



NEWSLETTER

November 2019



Dear Friends and Movers,

Christmas is nearly here again. We have our family one this weekend as my daughter Claire's family goes to Lombok, Indonesia, in Dec/Jan to spend with her husband's family. I hope you have a very happy Christmas and new year. This year has also seen our 10th anniversary since CM was launched. I praise God for the inspiration and development of this way of wholistic and holistic meditation. I pray that it will continue to grow and be help people worship and strengthen in body, mind, soul and spirit..

You have probably seen news of the horrendous fires we are having in Australia and our conservative government is still having difficulty acknowledging climate change as a factor! I had a series of CM classes leading up to the Feast of Tabernacles which in biblical times was one of the pilgrim feasts to celebrate harvest and pray for rain. We learnt Psalm 84 - *A Place of Springs (Moving with the Psalms)* which was filmed in Israel. It is a pilgrim psalm for those going up to Jerusalem for the Feast and talks about the rains coming. A number of people gathered in a park in Sydney on the final day of the Feast and together we danced a prayer for rain - physical and spiritual!. Not long after we had some rain for which we were very thankful. However, we need more to move us out of drought.

In this newsletter you will hear from some of the present teachers and meet two new ones who are working their way through the Certification course. They are from the U.K. and South Africa so we are gradually spreading classes around the globe.

Mary Jones



10TH ANNIVERSARY!!

July 2019 marks our 10th anniversary. CaraMayan was officially launched with the first DVDs and book at the ICDF conference in Scotland in July 2009.

Since then we have added four more DVDs and books and have certified or nearly certified teachers in five countries around the world.

See some photos over the last 10 years at the end of the newsletter



TEACHER'S COURSE

Saartjie de Wet - South Africa

Although I knew of and attended CaraMayan workshops before, it was only this year that I decided to do the course to be a certified teacher. Right from the start I was surprised at the fact that there are references to so many different dance and movement techniques. The approach and depth of teaching on what goes on in the background with each exercise is so much more than one experiences while only doing the meditation. Not a week goes by without learning something new and each time I send off the week's work I cannot wait to discover the theme for the following week. Of course, we all know that a week could extend into two or three weeks :-))

I already have a few people waiting in the wings to

do the classes. My schedule, having been very full up till now, has not allowed me to try out what I have learnt so far but I have identified a time slot for starting CaraMayan classes next year. This I am very much looking forward to.



Sue Sutherland - England UK

I was first introduced to CaraMayan in 2009, at the ICDF conference in St. Andrews, Scotland. One special evening will live long in my memory, when we congregated on the beach, to dance and worship. Mary led us in a CaraMayan meditation as we looked out into the sea, and the sun went down. This feeling never left me over the next ten years, and when circumstances changed in my busy working life, I decided that I would do what I'd always considered doing and train as a CaraMayan practitioner. I am now half way through the training and enjoying both learning the meditations and working on the journal. An opportunity arose recently to teach at a workshop held by the Christian Dance Fellowship of Britain North West. Working on the theme of "Moving into Advent" based upon John chapter 1, and the Word becoming flesh, I chose to teach Live as a warm up. This was the first time I had taught a CaraMayan meditation and I was pleased with the positive feedback I received, and how it enabled both a physical and a spiritual warm up for the day's workshops. I am looking forward to continuing the training and creating more opportunities in the future.

CLASSES AROUND THE WORLD



Classes in Sydney Australia

Sharon Ereaux

I want to tell you a little about Julia. She's now a friend, but she found me via the ICDF website, and the Movement Meditation, Fitness and Well-being Network page there. Unbelievably, we live in the same suburb! She's the reason that I started a CaraMayan Dance class, and she's probably the most grateful of all the people who come to my classes. She just really wanted a Christian dance class. For a while I was only offering a fitness class, so she's been coming along to that for well over a year. I never forgot though, that she really wanted to dance. It's extra special for her, because she has Scheurmann's Disease. It's a spinal condition that gives an irreversible hunchback, which brings pain and muscle tension, such as tight hamstrings, as the body works harder to compensate.

Finally, a few months ago, I started the CaraMayan Dance class, with Mary's permission. The emphasis on dance means more time is given to a warm up, circle dancing or Harmonics, the exercise session and CaraMayan meditations such as 'Live' that are dances. Most weeks we bring out the ribbon sticks to dance with. (See the photo.) One lady brings her 8 year old daughter along, so the ribbons are a highlight.

And Julia is thoroughly enjoying dancing for the Lord, and I delight to see her express herself in movement, as she's normally reserved. She says it's the highlight of her week. And it certainly inspires me to be the best teacher I can.



Classes in Hamilton, New Zealand

Debbie Bright

The pattern for these classes has developed in response to the expressed needs and desires of the participants. The classes have a strong emphasis on meditation and prayer, and a lesser emphasis on exercising (although the participants have repeatedly told me that they appreciate the exercise work and that they have become stronger physically, as well as spiritually). Recently some have also talked about how they have found the movements and Scriptures flowing into their everyday lives. For instance, some say they have found certain CaraMayan movements helpful when they have felt stressed. Regardless, all agree that they appreciate and benefit from having even this one hour per week that is dedicated to spending time with God in this manner. Certainly, there is often a very strong sense of God's presence during the classes. All, even those who have left (because of time/busy-ness clashes) and those who have recently joined us, say that they love it!

