one embodiment of the method of the present invention comprises implementing a physical fitness regimen with color healing including a structured fitness routine or program to positively affect persons not only physically, but mentally as well, for example, by way of facilitating chakra cleansing and balancing of the persons. In this manner, the method of the present invention provides the unique benefit of enabling persons to simultaneously address the mind and body, to develop improved physical, mental, and emotional health and wellbeing, and wellness.

[0082] The method of the present invention comprises performing any of a variety of physical fitness activities including, but not limited to, indoor cycling, yoga, pilates, and/or meditation, such as may be readily performed in a typical physical fitness center, having at least one fitness area 10. In at least one embodiment, the present invention may be practiced by a plurality of persons in the fitness area 10 in a group fitness activity environment, however, as noted above, the present invention is also adaptable for use in a one-on-one situation between a single person and a fitness instructor. For example, one embodiment of the method of the present invention comprises selecting a physical fitness activity, such as, indoor cycling, wherein one or more persons, on stationary bicycles (e.g., those used during Spinning® type classes), are instructed in the practice of the present invention by a trained fitness instructor. Certain
types of physical fitness activities, such as indoor cycling, are based in large measure on maintaining an increased heart rate and breathing, which affect certain chakras, while other types of physical fitness activities, such as yoga and meditation, focus on a controlled body pose or position and controlled breathing which affect certain other chakras, or affects the chakras in a different manner.

[0083] Thus, a preferred embodiment of the present invention comprises selecting at least one physical fitness activity for a person to perform corresponding to at least one portion of the person's body to be positively affected, wherein the potion of the person's body is associated with one of the seven (7) chakras. In a further preferred embodiment, the present invention comprises selecting a plurality of physical fitness activities for a person to perform, each of the plurality of physical fitness activities corresponding to a different one of each of the plurality of chakras.

[0084] For example, where the physical fitness regimen incorporates indoor cycling, the person or persons are instructed and required to cycle at a rapid pace to affect certain chakras, such as the root, sacral, and solar plexus chakras, while the person or persons are instructed and required to cycle at a progressively slower, steadier pace to affect the remaining chakras. Similarly, in at least one embodiment, a specific type of meditation or form of pilates may be selected for a person to perform which corresponds to one or more of the chakras to be affected via the present invention.

[0085] One preferred embodiment of the present invention comprises selecting yoga as a physical fitness activity, and a further preferred embodiment comprises selecting at least one yoga position for the person to perform to affect each of a corresponding and different one of the plurality of chakras. The following are examples of specific yoga positions which may be selected for a person practicing the present invention to perform to affect a corresponding and associated one of the plurality of chakras.

[0086] To begin, because grounding is the focus of the root chakra, the poses are selected to pull energy up from the ground. The areas being affected are the legs, feet and coccyx. As such, to positively affect the root chakra, one or more of the following poses may be selected for a person to perform: garland; staff; balancing bear; bound angle; triangle; balancing; half moon; mountain; warrior I, II, and III; reverse warrior; tree; standing; clench; bridge; head to knee; knees to chest; and lotus. In addition, one or more of the following movements may be selected when the root chakra is to be affected: flowing chair; squat stance; elephant; and pushing the feet.

[0087] Next, as the sacral chakra is located in the hip region below the navel, poses should remain open in those areas. As such, to affect the sacral chakra, one or more of the following poses may be selected: hero; seated angle; seated head; balancing; bound angle; frog; monkey; down dog; incline plank; and cobra. As above, one or more movements are associated with the sacral chakra as well, for example: goddess; pelvic rock I and II; and scissors.

[0088] The solar plexus is just above the navel, thus, twists are effective to wring out a persons ego. Among the poses which may be selected to affect the solar plexus chakra are: bow; half seated; half prayer; camel; standing; triangle; reverse triangle; and upward boat. With respect to movements to affect the solar plexus chakra, a person may select, for example, woodchopper or making the sun.

[0089] The heart is in the center of the chest. Thus, the poses selected to affect the heart chakra focus on opening the chest, such as, by way of example only: cobra; upward facing; dog; pigeon; incline plank; camel; standing; bow; bridge; and gondola. Among the movements associated with the heart chakra are include windmill and arm circles.

