

CaraMayan as dance

- ✚ The standing meditations in CM use a combination of ballet and contemporary dance movements together with traditional worship movements.
- ✚ This gives the technique and artistry of dance to the meditations with joy and stimulus to the imagination.
- ✚ Dance is more challenging than just exercising as it involves creative expression and memory.
- ✚ The meditations can be moved at different levels so they are suitable for a wide range of ability and training.

