



# NEWSLETTER

June 2021



Dear Friends and Movers,

I was shocked to realise that there wasn't a newsletter last year. With COVID so much changed. It was also the year that I moved after nearly 40 years in the one house. I still haven't got myself sorted out and am surrounded by boxes with no where to put everything in a smaller house.

Although I haven't yet got set up for more face-to-face teaching in my new location it has been good to continue my own practice and the work on a new video Radiance that is planned for release next year. I am hoping we can find a way of making it available for download but our experiments with this so far have not worked. Suggestions are welcome!

## Covid

How have you been managing with COVID? We have been so fortunate here in Australia where the number of cases has been small but partly because of this it has been slower with our vaccine roll-out.

## Congratulations

Despite all the limitations it is wonderful to be able to announce that two new teachers have completed their certification - Sue Sutherland from England and Saaartjie de Wet from South Africa. They featured in our last newsletter and you can find out more about them on the website under Teachers. Congratulations Sue and Saartjie!! Congratulations as well to Jessica Guthrie on her extra qualifications!

## Keep Moving

Some classes have been available online or face to face but whether you have classes available or not can I encourage you to keep doing the meditations. Pick one and work at it regularly until you are really confident and can gain both the physical and spiritual benefits. Then try a new one.

For more challenge, add the Selah Sequence (available on You Tube via the Website) or The Exercise Session.

*Mary Jones*

Next newsletter -

Your stories about CM (please send them in)

**PS NEXT NEWSLETTER -**

**Your stories or thoughts about CaraMayan - please send them in**

## Teachers' News



### Debbie Bright - New Zealand

Here in New Zealand we have been very fortunate over Covid-19, partly because of our isolation and small population and partly because of rapid, stringent containment actions. Hence, we had just 4 weeks' national lockdown in April 2020 and, after that, life more or less returned to 'normal'. We remained safe, as long as we didn't leave the country! New arrivals have been held in isolation, and infection in the community has been rare and swept up quickly....so far. We thank God for this blessing, always being aware that we can still be vulnerable. Now, we have open travel between New Zealand and Australia and between New Zealand and the Cook Islands (in the Pacific).

**Classes continue -** Because of all the above, we had very little break in our CaraMayan classes. The once a week classes continue to thrive and the participants say they are the highlight of each week. There are only women attending at this point in time, from 4-5 different churches. Most of the participants have now been attending for 2 ½ years. We began the classes by learning a number of CaraMayan routines, gradually added to over time. Then, we added a stronger element of reflection and prayer by lying on the floor at the beginning of class and listening to a CaraMayan track. This year, the established participants asked to also learn some Israeli Folk Dances. We continue with our two CaraMayan bookends: 'The Lord is My Shepherd' at the beginning, and 'The Lord's Prayer' at the end.



**Jessica Guthrie Chicago USA** Here in the Chicago, area we have only recently started to see Covid restrictions open back up a bit. Ever since the initial lockdown in March 2020, all my faith-based fitness classes were moved online. And even with many businesses opening back up, most churches are hesitant to let outside groups come in yet, especially for exercise. So I continue to offer online classes while I work my regular job. During the height of the lockdown, I was teaching a weekly CM class online. At one point I was teaching at least one class per day, just to keep myself busy!

My biggest news is that I'm in training to become a Pilates-certified instructor. I started working at a local Club Pilates studio, and have recently been promoted to General Manager. In the meantime I'm working towards my 500-hour certification, and will next week be teaching a few classes as an Apprentice Instructor. I have loved learning more about movement and fitness, and I'm excited to add this additional modality to my toolbelt.

I also completed a Cancer Exercise Specialist certification just before the pandemic hit. I'm hoping to combine all my various certifications to start a ministry that will bless those who are struggling with the effects of cancer - whether they're a patient or a caregiver.



### Saartjie de Wet - South Africa

I have not started teaching CM yet as my husband and I have moved house and the process of downsizing is quite daunting along with all the other responsibilities. But in the meantime I have been thinking about how to go about presenting the CM classes and I think I now have a pretty clear idea of what to do. With Winter setting in (Southern Hemisphere) I am also thinking of waiting till Spring for two reasons - people are more inclined to take up something new in Spring and secondly I am hoping that the third wave of COVID will have passed.

All said, I am looking forward to getting started.



### Sue Sutherland - UK

Training to teach CaraMayan amidst a global pandemic had its challenges. Not least practising with a group and filming for the final assessment. But as a friend told me recently, when you need to do something, you will always find a way. I was trying to set up the workshops with a group of friends when lockdown struck in the UK, and everything stopped. Wanting to help others and myself locked in our homes, I set up weekly CaraMayan sessions on zoom for five friends in

March 2020.

A few weeks later, and after tweaking my "studio" to get the sound and picture right, ICDF Britain asked me to do a workshop on a national zoom conference. Over one hundred people from all across Britain, a few from Ireland and one from the USA, attended, all there with me in my lounge. I just hoped they were "out there" following what I was doing. After that, several attendees wanted to join my weekly class, so I had about twelve regulars joining each week.

### From Wendy who attended the zoom workshops.

*"I first came across CaraMayan through the workshop Sue led as part of the CDFB online Conference held last year 2020. An instant intrigue developed and as a result, I joined Sue for her weekly teaching sessions that she kindly ran during the lockdown. With developing mobility issues, it was wonderful to be able to 'dance' to the scriptures again. The slow and very deliberate moves cause you to really concentrate on the scripture passages within the music, allowing you to use your whole body as an instrument of worship to the Lord. Sue was clear in her instruction, showing adaptations to the moves if required, so all felt included. A very beautiful form of worship."*

The weekly classes stopped in August, as I felt after six months, I needed a break. Zoom and other platforms have been wonderful, but teaching over them is tiring. But I thank God that we have all been able to share in the lives of our families and friends over this platform. It is also a boom for those as nosy as I am, to take a little peek into other people's homes and bookcases.

### ICDF Britain conference

ICDF Britain even held our weekend 30th anniversary conference over zoom in September. Mary was invited to run CaraMayan from her home in Australia, and I followed her with my workshop. Strange to have Mary join me, (and do the final assessment) from her home to mine.

I'm looking forward to 2021 and into 2022 to getting out there and being with people face to face once more. Praying, worshipping and moving together.

**DID YOU KNOW?** 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](mailto:caramayan@gmail.com) so we can include them in future newsletters.

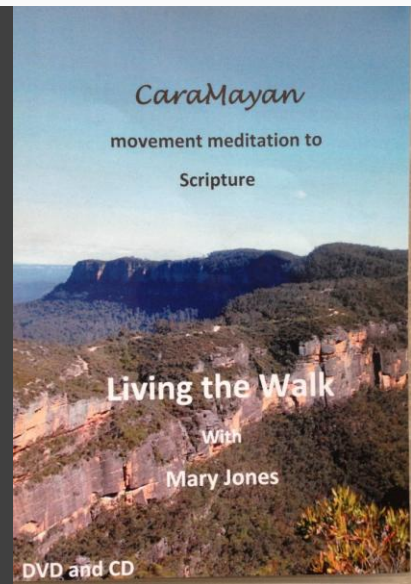
## PRODUCT RECALL

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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11 Amaroo Cres., Mosman, NSW 2088, Australia  
[caramayan@gmail.com](mailto:caramayan@gmail.com)

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