

CaraMayan as a wholistic exercise experience

- ✚ Because CM is such a wholistic experience, exercising and expressing body, mind, soul and spirit, it can be challenging to deal with all this working at the same time.
- ✚ At first it is best to concentrate on getting the movements right and remembered,
- ✚ then to work on the expression of the meaning and the artistry through the movements.
- ✚ The prayer and worship will come and go but the more the meditation is practiced and becomes familiar the more opportunity there will be to pray and worship through the meaning.

