


IKAL

20 - 23 APRIL

Weekly Program


20 MONDAY

9:00 am **RESTORATIVE YOGA** 
10:30 am with Omar

2:00 pm **LIVE PURE KIDS IKAL** 
4:00 pm with Tulum Teachers
(Minimum Consumption in MAIA)

21 TUESDAY

9:00 am **MINDFUL FLOW** 
10:30 am with Jimena

2:00 pm **LIVE PURE KIDS IKAL** 
4:00 pm with Tulum Teachers
(Minimum Consumption in MAIA)

22 WEDNESDAY


8:30 am **CELEBRATING LOVE FOR LIFE** 
10:00 am **KUNDALINI YOGA LAST CLASS OF THE SEASON**
with Guest Teacher:
Gurmukh & Gurushabd
\$400 mxn (visitors) \$300 (locals)

10:00 am **EARTH DAY: GROUNDED** 
11:30 am **YOGA FLOW & MEDITATION**
with Pauli

2:00 pm **LIVE PURE KIDS IKAL** 
4:00 pm with Tulum Teachers
(Minimum Consumption in MAIA)


5:00 pm **ANCESTRAL WISDOM: A WORD** 
6:30 pm **CIRCLE TO HONOR MOTHER EARTH**
with Abuela Maria Luisa & Agustín
(By Donation)

23 THURSDAY

8:30 am **POWER YOGA** 
10:00 am with Guest Teacher: Matt Wise

10:30 am **MINDFUL FLOW** 
12:00 pm with Jimena

10:00 am **BUDDHIST PRAYERS & CHANTS** 
11:30 am with Local Sangha
by Donation

2:00 pm **LIVE PURE KIDS IKAL** 
4:00 pm with Tulum Teachers
(Minimum Consumption in MAIA)

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

24 - 26 APRIL

Weekend Program

24 FRIDAY

- 8:30 am **POWER YOGA** ○
10:00 am with Matt Wise
- 10:30 am **ASHTANGA VINYASA** ○
12:00 pm with Arun
- 2:00 pm **LIVE PURE KIDS IKAL** ★
4:00 pm with Tulum Teachers
(Minimum Consumption in MAIA)
- 5:00 pm **VIBRATIONAL SOUND JOURNEY** 🏠
6:15 pm with Adriana

25 SATURDAY

- 8:30 am **KUNDALINI YOGA** ○
10:00 am with Belu
- 10:30 am **YOGASANAS** ○
12:00 pm with Arun
- 11:00 am **TRANSFORMATIONAL**
2:00 pm **ASTROLOGY READINGS** MAIA
with Georgina Shakti
(Free for guests)
- 2:00 pm **LIVE PURE KIDS IKAL** ★
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 GATHERING** 🏠
7:30 pm with Margarita

26 SUNDAY

- 8:30 am **PRANA KRAMA** ○
10:00 am with Hana
- 10:30 am **KUNDALINI YOGA** ○
12:00 pm with Joshua
- 1:00 pm **AFRO DANCE** ○
2:15 pm with Maggie Rodriguez
- 2:00 pm **ICE BATH** 🏠
3:30 pm with Mati
- 2:00 pm **LIVE PURE KIDS IKAL** ★
4:00 pm with Tulum Teachers
(Minimum Consumption in MAIA)
- 5:30 pm **ENERGY BALANCING MEDITATION** 🏠
7:00 pm with Sol Elijs
- 4:30 pm **TEMAZCALLI** 🌀
6:30 pm \$700 mxn (visitors) \$350 mxn (locals)

Please remember to access the park before 5 p.m.

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

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