

IKAL

23 - 26 MARCH

Weekly Program

23 MONDAY

- 8:30 am **ASHTANGA VINYASA** ○
10:00 am with Arun
- 10:00 am **BUDDHIST PRAYERS & CHANTS** ☸
11:30 am with Local Sangha
by Donation
- 10:30 am **RESTORATIVE YOGA** ○
12:00 pm with Omar

24 TUESDAY

- 8:30 am **KUNDALINI YOGA** ○
10:00 am with Prakash
- 10:00 am **BUDDHIST PRAYERS & CHANTS** ☸
11:30 am with Local Sangha
by Donation
- 10:30 am **MINDFUL FLOW** ○
12:00 pm with Jimena

25 WEDNESDAY

- 8:30 am **YOGASANAS** ○
10:00 am with Arun
- 10:00 am **BUDDHIST PRAYERS & CHANTS** ☸
11:30 am with Local Sangha
by Donation
- 10:30 am **YOGA FLOW** ○
12:00 pm with Pauli
- 4:30 pm **TEMAZCALLI** ☸
6:30 pm \$700 mxn (visitors) \$350 mxn (locals)

26 THURSDAY

- 8:30 am **KUNDALINI YOGA** ○
10:00 am with Guest Teacher: Belu
- 10:00 am **BUDDHIST PRAYERS & CHANTS** ☸
11:30 am with Local Sangha
by Donation
- 10:30 am **HATHA YOGA** ○
12:00 pm with Chachi
- 2:00 pm **AUTHENTIC BODY** ○
3:30 pm **SOMATIC DANCE JOURNEY**
with Guest Teacher Becky Hicks
- 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

27 - 29 MARCH

Weekend Program

27 FRIDAY

- 8:30 am **HATHA YOGA** ○
10:00 am with Chachi
- 9:00 am **ART OF TRANSCENDENTAL LIVING** 🏠
10:15 am with Ana Lucia aka Aradhana
by Donation
- 10:30 am **PRANA KRAMA** ○
12:00 pm with Hanna
- 2:00 pm **MAGIC ART WORKSHOP** ⭐
4:00 pm with Ayu
(Minimum Consumption in MAIA)
- 5:00 pm **VIBRATIONAL SOUND JOURNEY** 🏠
6:15 pm with Adriana

28 SATURDAY

- 8:30 am **KUNDALINI YOGA** ○
10:00 am with Joshua
- 10:30 am **YOGASANAS** ○
12:00 pm with Arun
- 11:00 am **TRANSFORMATIONAL ASTROLOGY READINGS** MAIA
2:00 pm with Georgina Shakti
(Free for guests)
- 2:00 pm **BEACH OLYMPICS** ⭐
4:00 pm with Manu
(Minimum Consumption in MAIA)
- 4:00 pm **MOVEMENT & EXPRESSION LAB** ○
5:30 pm with Nati Akoskin
- 6:00 pm **CACAO GATHERING** 🏠
7:30 pm with Kiauitl

29 SUNDAY

- 8:30 am **YOGASANAS: FUNDAMENTALS OF VINYASA** ○
10:00 am with Arun
- 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** 🏠
3:30 pm with Mati
- 2:00 pm **OCEAN CRAFTS & GAMES WORKSHOP** ⭐
4:00 pm with Ayu
(Minimum Consumption in MAIA)
- 4:30 pm **TEMAZCALLI** 🌀
6:30 pm \$700 mxn (visitors) \$350 mxn (locals)

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○ SHALA 🏠 TARA STUPA 🏠 SACRED FIRE ⭐ KIDS 🌀 MEDICINE WHEEL

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