Classes are held in the small Anglican Church attached to the Community Centre at which I work part-time. This Centre is situated in a lower socio-economic area in Hamilton. There is no charge for the classes, and all donations are given to the church. We have about eight participants on any given day. The majority of the class members are from one particular Pentecostal church in another suburb – one of their number has been particularly good at bringing church members to the classes - the remainder are from various Hamilton churches, particularly Anglican.

Weekly Sessions (approximately 1 hour long)

1. Participants lie or sit and meditate while I play one of the CaraMayan tracks- 6-10 mins.
2. Then we dance 3-4 pieces.

We often have brief discussions at various points during the classes. These discussions have led to greater individual understanding and awareness of meanings and images in the words and movements.

Since only one participant already dances, I have added new pieces very slowly. The favourites are 'The Lord is My Shepherd' and 'The Lord's Prayer'. They have asked to have these two dances every time, since they see them as really significant to their walk at this time. They have also

requested that they become so familiar with these two dances that their movement becomes automatic and, therefore, their meditation and prayer can become deeper and more meaningful.



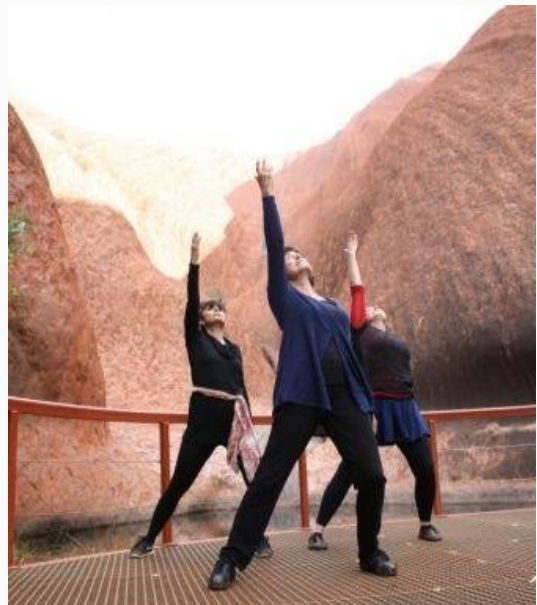
Classes in Chicago, USA

After praying for months that the Lord would open a door to teach CaraMayan in the Chicagoland area, He recently did! I have been teaching a weekly CaraMayan class at a local gym called Three60Fit (<https://www.three60fit.com/>) since the beginning of September. The owner is a Christ follower, and he desires to reach people with the gospel through fitness. He was also excited to add a gentler class to his offerings - his gym has a very urban feel to it. His current clientele participates in classes like Kickboxing, High Intensity Interval Training, and Kettlebell. Since they have been accustomed to these more intense cardio classes, CaraMayan has been a welcome challenge.

So far the students have been learning The Lord's Prayer and the Psalm 139 meditations, along with plenty of great floor work. The space and clientele do not allow for much dance, so I focus mainly on the gentle movements of the standing meditations, as well as the floor exercises. Even some of the very fit students have commented on how challenging the floor work is, and how they feel a difference in their posture and muscle endurance. One student, Marie, has back issues and cannot perform all the exercises yet. But she plans to be able to do them eventually - she has some specific goals. I enjoy including the extra scriptures and selahs during the floor work. And it's encouraging to see some of the same students returning each week. The groups are fairly small though, so we are praying for God to help us spread the word so that many more can be blessed by CaraMayan.

Ed. comment: you might like to check out the website to see how the Christian faith has been included in a community venture.

PHOTOS FROM 10 YEARS OF CARAMAYAN





Coming up for 2020

- SYDNEY CLASSES - Mary Jones - February,
maryjones@aol.com
- Sharon Ereaux - Thursdays, 5:15 - 6:15pm,
sharon.ereaux@gmail.com
- USA, - Mary Jones in April-May
- STH AFRICA, UK - Mary Jones in September
- CHICAGO CLASSES - Jessica Guthrie romyandjess@yahoo.com

HAMILTON CLASSES - Debbie Bright Tuesdays 1pm
debbieabright@gmail.com

[View this email in your browser](#)

DID YOU KNOW? We have people who have bought CaraMayan DVDs come from over 20 countries and from every continent.

WE WOULD LIKE TO SHARE YOUR STORIES - what do you like about CaraMayan? How did you find out about it? How do you use it? Please send in to caramayan@gmail.com so we can include them in future newsletters.

PRODUCT RECALL

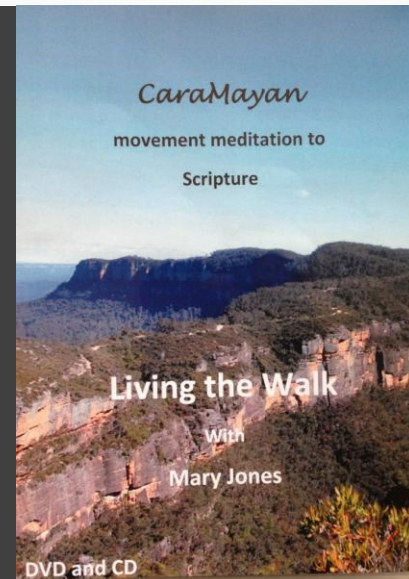
The latest DVD, *Living the Walk*, has a faulty DVD.

Please send the DVD disc back (not the cover or the music CD) to 11 Amaroo Cres., Mosman 2088, and you will receive a replacement.

There are now 6 titles

- THE EARTH IS THE LORD'S
- QUIET WATERS
- MOVING WITH THE PSALMS
- EXERCISE SESSION
- LIVING THE WALK

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