



# **Chai Jewish Coloring Book: Color for stress relaxation, Jewish meditation, spiritual renewal, Shabbat peace, and healing**

*Aliyah Schick*

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Color the Chai Jewish Coloring Book for Grown Ups to ease into stress relaxation, Jewish Meditation, Shabbat peace, and healing. Each of the 36 original drawings explores the Jewish symbol of the Chai in a new way. The Jewish Chai is worn, displayed, or given as a gift as a reminder of the Jewish love for life, to celebrate being Jewish, and to bring abundant good luck. Color these beautiful drawings to spend relaxed, meditative time immersed in the joy of the Chai. This book also includes an introduction to Jewish Meditation, a guided breathing meditation, and a bit of history of the Chai symbol.

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