

# 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	
2:00 pm	ASTROLOGY READINGS	MAÏA
	Georgia Shakti (Free for guests)	

### 04 WEDNESDAY

8:30 am	CONSCIOUS MOTION	○
10:00 am	with Livy	
9:00 am	ART OF TRANSCENDENTAL	○
10:15 am	LIVING	
	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.



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

### 07 SATURDAY

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

### 08 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)	
11:00 am	CHANTING & MEDITATION	○
12:30 pm	with Ani Sofia by Donation	○
1:00 pm	AFRO DANCE	○
2:15 pm	with Maggie Rodriguez	
2:00 pm	ICE BATH	○
3:30 pm	with David	○
2:00 pm	KIDS EXPRESSION	○
4:00 pm	EXPRESSIONAL ARTS & CRAFT	○
	with Ayu \$300	
4:00 pm	SONG OF THE ANCIENTS -	○
7:00 pm	EMBODIED VOICE & ANCESTRAL	○
	SONG PRACTICE	
	with Special Guest: Peia (\$700 mxn)	
4:30 pm	TEMAZCALLI	○
6:30 pm	\$700 mxn (visitors) \$350 mxn (locals)	○

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