

# 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 |   |

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### 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 |   |

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### 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) |   |

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### 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	<b>SHAKTI YOGA</b>	○
10:00	am	with Kelly and Lauren	
9:00	am	<b>ART OF TRANSCENDENTAL LIVING</b>	🏠
10:15	am	with Ana Lucia aka Aradhana by Donation	
10:30	am	<b>ASHTANGA VINYASA</b>	○
12:00	pm	with Arun	
2:00	pm	<b>LIVING MEDICINE</b>	🔥
3:30	pm	with Linda	
2:00	pm	<b>OCEAN CRAFT ART WORKSHOP</b>	★
4:00	pm	with Ayu \$300	
3:30	pm	<b>CHATING &amp; MEDITATION</b>	🏠
5:00	pm	with Ani Zofia by Donation	
5:00	pm	<b>VIBRATIONAL SOUND JOURNEY</b>	🏠
6:15	pm	with Adriana	

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SUNDAY

8:30	am	<b>SHAKTI YOGA</b>	○
10:00	am	with Kelly and Lauren	
10:30	am	<b>VALENTINES KUNDALINI YOGA</b>	○
12:00	pm	with Guest Teacher: Gurmukh & Gurushabd \$400 mxn (visitors) \$300 (locals)	
1:00	pm	<b>AFRO DANCE</b>	○
2:15	pm	with Maggie Rodriguez	
2:00	pm	<b>ICE BATH</b>	🔥
3:30	pm	with Mati	
2:00	pm	<b>YO SOY AMOR</b>	★
4:00	pm	with Manu \$300	
4:30	pm	<b>TEMAZCALLI</b>	🌀
6:30	pm	\$700 mxn (visitors) \$350 mxn (locals)	

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SATURDAY  
VALENTINES DAY



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

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

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