

IKAL

09 - 12 FEBRUARY

Weekly Program

09 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	

10 TUESDAY

8:30 am	YOGASANAS	○
10:00 am	with Arun	
10:30 am	ROOT OF YOGA	○
12:00 pm	with Guest Teacher: Welid	
11:00 am	BUDDHIST PRAYERS & CHANTS	○
12:30 pm	with Khenpo Samdup Rinpoche by Donation	

11 WEDNESDAY

8:30 am	HATHA YOGA	○
10:00 am	with Raul	
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)	

12 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

13 - 15 FEBRUARY

Weekend Program

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FRIDAY

8:30 am	SHAKTI YOGA	○
10:00 am	with Kelly and Lauren	
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	LIVING MEDICINE	○
3:30 pm	with Linda	○
2:00 pm	OCEAN CRAFT ART WORKSHOP	○
4:00 pm	with Ayu \$300	○
3:30 pm	CHATING & MEDITATION	○
5:00 pm	with Ani Zofia by Donation	○
5:00 pm	VIBRATIONAL SOUND JOURNEY	○
6:15 pm	with Adriana	○

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SUNDAY

8:30 am	SHAKTI YOGA	○
10:00 am	with Kelly and Lauren	
10:30 am	VALENTINES 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	○
3:30 pm	with Mati	○
2:00 pm	YO SOY AMOR	○
4:00 pm	with Manu \$300	○
4:30 pm	TEMAZCALLI	○
6:30 pm	\$700 mxn (visitors) \$350 mxn (locals)	○

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SATURDAY VALENTINES DAY



8:30 am	KUNDALINI YOGA	○
10:00 am	with Guest Teacher: Harpreet	
10:30 am	YOGASANAS	○
12:00 pm	with Arun	
12:30 pm	ANIMAL LOCOMOTION	○
2:00 pm	with Nico Andonakis	
2:00 pm	VALENTINES DAY COOKIES	○
4:00 pm	with Ayu \$300	○
2:00 pm	ART & HEART MEDITATION	○
4:00 pm	With Lupe \$500 mxn	MAÏA
4:00 pm	MOVEMENT & EXPRESSION LAB	○
5:30 pm	with Nati Akoskin	

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