

IKAL

19 - 22 JANUARY

Weekly Program

19 MONDAY

- 8:30 am **ASHTANGA VINYASA** ○
10:00 am with Arun
- 10:30 am **RESTORATIVE YOGA** ○
12:00 pm with Omar
- 11:00 am **BUDDHIST PRAYERS & CHANTS** 🏯
12:30 pm with Khenpo Samdup Rinpoche
by Donation

20 TUESDAY

- 8:30 am **RESET RITUAL & VINYASA** ○
10:00 am with Lourdes
- 10:30 am **MINDFUL FLOW** ○
12:00 pm with Jimena
- 11:00 am **BUDDHIST PRAYERS & CHANTS** 🏯
12:30 pm with Khenpo Samdup Rinpoche
by Donation
- 11:00 am **TRANSFORMATIONAL**
2:00 pm **ASTROLOGY READINGS** MAIA
Georgia Shakti (Free for guests)

21 WEDNESDAY

- 8:30 am **HATHA YOGA** ○
10:00 am with Raul
- 9:00 am **JÑANA YOGA** 🏯
10:15 am with Ana Lucia aka Aradhana
by Donation
- 10:30 am **YOGA FLOW** ○
12:00 pm with Pauli
- 11:00 am **BUDDHIST PRAYERS & CHANTS** 🏯
12:30 pm with Khenpo Samdup Rinpoche
by Donation
- 4:30 pm **TEMAZCALLI** 🌀
6:30 pm \$700 mxn (visitors) \$350 mxn (locals)

22 THURSDAY

- 8:30 am **JOURNEY WITH YOGA** ○
10:00 am with Guest Teacher: Madhu Nanda
- 10:30 am **HATHA YOGA** ○
12:00 pm with Chachi
- 11:00 am **BUDDHIST PRAYERS & CHANTS** 🏯
12:30 pm with Khenpo Samdup Rinpoche
by Donation
- 5:00 pm **EMBODIED BREATHWORK** 🏯
6:30 pm with Kiki

Please remember to access
the park before 5 p.m.

○ SHALA 🏯 TARA STUPA 🕯 SACRED FIRE ⭐ KIDS 🌀 MEDICINE WHEEL

All sessions are priced at \$400 MXN per person. Local residents with valid Quintana Roo ID are eligible for a special discount. Multi-session package available for \$1,000 MXN: includes 3 sessions for visitors or 6 sessions for local residents (with valid QR ID).

IKAL

23 - 25 JANUARY

Weekend Program

23 FRIDAY

- 8:30 am **HATHA YOGA** ○
10:00 am with Chachi
- 9:00 am **JÑANA YOGA** 𑑑
10:15 am with Ana Lucia aka Aradhana
by Donation
- 10:30 am **ASHTANGA VINYASA** ○
12:00 pm with Arun
- 2:00 pm **MAGIC ART WORKSHOP** ☆
4:00 pm with Ayu \$300
- 5:00 pm **VOICE ACTIVATION AND** 𑑑
6:30 pm **SINGING CIRCLE**
with Guest Teacher: Lidia Lins

24 SATURDAY

- 8:30 am **KUNDALINI YOGA** ○
10:00 am with Joshua
- 10:30 am **YOGASANAS** ○
12:00 pm with Arun
- 11:00 am **TRANSFORMATIONAL** MAÏA
2:00 pm **ASTROLOGY READINGS**
(Free for guests)
- 12:30 pm **ANIMAL LOCOMOTION** ○
2:00 pm with Nico Andonakis
- 2:00 pm **BEACH EXPLORER QUEST** ☆
4:00 pm with Manu \$300
- 4:00 pm **MOVEMENT & EXPRESSION LAB** ○
5:30 pm with Nati Akoskin
- 6:00 pm **CACAO GATHERING** 𑑑
7:30 pm with Kiauitl

25 SUNDAY

- 8:30 am **MINDFUL FLOW** ○
10:00 am with Jimena
- 10:30 am **KUNDALINI YOGA** ○
12:00 pm with Guest Teacher:
Gurmukh & Gurushabd
\$400 mxn (visitors) \$300 (locals)
- 1:00 pm **AFRO DANCE** ○
2:15 pm with Maggie Rodriguez
- 2:00 pm **ICE BATH** 𑑑
3:30 pm with Mati
- 2:00 pm **BEACH ART BASH!** ☆
4:00 pm with Ayu \$300
- 4:30 pm **TEMAZCALLI** 𑑑
6:30 pm \$700 mxn (visitors) \$350 mxn (locals)
- 5:00 pm **YOGA NIDRA AND** 𑑑
6:30 pm **SOUND HEALING**
with Alma Reyes

Please remember to access
the park before 5 p.m.

○ SHALA 𑑑 TARA STUPA 𑑑 SACRED FIRE ☆ KIDS 𑑑 MEDICINE WHEEL

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