

IKAL

02 - 05 FEBRUARY

Weekly Program

02

MONDAY

- | | | |
|----------|---|---|
| 8:30 am | ASHTANGA VINYASA | ○ |
| 10:00 am | with Mariana | |
| 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 | |

03

TUESDAY

- | | | |
|----------|---|------|
| 8:30 am | HATHA YOGA | ○ |
| 10:00 am | with Chachi | |
| 10:30 am | VINYASA YOGA | ○ |
| 12:00 pm | with Nath | |
| 11:00 am | BUDDHIST PRAYERS & CHANTS | ✧ |
| 12:30 pm | with Khenpo Samdup Rinpoche by Donation | |
| 11:00 am | TRANSFORMATIONAL ASTROLOGY READINGS | MAÏA |
| 2:00 pm | Georgia Shakti (Free for guests) | |

04

WEDNESDAY

- | | | |
|----------|---|---|
| 8:30 am | CONSCIOUS MOTION | ○ |
| 10:00 am | with Livy | |
| 9:00 am | ART OF TRANSCENDENTAL LIVING | ✧ |
| 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) | |

05

THURSDAY

- | | | |
|----------|---|---|
| 8:30 am | MINDFUL HATHA | ○ |
| 10:00 am | with Mariana | |
| 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

06 -08 FEBRUARY

Weekend Program

06	FRIDAY	
8:30 am 10:00 am	HATHA YOGA with Chachi	○
9:00 am 10:15 am	ART OF TRANSCENDENTAL LIVING with Ana Lucia aka Aradhana by Donation	🏠
10:30 am 12:00 pm	ASHTANGA VINYASA with Arun	○
2:00 pm 4:00 pm	SEASIDE NATURE CREATIONS & GAMES with Ayu \$300	★
5:00 pm 6:30 pm	YOGA NIDRA AND SOUND HEALING with Alma	🏠

07	SATURDAY	
8:30 am 10:00 am	KUNDALINI YOGA with Joshua	○
10:30 am 12:00 pm	YOGASANAS with Arun	○
11:00 am 2:00 pm	TRANSFORMATIONAL ASTROLOGY READINGS (Free for guests)	MAÏA
12:30 pm 2:00 pm	ANIMAL LOCOMOTION with Nico Andonakis	○
2:00 pm 4:00 pm	BEACH OLYMPICS with Manu \$300	★
4:00 pm 5:30 pm	MOVEMENT & EXPRESSION LAB with Nati Akoskin	○
5:00 pm 6:30 pm	ASTROLOGÍA Y EL JUEGO DE LA VIDA with Special Guest: Pablo Flores \$500 mxn	🔥

08	SUNDAY	
8:30 am 10:00 am	MINDFUL FLOW with Jimena	○
10:30 am 12:00 pm	KUNDALINI YOGA with Guest Teacher: Gurmukh & Gurushabd \$400 mxn (visitors) \$300 (locals)	○
11:00 am 12:30 pm	CHANTING & MEDITATION with Ani Sofia by Donation	🏠
1:00 pm 2:15 pm	AFRO DANCE with Maggie Rodriguez	○
2:00 pm 3:30 pm	ICE BATH with David	🔥
2:00 pm 4:00 pm	KIDS EXPRESSION EXPRESSIONAL ARTS & CRAFT with Ayu \$300	★
4:00 pm 7:00 pm	SONG OF THE ANCIENTS - EMBODIED VOICE & ANCESTRAL SONG PRACTICE with Special Guest: Peia (\$700 mxn)	🏠
4:30 pm 6:30 pm	TEMAZCALLI \$700 mxn (visitors) \$350 mxn (locals)	🌀

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

○ SHALA 🏠 TARA STUPA 🔥 SACRED FIRE ★ KIDS 🌀 MEDICINE WHEEL

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