

# Mary Jones

## Cara Mayan



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Mary Jones OAM, B.A. Dip Ed., ATCL, Cert IV Assessment & Training, is founder of the International Christian Dance Fellowship and former Dean of Dance Studies at Wesley Institute. She is presently director of CaraMayan and of the ICDF online Associate Diploma of Dance Ministry. She is available internationally to teach and train in different aspects of dance ministry as well as CaraMayan.

CaraMayan is a way of moving to the Bible for exercise, fitness, worship & prayer. It is a Christian alternative to Yoga and Tai Chi based on dance and pilates movement.

CaraMayan has been a vision of Mary Jones over a number of years and was taught by her at International Christian Dance Fellowship conferences and workshops. The first DVDs were made in 2009 and launched at the International conference in Scotland as a system of movement meditation that could be widely available for people to learn and teach around the world.