[0090] The throat chakra is associated with the center for expression and communication, and opening the throat allows for release. Thus, the poses which may be selected to affect the throat chakra include; shoulder stand; plow; fish; camel; and bridge. The movements associated with the throat chakra include neck rolls and head lifts.

[0091] Finally, looking next to the brow chakra, among the poses which may be selected for a person to perform to affect their brow chakra are: seated yoga mudra; child's pose; lotus; intoxicating; and bliss. To affect the brow chakra, yoga eye exercises may be selected, including closing eyes, opening eyes, centering eyes, and rolling eyes, as well as briskly rubbing the palms together and placing the heated palms over the eyes.

[0092] Finally, looking to the crown chakra, to affect the crown chakra one of more of the following poses may be selected: rabbit; supported; headstand; handstand; and corpse. With respect to movement, in at least one embodiment, no movement with meditation is selected to affect the crown chakra.

[0093] As noted above, a preferred embodiment of the system and method for implementing a physical fitness regimen comprises color healing in order to affect one or more chakra, thereby bringing a mind-body component to a fitness regimen in a manner previously unknown. More in particular, a color environment 30 is produced in the fitness area 10 via a color generator 31. The color generator 31 comprises at least one color light assembly 32 which in its simplest form may comprise a single monochromatic light source structured to emit light having a frequency selected to affect at least one chakra. In one preferred embodiment, the color light assembly 32 comprises a variable color light source structured to emit light at each of a plurality of different frequencies, for example, a white light source having a plurality of color filters or gels disposed in the path of light emission, and wherein at least one frequency is selected to affect at least one chakra. In one further preferred embodiment, different ones of each of a plurality of frequencies are selected to affect a corresponding and different one of the plurality of chakras.

[0094] In at least one embodiment of the system of the present invention, the color light assembly 32 of the color generator 31 comprises one or more Octopod 80 lighting unit by Alkalite, Los Angeles, Calif., as exclusively distributed by Elation Professional. The lighting unit(s) may be mounted in the ceiling of the fitness area 10 thereby maintaining the fitness area 10 generally free from obstruction, however, in at least one embodiment, the lighting unit(s) may be portably mounted on a T-bar having a stand which may be movable positioned throughout the fitness area 10 as necessary to facilitate the production of the color environment 30.
Further, in at least one embodiment of the system of the present invention, producing the color environment 30 is facilitated via at least one, but preferably a plurality of reflective panels 33 positioned in the fitness area 10 along at least one wall. In a preferred embodiment, a plurality of reflective panels 33 are mounted along a wall, for example, as illustrated in FIG. 2, which the person or persons utilizing the present invention will face while performing one or more physical fitness activity. Specifically, the reflective panels 33 comprise a neutral, yet highly reflective surface such that light emitted onto a reflective panel 33 will be reflected back into the fitness area 10. In this manner, a specific frequency of the colored light selected substantially permeates the fitness area 10, and thus, exposes the person(s) present therein to the selected colored light at its particular frequency.

It is understood to be well within the scope and intent of the present invention for the color generator 31 to comprise any of a plurality of color light assemblies 32, whether they be monochromatic lighting units or variable color lighting units capable of emitting light of various colors and frequencies, provided the color light assemblies 32 produce a color environment 30 in the fitness area 10, such that the fitness area 10 is substantially permeated by one or more selected frequency, so as to thoroughly expose the persons in the fitness area 10 to the one or more selected frequency in order to affect color healing and to elicit a specific mental/emotional and physiological response, as discussed above with regard to the affect of color on each of the seven (7) chakras. Specifically, in one preferred embodiment, the color generator 31 is structured to produce each of a plurality of color environments 40 including at least red, orange, yellow, green, blue, violet, and white.

