



# ICDF Networks

*April 2020*

## Network for Fitness, Well-being & Movement Meditation



To connect: email ... [sharon.ereaux@gmail.com](mailto:sharon.ereaux@gmail.com)  
facebook ... <https://www.facebook.com/ChristianHolisticFitness>

## A Posture of Praise: an interview

*Tina Robilliard, founder of PraiseMoves Wellington, has supported many to become PraiseMoves instructors in New Zealand. She has recently helped instructors throughout the world move to online classes during the global pandemic. We asked Tina to tell us about PraiseMoves and how it is attracting the increased following it is.*

### **What is PraiseMoves?**



*Tina demonstrates the 'Angel' posture*

PraiseMoves® is a fitness class that combines strengthening and stretching postures, gentle movements and Bible scripture. It builds strength and flexibility, and relieves stress – all while meditating on the Word of God. The PraiseMoves® fitness ministry was first started in Oklahoma, America by Dr Laurette Willis. There are now Certified PraiseMoves Instructors around the world. In New Zealand there are five instructors in the greater Wellington area, and nine across Auckland, Tauranga, Hamilton, Nelson, Christchurch and Dunedin.

### **How did you become involved in this Christian fitness ministry?**

After many years as a group fitness instructor, I had taken a break to care for young children. During that time, God broke my heart for a number of friends that had become heavily involved in yoga and new age practices. A little while later I felt called to offer a gentle exercise class that offers true hope, and leads to healing and wellbeing for body, mind and soul - a Christian alternative to yoga. I then found out about the PraiseMoves fitness ministry, became a certified instructor, and have been teaching for five years.

Two years ago, as the only teaching instructor in New Zealand, friends and I felt called to pray fervently for this ministry to expand to all major cities of New Zealand. Doors opened and praise God for His faithfulness – PraiseMoves now has instructors in all major cities.

### **What do you think is the most valuable thing about a Christian fitness ministry?**



*Many the 'Reed' posture at Christian music festival – Festival One*

As with other Christian dance and movement ministries, the foundation of PraiseMoves is the Word of God. Each PraiseMoves posture is linked to a scripture from the Bible that is spoken aloud and meditated on during the class. It is designed this way to get participants into the Word of God more AND to get more of the Word of God into the lives of participants. For example, 'The Reed' is a posture where you stand tall and stretched out like a reed. Isaiah 42:3 says, 'A bruised reed He will not break, and smoking flax He will not quench.' So we hold this lovely strong posture and reflect on this verse.

The 'Angel' posture is accompanied by Psalm 91:11: 'He shall give His angels charge over you, to keep you in all your ways.'

That is the most valuable part of the PraiseMoves fitness classes because lives are transformed through the Word of God by the renewing of our minds.

## A Posture of Praise ... continued

### *What is it that attracts people to PraiseMoves?*

Those who have tried PraiseMoves describe it as transforming their fitness classes into times of worship. As well as the physical benefits, many describe the mental and spiritual benefits from these classes, as well as the lovely community forming around the class. This has prompted many to attend regularly and some to go on and teach PraiseMoves themselves.

### *How did the PraiseMoves Wellington and New Zealand networks come about?*

When two new instructors started up in Wellington (Anna O'Hara-Smith and Kirsten Evans) this created exciting possibilities. The Wellington instructors have collaborated to offer sessions in different locations and to different age groups from children to the elderly. Together we have been able to offer classes every night of the week, as well as take PraiseMoves to a large Christian music festival in Hamilton – Festival One. This exposure led to new PraiseMoves instructors across New Zealand all now networking together to bring this Christian alternative to yoga to many. Most recently this network of instructors have been encouraging each other to move to online classes during the COVID-19 lockdown. We continue to have an online class available every day of the week! We are now reaching out to instructors in Australia and have plans for a weekend retreat together.



*PraiseMoves Wellington collective from left: Kirsten Evans, Tina Robilliard, Anna O'Hara-Smith*

### *What encouragement would you have for others starting up something similar?*



*Participants in lockdown enjoying PraiseMoves*

Those who God calls, he equips. If you feel called to start up any kind of Christian dance or movement class in your area, give it a go. Share what you'd like to do with friends and family and invite them to be the beginnings of your community of movers. As well as this, reach out to those around you doing something similar. Encourage and support each other to step out in faith and get started. The opportunity to share tips and resources, and pray together has been a huge benefit to PraiseMoves in New Zealand.

Hebrews 10:23-24: 'Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds ...'

