

## Color Me Serene

By Samantha Durbin

Take a look at your workout wardrobe and notice the colors. Are you drawn to certain colors when it's time to motivate? Do you reach for bright, uplifting colors, or classically-colored basics? Maybe for certain workouts, you prefer some colors over others: red for TRX, blue for Pilates, and sporty gray for running. A quick study of your workout wear can hint to your color personality preferences.

For example, most of my bottoms are darker colors and black, sometimes with interesting detailing, almost always in luxurious, touch-me fabrics. While I love prints in my daily wardrobe, I veer toward muted prints for working out, like the black and gray geo print on my Step Up Legging, or tie dye prints to appease my freedom-loving self. Tops range from jewel-toned blues, purples, and one Supergirl red tank top, for when I'm feeling strong or spirited. The dominant color in my workout clothing is gray—heather gray, to be exact. And my beloved gray makes sense since it's a power color for me, a double Sagittarius with an Aquarius moon.

If you're not familiar with the color astrology route to help determine your personality colors, there's always the Pantone Color of the Year way. And for 2016, Pantone has chosen two colors, which is a first, as they typically claim one color per year. Leatrice Eiseman, Executive Director Pantone Color Institute, explains this choice: "Joined together Rose Quartz and Serenity demonstrate an inherent balance between a warmer embracing rose tone and the cooler tranquil blue, reflecting connection and wellness as well as a soothing sense of order and peace."

When Pantone announced their 2016 Pantone color(s) of the year, Lucy's Cloud Breaker print had already been realized—it was a coincidence that the standout print conjured up a scene including the two shades. Balance, calm, wellness, duality, tranquility, these are the associations with Pantone's Rose Quartz and Serenity.

2016 is also the year of the Red Monkey in Chinese astrology (starting in February, here's a fun yearly forecast per sign). An American election year. In-box overload. Social media chatter. Life's usual twists and turns, plans and surprises. It's no wonder people feel busy already. Lucy and Pantone foresaw people's need to slow down, calm down, and pipe down. Even if you practice 'The Power of Now' and meditate, it's easy to get swept up in your stress tornado.

So all the better to strive for me-time. Retreating and relaxing during frenetic times. And back to the duality essence of Rose Quartz and Serenity embodied in our Mat and Move Bralette, Mat and Move Legging, and the ultra escape artist, the Cloud Breaker Jacket. Drifts of rose quartz temper sundry blues further neutralized by purifying white. The print is composed yet gentle, unique yet subtle. It evokes clear blues skies emerging after a cleansing rain, warming hints of sunlight after a cold chill. The cherry on top would be spotting a rainbow—lucky! When you take these two colors and fuse them with workout wear it opens portals to balance, calm, wellness, duality, tranquility, and an empowering sense of accomplishment.

I have one last mystical reference if you can dig it. Rose Quartz and Serenity are both cool colors that give a soothing, calm impression that can lead to rejuvenation. In the realm of crystal healing, Rose Quartz is a stone of unconditional love and peace. It's a calming, reassuring stone—this applies to self-love, outward love, and attracting loving vibes (hint hint). If Serenity were a crystal, it could be Blue Lace Agate, a pale blue stone with white or darker lines. A healing stone, its soft energy brings peace of mind. It relates to the throat chakra, assisting with self-expression and thus clarity and inner peace. This all sounds like good stuff to me.

Rose Quartz. Serenity. Lucy's Cloud Breaker print. Me-time. This year, having your head in the clouds isn't such a bad thing. Maybe write in your journal more often. Create art inside a coloring book. Yoga by yourself. Shadow box. Run solo. Create space within by basking in the open space of outside. When your head is in the clouds, your heart feels the warmth of the sun, and your soul drinks it all up.