In operation, the fitness area 10 is substantially sealed off from external light sources, either by eliminating windows in the fitness area 10, and closing all doors, or providing for light blocking shades on any windows, doors, or other pathways for unwanted external light to enter the fitness area 10 while the present invention is being practiced therein. The substantial elimination of external light sources allows a substantially pure color environment 30 to be produced in the fitness area upon actuation of the color generator 31, during a corresponding predetermined activity period.

As noted above, in one further embodiment, implementation of a physical fitness regimen with color healing may comprise, in addition to selecting at least one physical fitness activity for a person to perform and selecting at least one color environment 30 to be produced in the fitness area 10 during a predetermined activity period, the selection of an aural environment 40 to be produced in the fitness area, wherein the color environment 30 and the aural environment 40 are selected to correspond to a specific portion of the body or chakra to be affected. The aforementioned selection of the particular physical fitness activity which a person or persons will perform, such as, by way of example only, indoor cycling, yoga, pilates, or meditation, as well as the selection of the color environment 30 and the aural environment 40 to be produced in the fitness area 10 are based upon the chakra or chakras to be affected by a particular regimen.

As noted above, the aural environment 40 may comprise music, verbal affirmations, and/or other forms of audible stimuli. In at least one embodiment, the system of the present invention comprises an audio generator 41 structured to generate an audible signal which produces the aural environment 40. In one example, the audio generator 41 may comprise a tape recorder, or compact disc player so as to generate an audible signal of prerecorded music or verbal affirmations. In at least one other embodiment, the audio generator 41 may comprise a microphone to allow an instructor to present verbal affirmations in real time to persons practicing the present invention in the fitness area 10 during a predetermined activity period.

Looking further to the aural environment 40, music, for example, has a sound, pitch, rhythm, and cadence, thus, by selecting music having a sound, pitch, rhythm, and cadence corresponding to one of the chakras, the music imparts a positive affect on the chakra through harmony of the sound, pitch, rhythm, and cadence. Thus, music with a rapid cadence and fast paced rhythm may be best suited for a regimen incorporating vigorous indoor cycling, while music having a slow cadence and a steady flowing rhythm may be best suited for a regimen incorporating meditation. As such, the system of the present invention, in at least one embodiment, comprises the audio generator 41 to project music, verbal affirmations, or other audible stimuli in the fitness area 10 so as to produce the aural environment 40 in the fitness area 10 during a predetermined activity period.

In one preferred embodiment, the aural environment 40 is selected to comprise at least one, but preferably a plurality of verbal affirmations which are spoken while the person or persons are engaging in a physical fitness activity in the fitness area 10 in which a color environment 30 is selected and produced during a predetermined activity period, wherein the verbal affirmations are selected to correspond to and affect the chakra or chakras to be affected by the specific regimen.

Positive verbal affirmations are positive phrases repeated many times to impact the subconscious mind and trigger it into action. They are statements repeated many times with conviction, attention, and feelings. A person must believe what they are affirming so that they will create that reality. There should be no physical, emotional, or mental tension while repeating affirmations. In order to achieve results, one must have strong concentration, focus, and belief.

Verbal affirmations are best worded in the first person, in the present tense, and in a positive structure such as, for example, “I speak the truth” rather than “I will try to speak the truth”. Additionally, verbal affirmations should be believable and should be stated in an emotional frame of positive expectancy and excitement.

The key elements of a verbal affirmation are positive expectation, belief and daily repetition.

Each chakra, color, and energy zone has a plurality of verbal affirmations associated therewith which are based on what the color or chakra does for the wellness of the person. Below are some examples of verbal affirmations associated with each of the seven (7) chakras, followed by examples of verbal affirmations which correspond to each of the colors of light which may be utilized to produce a color environment 30 in the fitness area 10 in accordance with the system and method of the present invention. More in par-
ticular, the verbal affirmation(s) are selected to impart a positive affect on a particular chakra being affected during a corresponding predetermined activity period.

[0106] The following are just some examples of verbal affirmations which may be utilized by a person practicing the present invention which correspond to different ones of each of the seven chakras, as well as each of the seven colors which also correspond to each of a different one of the chakras. Of course, these verbal affirmations are provided for exemplary purposes only and are not intended to limit the almost infinite variety of verbal affirmations which may be utilized to produce an aural environment 40 in accordance with the system and method of the present inventions.