*You can follow what is happening with PraiseMoves in New Zealand at Facebook/PraiseMoves Wellington. This page includes information on PraiseMoves classes throughout New Zealand. You can also email [PraiseMovesWellington@gmail.com](mailto:PraiseMovesWellington@gmail.com)*



*Read more at [www.PraiseMoves.com](http://www.PraiseMoves.com) and look for more online class options, some are free classes: <https://praisemoves.com/online-classes/> or a CPI near you: <https://praisemoves.com/classes/>*

*Special mention to network member, Jessica Guthrie (also a CaraMayan Teacher) in Chicago, who offers four online classes per week in not only PraiseMoves but also MIRA! Dance 'alternative to Zumba', PraiseKicks (aerobic kick-boxing) and PraiseMoves for Kids. Details for Jessica's classes at <https://www.faithintegratedtraining.com/online-classes.html>*

## Sharing Movement to Scripture in Israel

Just this past January I was very blessed to join a Study Tour of Israel and Jordan as a part of my Bible College degree. It was my first time there and though I had no idea of the looming Coronavirus scenario, I sensed that it may well be the last opportunity not just for me but for many to see so many special places with the freedom and safety that we appreciated.

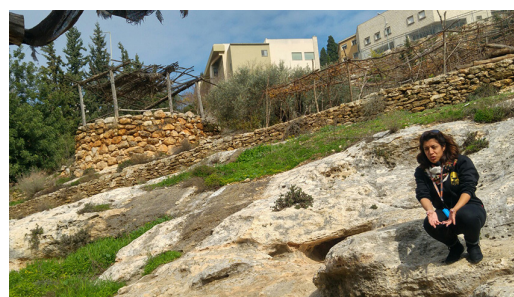
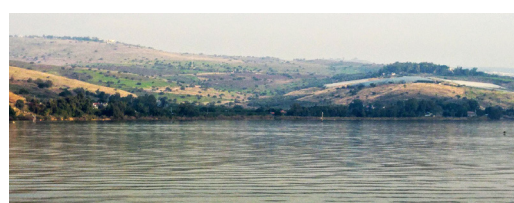
Knowing that the tour would involve long days and lots of walking as well as lots of time sitting, I offered to share some meditative movement with the group. I know how much it helps to gently move and stretch tired bodies, a little stiff from travelling and different pillows.

I especially felt like the Spirit was prompting me to share 'The Lord's Prayer' while we were at the memorialised site of the Sermon on the Mount where, as the Gospel of Matthew records, Jesus spoke these words as He taught His followers (Matt. 6:9-13). The words took on a new meaning to me, immersed in the places that Jesus lived and ministered. The challenge of seeking 'His kingdom come' and living by the descriptions of the Sermon on the Mount, became much more radical and costly to me. Yet also so much more important. Having been to Nazareth Village, I'd sensed the loss it surely was for Jesus, bringing a message that caused His own village to reject Him. Having been to Sepphoris, wealthy from Roman trade, and having learnt about the infiltration of the Roman lifestyle which had much concern for the new imported goods to eat, drink and wear. I read the Sermon with new eyes and a tender heart. I'd pondered the danger of compromise and collusion with the ways of the world and sensed just how much Jesus was on the outer fringes, bringing in a radical new way! For starters, our prayer takes us straight to the throne of our gracious Father. This is radical, there's no need to pray via the Temple, but now we draw near to our Heavenly Father, able to pray with boldness and confidence.

The place today is very different with a monastery and below that, a banana plantation with its unattractive and rather modern plastic-sheet covering. Thankfully many other mountainsides that rise from the Sea of Galilee appear as quiet as ever. And so I remember those and imagine the disciples, needing to know how prayer will work now in this new radical new covenant that Jesus proclaimed that day.

Join me in these gentle standing movements to 'The Lord's Prayer', PraiseMoves scripture sequence. Notice 'The Reed' that Tina spoke of as we say "and the glory". Enjoy the connection of the meaning of movement with the words of this rich and powerful prayer.

<https://youtu.be/6kkjo6R3uZo> (Note that this video is not public on YouTube but only accessible with this link.)



