

# IKAL

## 30 MARCH - 02 APRIL

Weekly Program

### 30 MONDAY

- 8:30 am **YIN YANG YOGA** ○  
10:00 am with Leo Rey
- 10:00 am **BUDDHIST PRAYERS & CHANTS** ☸  
11:30 am with Local Sangha  
by Donation
- 10:30 am **RESTORATIVE YOGA** ○  
12:00 pm with Omar
- 2:00 pm **SPRING BREAK EXTRAVAGANZA!** ★  
4:00 pm with Tulum Teachers  
(Minimum Consumption in MAIA)

### 31 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 **SLOW FLOW** ○  
12:30 pm with Nath
- 2:00 pm **SPRING BREAK EXTRAVAGANZA!** ★  
4:00 pm with Tulum Teachers  
(Minimum Consumption in MAIA)
- 3:00 pm **ASTROCIRCLE FULL** ☸  
4:00 pm **MOON IN LIBRA**  
with Mariela

### 01 WEDNESDAY

- 8:30 am **RESTORATIVE YOGA** ○  
10:00 am with Leo Rey
- 10:00 am **BUDDHIST PRAYERS & CHANTS** ☸  
11:30 am with Local Sangha  
by Donation
- 10:30 am **YOGA FLOW** ○  
12:00 pm with Pauli
- 1:00 pm **BEACH VOLLEYBALL TRAINING** IKAL  
3:00 pm with Alesandra
- 2:00 pm **SPRING BREAK EXTRAVAGANZA!** ★  
4:00 pm with Tulum Teachers  
(Minimum Consumption in MAIA)
- 6:00 pm **FULL MOON CEREMONY FOR** ○  
8:00 pm **RELEASE AND REBIRTH**  
with Guest Teacher Amanbir  
400 mxn (visitors) 300 mxn (locals)

### 02 THURSDAY

- 8:30 am **HATHA VINYASA** ○  
10:00 am with Guest Teacher: Sol Tester
- 10:30 am **HATHA YOGA** ○  
12:00 pm with Chachi
- 2:00 pm **SPRING BREAK EXTRAVAGANZA!** ★  
4:00 pm with Tulum Teachers  
(Minimum Consumption in MAIA)
- 5:00 pm **TAOIST MEDITATION WORKSHOP** ○  
7:00 pm with Master Zi Xiao  
500 mxn

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

## 03 - 05 APRIL

Weekend Program

03

FRIDAY

- 8:30 am **YOGA** ○  
10:00 am with Guest Teacher
- 9:00 am **ART OF TRANSCENDENTAL LIVING** 𑑑  
10:15 am with Ana Lucia aka Aradhana by Donation
- 10:30 am **ASHTANGA VINYASA** ○  
12:00 pm with Arun
- 2:00 pm **SPRING BREAK EXTRAVAGANZA!** 𑑑  
4:00 pm with Tulum Teachers (Minimum Consumption in MAIA)
- 4:00 pm **THE ART OF SEVERING: CORD-CUTTING FOR SOVEREIGN CONNECTION** 𑑑  
6:00 pm with Amanbir 400 mxn (visitors) 300 mxn (locals)
- 6:30 pm **YOGA NIDRA AND SOUND HEALING** 𑑑  
8:00 pm with Alma Reyes

05

SUNDAY

- 8:30 am **ROOT TO RISE** ○  
10:00 am with Katherine
- 10:30 am **KUNDALINI YOGA** ○  
12:00 pm with Guest Teacher: Gurmukh & Gurushabd \$400 mxn (visitors) \$300 (locals)
- 12:30 pm **AFRO DANCE** ○  
2:00 pm with Maggie Rodriguez
- 2:00 pm **ICE BATH** 𑑑  
3:30 pm with David
- 2:00 pm **SPRING BREAK EXTRAVAGANZA!** 𑑑  
4:00 pm with Tulum Teachers (Minimum Consumption in MAIA)
- 4:00 pm **THE SACRED GRID - ALIGNING WITH THE EARTH'S INNER LEY LINES** 𑑑  
6:00 pm with Guest Teacher: Amanbir \$400 mxn (visitors) \$300 (locals)
- 4:30 pm **TEMAZCALLI** 𑑑  
6:30 pm \$700 mxn (visitors) \$350 mxn (locals)

04

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 **SPRING BREAK EXTRAVAGANZA!** 𑑑  
4:00 pm with Tulum Teachers (Minimum Consumption in MAIA)
- 4:00 pm **MOVEMENT & EXPRESSION LAB** ○  
5:30 pm with Nati Akoskin
- 6:00 pm **CACAO WORKSHOP & EXPERIENCE** 𑑑  
7:30 pm with Nati

○ SHALA 𑑑 TARA STUPA 𑑑 SACRED FIRE  
𑑑 KIDS 𑑑 MEDICINE WHEEL

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