[0107] Exemplary root chakra affirmations include: I have honor; I have beauty; I have the right to feel safe; I have beauty; I have intelligence; I have the right to relax; It is safe to be here; The earth supports me and my needs; I am here and I am real; I allow myself to be safe and tranquil in my world; and, My life is full of prosperity.

[0108] Some exemplary sacral chakra affirmations include: I feel and enjoy being a creative being; I feel pleasure; I feel connected to others; I feel healthy and strong; Life is pleasurable; I deserve pleasure; I respect those around me; and, I accept responsibility for my actions.

[0109] Next, exemplary solar plexus chakra affirmations provide, for example: I can do whatever I desire; I can achieve all I desire; I can be counted on; I can handle life’s challenges; I understand and like who I am; I am at peace; I attract only that which is positive; I claim my personal power.

[0110] Further, exemplary heart chakra affirmations include: I love myself; I love unconditionally; I love others as they are; I love all creation; I love the differences in others; I love those who have hurt me; I live in balance with all creation; Love is infinite in supply; I love myself as I am now.

[0111] Also, some exemplary throat chakra affirmations comprise: I hear and speak the truth; I express myself clearly; I speak my faith; I express my beliefs; I am true to myself; I speak without judgments; I am honest; Creativity flows through me; I am heard.

[0112] Additionally, exemplary brow chakra affirmations include: I see things clearly; I see truth; I see creation as perfect; I see beauty in all things; I am open to my wisdom within; I trust my intuition; I trust my inner vision; I live in the present moment.

[0113] Finally, some exemplary crown chakra affirmations are: I am open to a spiritual path; I am open to new ideas; I am led by the Divine; I am guided by a higher power; I am one with all creation; I seek devotion to a higher power; Information I need comes to me.

[0114] Also, some exemplary red color environment affirmations include: I am grounded; I am centered; I am healthy; I have abundant energy. Exemplary orange color environment affirmations comprise: I am friendly; I am caring; I am optimistic. A few exemplary yellow color environment affirmations provide: I am outgoing; I am happy; I am charismatic. Additionally, exemplary green color environment affirmations comprise: I am balanced; I am compassionate. Next, exemplary blue color environment affirmations include: I am centered; I am artistic; I live in the moment. And, exemplary violet color environment affirmations comprise: I am open to the Divine; I am one with all creations; I am led by the Divine; I trust in a higher power.

[0115] In an embodiment of the present invention wherein verbal affirmations are utilized to produce an aural environment 40, the verbal affirmations may be presented either via an instructor who recites the affirmations in real time to the person or persons practicing the invention the fitness area 10, or via a recording of the verbal affirmations, such as, on tape or compact disc, which is played back in the fitness area 10 during a predetermined activity period. In either case, the person or persons practicing the present invention repeat each verbal affirmation after it is presented.

[0116] At least one embodiment of the present invention comprises a main control unit 20 structured to actuate the color light generator 31 to produce at least one color environment 30 in the fitness area 10 during at least one predetermined activity period. In one other embodiment, the main control unit 20 is also structured to actuate the audio generator 41 to produce at least one aural environment 40 in the fitness area 10 during the at least one predetermined activity period in synchronization with the actuation of the color generator 31. In at least one other further embodiment, the main control unit 20 is further structured to actuate the color light generator 41 to produce a different one of a plurality of color environments in the fitness area 10 during each of a different one of a plurality of predetermined activity periods in synchronization with the actuation of the audio generator 41 to produce a corresponding one of a plurality of aural environments 40 in the fitness area 10 during each of the different ones of the predetermined activity periods.

[0117] In one preferred embodiment, the main control unit 20 is programmable and is structured to actuate the color generator 31 and the audio generator 41 to produce a color environment 30 and an aural environment 40 wherein both the color environment 30 and the aural environment 40 are selected to affect one specific chakra. In one further preferred embodiment, the main control unit 20 is programmable to permit the selection of a plurality of combinations of a color environment 30 and an aural environment 40 to be produced during a corresponding one of a plurality of predetermined activity periods, and wherein each combination of color environment 30 and aural environment 40 is selected to affect a different one of each of the seven chakras.