Photos: Provided by Sharon Ereaux from her tour

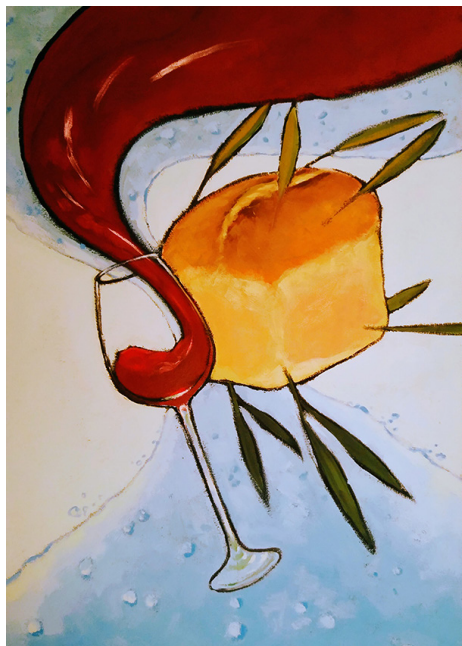
*Sharon Ereaux*

## Well-being Spotlight on Nutrition

### *Foods to add for health, not to take away*

Nutrition seems to be more of a hot topic than ever before. We hear about what to take away from our diet – what to avoid. The motivation behind the fascination is good: we want to be well. And good nutrition is certainly the foundation of a good life. Even the very feeling of well-being requires certain proteins. Happiness is a protein – serotonin. Without enough of the building blocks of proteins, we'll be suffering.

The nutrition buzzword used to be “wholefoods” and people striving for health would eat just whole-foods from every food group, as they're found in nature, but you might be surprised to hear that isn't enough for health. Trust me – I tried it. There's some vital things to add in. More on that in a moment.



*“Bread of Heaven”. Painting by Robert Ereaux*

Now there's many words buzzing around for the “best” diet. Some take away carbohydrates, others animal proteins or all animal products, some take away just sugars or just grains, and some still say low-fat. If we listen, we'll wonder what's left. Some go to extremes like being Fruitarian or Breatharian – sadly it's not a joke. We know that we have an enemy of our soul, but the devil is also an enemy of our bodies and he doesn't want us well. I think he has a lot of deceptions out there to trick us or at least confuse us.

I reckon Jesus and the Father know what's good for us with food. Jesus is the bread of heaven (John 5), therefore grains and carbohydrates are in. Jesus is our Passover lamb, therefore meat is in. The Promised Land was “flowing with milk and honey”, so milk products are in and so are fruit sugars (the honey referred to is date honey! But I'm sure honey from bees is good too, it's mentioned later in the Bible). Furthermore, Jesus served his disciples fish, and he said that fish and eggs are a good thing too (Luke 11:11-12). Oil and wine are well regarded in the Scriptures too. So we have all the food groups covered. Though we want to take care with which kinds, and how they are prepared and processed, they're all 'in'. And

we will suffer if we take any completely out for longer than 2 to 6 weeks. Let's trust our Creator over any diet promoter.

What else might we need beyond a good wholefoods diet with all the food groups? Ah, this is where it gets interesting...

- We need certain acids such as those found in sour foods like lemon, lime and natural vinegars like Apple Cider Vinegar. These actually don't cause the body to be more acidic, but help our digestion and become alkaline salts, and are needed for energy production in all our cells.
- We need plenty of salt! The low salt message took it too far. But the good salt is just as it's found in nature. Try and buy unrefined salt. You'll know it's good if it doesn't make you thirsty. And have from 1.5 teaspoons even up to 4 teaspoons per day if you're feeling fatigued. It's a great source of many minerals.
- A wholefoods diet may be lacking fermented foods. Most traditional cultures included fermented foods in their diet. Do you know what your traditional culture made fermented? If you're thinking of alcohol, I'd better clarify... Good fermentation is lacto-fermentation which produces very little alcohol if any. Perhaps you've thought of soy sauce... fermented soya beans. Or sauerkraut, or kimchi... the traditional method involves no vinegar. Sadly, modern ways of pickling don't provide the same benefits. If you're looking for inspiration for recipes, I recommend Nourishing Traditions book and website for examples from all around the world and the research and stories behind them.
- Make sure you have plenty of good fats and oils, even up to 8 Tablespoons a day. You can't absorb the fat soluble vitamins in your food without some fat or oil in the meal! Plus it's vital and protective for so many reasons.

## Well-being Spotlight on Nutrition ... continued

- Consider adding boron to your day if you don't already. Some multivitamin tablets like Swisse brand have.
- Consider adding boron to your day if you don't already. Some multivitamin tablets like Swisse brand have now included Boron (same thing as Borax). It's one of those neglected nutrients we don't hear much about, but I believe God led me to learn about it. We aim to have a little pinch in our water bottle each day. It's good for the brain and joints especially and may help reduce viral activity in the body. If you want to search online about this, try a search engine such as DuckDuckGo that doesn't filter results and you'll get more helpful information than if you Googled it. We discovered this quite interesting fact when researching supplementing boron.
- Lastly, another one you may not have heard much about is sulphur. The kind to supplement is MSM, and it's found in onion-family foods, eggs, and also to a lesser extent in cabbage and cauliflower. It's important for muscles and joints and may help reduce muscle and joint pain (it did for me), and vital for energy production in the cells. Dr Terry Wahls discovered the importance of sulphur in her research to treat her MS. She recovered from being nearly bed-bound to travelling the world to share her findings which centred on nourishing the mitochondria – the powerhouse of our cells.

