

Men Transforming Men: Connecting through the Illuman Strava Club

By Steve Hicken and Brad Pickel

We value our Journey of Illumination touchstones and want to share with you another opportunity to Connect with the men of Illuman.

To become whole in the world so that we can make the world whole, we need to work on our spiritual, relational, and physical lives. Our bodies channel our blessing into the world.

As young men, we take the gift of a healthy body for granted. As we age and our physical selves break down or simply "break," we hopefully wake up to the need to care for our physical health, through stretching, yoga, walking, hiking, jogging, swimming, cycling, running, and other related activities. Often, we find that exercise can be as valuable a spiritual practice as any other. As the saying goes, "The issues are in the tissues!"

In Illuman, we have a group of men who lead Broga—Brothers in Yoga—when we gather in person, and now we want to invite you to join in another opportunity to virtually stand shoulder-to-shoulder with Brothers.

[Strava](#) is a free app for Android and iPhone which allows you to log your activities and connect with others who are doing the same. In 2019, Strava subscribers worldwide logged in over eight billion miles, which is the distance from Earth to Pluto!

We encourage the men of Illuman to Connect with your brothers on Strava and to join the Illuman group we have just created on Strava. In this way, we can inspire and support each other in all our efforts to reconnect with the wisdom of our bodies.

If you already use Strava, search for Illuman on Clubs from your home screen and ask for permission to join. If you aren't on Strava, we hope you will consider joining!