[0118] Thus, it has been show that the advantages and benefits derived from the system and method of the present invention include, but are not limited to: (1) healing physical and emotional wounds; (2) balancing, clearing and restoring chakras; (3) increasing self-awareness; (4) aspiring to self actualization; (5) experiencing kundalini; (6) increasing aerobic capacity; (7) reducing body fat; (8) achieving a meditative state; (9) learn to listen to intuitive thought; and (10) achieving general body recognition and awareness.

[0119] Since many modifications, variations and changes in detail can be made to the described preferred embodiment of the invention, it is intended that all matters in the foregoing description and shown in the accompanying drawings be interpreted as illustrative and not in a limiting sense.
Thus, the scope of the invention should be determined by the appended claims and their legal equivalents.

[0120] Now that the invention has been described,

What is claimed is:

1. A method for implementing a physical fitness regimen with color healing, the method comprising the steps of:

selecting at least one portion of a person's body to affect,

selecting at least one physical fitness activity for the person to perform corresponding to the at least one portion of the person's body,

selecting at least one color environment to produce in a fitness area in which the at least one physical fitness activity is performed,

activating a color generator to produce the at least one color environment in the fitness area during at least one predetermined activity period, and

requiring the person to perform the at least one physical fitness activity in the fitness area during at least one predetermined activity period.

2. The method as recited in claim 1 further comprising selecting the at least one portion of the person's body to correspond to at least one chakra.

3. The method as recited in claim 2 further comprising selecting the at least one chakra from the group consisting of rootchakra, sacral chakra, solar plexus chakra, heart chakra, throat chakra, brow chakra, and crown chakra.

4. The method as recited in claim 1 further comprising selecting the at least one physical fitness activity from the group consisting of indoor cycling, yoga, pilates, and meditation.

5. The method as recited in claim 1 further comprising selecting the at least one color environment from the group consisting of red, orange, yellow, green, blue, violet, and white.

6. The method as recited in claim 1 further comprising selecting a plurality of portions of the person's body to affect.

7. The method as recited in claim 6 further comprising selecting a plurality of physical fitness activities for the person to perform, each of the plurality of physical fitness activities corresponding to a different one of each of the plurality of portions of the person's body.

8. The method as recited in claim 7 further comprising selecting a plurality of color environments to produce in a fitness area in which the plurality of physical fitness activities are performed.

9. The method as recited in claim 8 further comprising activating the color generator to produce a different one of each of the plurality of color environments in the fitness area during each of a corresponding one of a plurality of predetermined activity periods.

10. The method as recited in claim 9 further comprising requiring the person to perform a different one of each of the plurality of physical fitness activities in the fitness area during each of a corresponding one of the plurality of predetermined activity periods.

11. A method for improving the wellness of a person via a physical fitness regimen with color healing, the method comprising the steps of:

selecting a plurality of portions of the person's body to affect wherein each portion of the person's body corresponds to a different one of a plurality of chakras,

selecting a plurality of physical fitness activities for the person to perform, each of the plurality of physical fitness activities corresponding to a different one of each of the plurality of chakras,

selecting a plurality of color environments to produce in a fitness area in which the plurality of physical fitness activities are performed,

activating a color generator to produce a different one of each of the plurality of color environments in the fitness area during each of a corresponding one of a plurality of predetermined activity periods, and

requiring the person to perform a different one of each of the plurality of physical fitness activities in the fitness area during each of a corresponding one of the plurality of predetermined activity periods.

12. The method as recited in claim 11 further comprising selecting each of the plurality of chakras from the group consisting of rootchakra, sacral chakra, solar plexus chakra, heart chakra, throat chakra, brow chakra, and crown chakra.

13. The method as recited in claim 11 further comprising selecting each of the plurality of physical fitness activities from the group consisting of indoor cycling, yoga, pilates, and meditation.