This year, 2020, the Lord has led me to make nutrition my focus – for me, my network and for my clients. It truly is foundational. Good nutrition should come before an exercise regime, since an undernourished body won't respond well to the stress of increased activity. So nutrition is our first focus, then exercise, and then a healthy body will support a healthy mind, heart, soul and spirit. Not that it's anything magical, but it gives our soul every chance at thriving. If I had one last tip it would be – grow your own greens! There's a certain well-known and well-loved ICDF veggie-lover who I often remember as my inspiration to grow veggies. I'll start again soon. The seeds are waiting on my kitchen bench.

*Article written by Sharon Ereaux. She offers a Group Nutrition coaching course online - a compassionate approach based on our Creator's timeless wisdom and connecting to His personal help*

You can join Sharon on her journey to health by watching the following...

*My Recovery, Health and Fitness YouTube Channel:*

<https://www.youtube.com/channel/UCTjuNoLVkOP0AXreEkOsvVg>

*Are Sugars, Grains, Milk and Meat Inflammatory!?*

[https://youtu.be/v7QrFzK9P\\_o](https://youtu.be/v7QrFzK9P_o)

### Christian Holistic Health Webinar

Upcoming events: a Christian Holistic Health 'Webinar' via Zoom for the Network and others interested

The topic will be "**The Human Health Puzzle**": if attaining good fitness and well-being requires getting everything right, then what are all the pieces of the puzzle and where do we even start when so much seems wrong?' Have you ever wondered the same? I'll share some tried and tested strategies as well as insights from both science and the timeless wisdom of our wonderful Creator and Father God who knows us and how we work, much better than we know ourselves. Come prepared with your most pressing health questions and we'll be believing for an informative, inspiring and simply practical time. Two sessions to suit different timezones: Saturday 25th May at 10am and 5pm. Sessions recorded to share later.

Email me to book in: [sharon.ereaux@gmail.com](mailto:sharon.ereaux@gmail.com)

# Mobilising: A Science-based Approach to Stretching

*Have you ever heard of Mobilising? It is the latest science-based approach now replacing traditional stretching. Here Sharon explores the world of Anatomy Trains.*

The concept of Mobilising is now increasingly used in gyms around the world instead of the traditional static and dynamic modes of stretching. Static stretching is where the stretch position is held for a time while the muscle being stretched is not engaged. It has been shown to temporarily diminish the strength of the muscle so may be especially unhelpful before exercising. Dynamic stretching is a fast movement into and out of a stretch position. It has some sports specific value such as for dancers developing their high kick, and desiring to do these and other such movements in performance, but otherwise has questionable value and may lead to injury. In contrast, mobilisers develop strength with flexibility, caring for the integrated systems of muscles, joints and soft tissue. This emphasis on the integrated chains of movement rests on the scientific study of myo-fascial lines within the body. The main ones are front lines, back lines, spiral lines and lateral lines. Thomas W. Myers has done the fascinating research behind the technique. His Anatomy Trains book, magazine and website: <https://www.anatomytrains.com/> are a good source of further information.



Sharon in a stretched position (ICDF photo archives)

The basic approach to mobilisers is that you move to your end range of motion (EROM), with control and rhythm, at a moderate pace and most importantly, within your comfort-zone. That can be quite an adjustment for those of us accustomed to pushing our limits when stretching. Rather than focussing on stretching one muscle, this mobiliser technique seeks to lengthen the whole myo-fascial line. A more advanced approach (from Unity Gym, North Sydney – find them on YouTube) is about using the muscle by bearing weight into the stretch position, in other words, both lengthening and loading the muscle. This technique is often more muscle specific. I share three of these in the accompanying video.

Personally, these mobilisation techniques have helped me enormously in dealing with areas of chronic pain and tension. It has shifted my mindset from thinking I need to stretch a muscle back into good flexibility, to valuing gentle fluid movement which will restore balance in time. Understanding the inter-connectedness of each myo-fascial line has helped me appreciate that deep breathing could help reduce pelvic pain, as tension is relayed through the Deep Front Line. It's for this reason that as in the video I've made to accompany this article, that I include deep breaths with the second mobiliser.

