

CaraMayan as exercise

- ✚ CM is a way of exercising that is enjoyable and peaceful.
- ✚ The standing meditations are slow but challenging enough so that you know you have exercised and warmed up the whole body.
- ✚ Each movement is repeated four times which gives time to practice it and works the body more.
- ✚ Because they don't take much space they can be done almost anywhere and because they have music and meaning they are encouraging and enjoyable to do.
- ✚ The Floor exercises are more challenging with two different levels – a beginning and more advanced.
- ✚ Both standing and floor work increase your stretch, strength and coordination.
- ✚ They are also exercise for the brain in remembering the movements and words.
- ✚ Learn them from the DVD and then if you want the challenge just do them with the music.

