

YOUTH EDUCATION

SUNDAY WEEKLY LESSONS:

July & August

"Rainbow Soul"

By Marilyn Rich



"Rainbow Soul" leads the children on a journey of learning about the Seven Chakras. It is a picture book of how our bodies are made up of energy centers and each one has a color and a name. The children learn how to open their seven chakras and experience life to the fullest-body, mind, and spirit!

Lessons are followed up by arts and crafts that express what they have learned for that week.