I've made a video to show you as that's a whole lot easier than describing the movements, and you can join in with me. Please use wisdom in what you try and listen to your body as you decide how far to move in each mobiliser. I've included a mobiliser for all the main lines and then shown some that are more specific to hip flexors, leg adductors and gluteus medius – the last two being valuable to balance the function of the inner and outer thigh.

Last year I created a sequence with all the main mobilisers and I set the movement to the words of Psalm 126 to create a CaraMayan movement meditation. The Psalm has the well known words of verse 5, "those who sow in tears, in joy shall they reap". Moving to the Psalm has been a powerful reminder of the importance of turning our grief into prayers. We grieve not only for what we've lost but also for what isn't yet, that should be. What powerful prayers they are that are fueled by heartfelt sorrowful longing. And we know that soon enough we will reap the harvest of those prayers in great shouts of joy. I've been glad to share the Psalm 126 movement meditation with those who've come along to the ICDF-Australia 'The New Thing' workshops that I co-present with Lucy Jarasius-Park.

For the Myo-fascial Mobilisers video go to ... <https://youtu.be/EZZqZRcFZfM>

## Fun and Inspirational Tips for Home and Online Fitness

Sharon Ereaux has selected a few activities for us but there are many more possibilities ...

- If you're the kind of person who loves a workout that is fun or novel, or you're trying to wear out the grandkids, try some active games like balloon tennis: find a partner or just a wall and see how long you can hit the balloon up into the air for - don't make it too easy! Add in a challenge between hits, like a star jump (or star walk if jumping is beyond you) or tap the ground, or two knee taps. This one needs a bit of space... relay circuit Noughts and Crosses: decide on your circuit (up the hallway and back, across the backyard, around the dining table – just don't slip) and place the game at the far side (could be any fast turn taking game) and decide on your method of travel: hop, run, skip, or side shuffle, or crab walk! And enjoy. Mix it up and you're sure to get some laughs as well as exercise for your body and brain.



Sharon with her ribbons

- To combine movement and worship, choose an inspiring space and worship music you love and your favourite dancing banner, or ribbon, flag or scarf and dance for the Lord and for the joy of it.

- While there are a huge number of online options for all kinds of workouts, for a more creative online workout why not phone a friend and move or dance together. Maybe they can lead a dance or two and you can lead for warm up and cool down. If you're an 'I'll exercise tomorrow type' or a super social type then you're likely to find it helps just to schedule a day and time with a friend to get some exercise in together. You could even plan a workout video 'watch party' but don't just watch it or just chat your time away.

- Revive your hoola hoop skills. For inspiration, check out Carissa Caricato and her Hoola 4 Happiness ministry. Those of us who met her in India were very blessed. To see how a hoola hoop can be worshipful – and impressive – watch 'In Over My Head' hoola worship dance: <https://youtu.be/B59e5RQEDkc>. Carissa spoke before dancing, sharing from her heart at a Girls Night Out event: [https://youtu.be/Iy-q7xQ8\\_pc](https://youtu.be/Iy-q7xQ8_pc). There's a huge amount you can do with a hoola hoop as well as spinning it around the waist, try around your arms and I'm sure you'll soon feel some muscles working. YouTube also has many tutorials for mastering other hooping exercises too.

- If you're the type to be motivated by a challenge and by reaching a PB (Personal Best) then set a measured or timed challenge. You might time yourself doing four lots of the set of stairs, or 10 'lying to standing' (or sit to stand if that's plenty for you). You could measure your jump height by how high up you can tap on a wall then get busy with single leg squats or split squats to improve. Or just time your speed walk to the corner store.

- If you're an eclectic adventurous type, then try all of the above and be sure to get photos to share on the Network's Facebook group! ... <https://www.facebook.com/ChristianHolisticFitness>

- Lastly, whatever you do, pray before you start, then warm up all major muscle groups and joints (think legs and hips, arms and shoulders, back, neck and spine) and gently move in each direction. Remember that any movement that gets your heartrate up can help boost feelings of energy and improve your mood and will help your health in the short-term and long-term. If you haven't really exercised in a while or maybe sort of never then build up gradually – 2-3 x 20-40 minutes per week is plenty to start with. If you're not sure or you have concerns, don't hesitate to see your doctor or consult someone older, wiser or more experienced, or even all of those things – someone old, wise and experienced since chances are they'll be very happy to share some wisdom.