14. The method as recited in claim 13 comprising selecting yoga as the physical fitness activity and further comprising selecting at least one yoga position for the person to perform for each of a corresponding and different one of the plurality of chakras.

15. The method as recited in claim 11 further comprising selecting each of the plurality of color environments from the group consisting of red, orange, yellow, green, blue, violet, and white.

16. A method for improving the physical and mental well being of a person via a physical fitness regimen in combination with color healing, the method comprising the steps of:

selecting a plurality of portions of the person's body to affect wherein each portion of the person's body corresponds to a different one of a plurality of chakras, and wherein each of the plurality of chakras is selected from the group consisting of rootchakra, sacral chakra, solar plexus chakra, heart chakra, throat chakra, brow chakra, and crown chakra,

selecting a plurality of physical fitness activities for the person to perform wherein each of the plurality of physical fitness activities selected from the group consisting of indoor cycling, yoga, pilates, and meditation, and wherein each of the plurality of physical fitness activities corresponds to a different one of each of the plurality of chakras,

selecting a plurality of color environments to produce in a fitness area in which the plurality of physical fitness activities are performed,

activating the color generator to produce a different one of each of the plurality of color environments in the fitness area during each of a corresponding one of the plurality of predetermined activity periods, and

requiring the person to perform a different one of each of the plurality of physical fitness activities in the fitness area during each of a corresponding one of the plurality of predetermined activity periods.
area during each of a corresponding one of the plurality of predetermined activity periods.

17. The method as recited in claim 16 further comprising selecting at least one aural environment to produce in a fitness area in which the plurality of physical fitness activities are performed, wherein the aural environment corresponds to a one of the plurality of chakras.

18. The method as recited in claim 17 further comprising selecting at least one aural environment comprising at least one musical accompaniment.

19. The method as recited in claim 17 further comprising selecting at least one aural environment comprising at least one verbal affirmation.

20. A system for improving the physical and mental well being of a person via a physical fitness regimen in combination with color healing comprising:

a fitness area in which one or more persons can perform at least one physical fitness activity;

a color generator structured to produce at least one color environment in said fitness area during at least one predetermined activity period, and

an audio generator structured to produce at least one aural environment in said fitness area during said at least one predetermined activity period.

21. The system as recited in claim 20 wherein said color generator comprises a color light assembly structured to at generate at least one color light frequency corresponding to said at least one color environment in said fitness area during said at least one predetermined activity period.

22. The system as recited in claim 21 wherein said at least one color environment is selected from the group consisting of red, orange, yellow, green, blue, violet, and white.

23. The system as recited in claim 21 wherein said color light assembly is further structured to produce a plurality of color light frequencies, each of said plurality of color light frequencies corresponding to a different one of a plurality of color environments produced in said fitness area during each of a different one of a plurality of predetermined activity periods.

24. The system as recited in claim 23 wherein each of said plurality of color environments is selected from the group consisting of red, orange, yellow, green, blue, violet, and white.

25. The system as recited in claim 21 wherein said color generator further comprises at least one reflective panel structured to reflect said color light frequency into said fitness area to facilitate production of said at least one color environment.

26. The system as recited in claim 20 wherein said audio generator is structured to produce each of a different one of a plurality of aural environments in said fitness area during each of a corresponding one of a plurality of predetermined activity periods.

27. The system as recited in claim 26 wherein said audio generator is structured to produce at least one musical accompaniment.

28. The system as recited in claim 26 wherein said audio generator is structured to produce at least one verbal affirmation.

29. The system as recited in claim 20 further comprising a main control unit structured to actuate said color light generator to produce said at least one color environment in said fitness area during at least one predetermined activity period and to synchronically actuate said audio generator to produce said at least one aural environment in said fitness during said at least one predetermined activity period.

30. The system as recited in claim 29 wherein said main control unit is further structured to actuate said color light generator to produce a different one of a plurality of color environments in said fitness area during each of a different one of a plurality of predetermined activity periods and to synchronically actuate said audio generator to produce a corresponding one of a plurality of aural environments in said fitness during each of said different ones of said predetermined activity periods.