

IKAL

18 - 21 MAY

Weekly Program

18 MONDAY

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

10:15 am **BUDDHIST PRAYERS & CHANTS** ☸
11:30 am with Local Sangha
by Donation

20 WEDNESDAY

9:00 am **YOGA FLOW** ○
10:30 am with Pauli

10:15 am **BUDDHIST PRAYERS & CHANTS** ☸
11:30 am with Local Sangha
by Donation

19 TUESDAY

9:00 am **BEYOND THE POSE** ○
10:30 am with Madhu Nanda

10:15 am **BUDDHIST PRAYERS & CHANTS** ☸
11:30 am with Local Sangha
by Donation

21 THURSDAY

9:00 am **HATHA YOGA** ○
10:30 am with Chachi

10:15 am **BUDDHIST PRAYERS & CHANTS** ☸
11:30 am with Local Sangha
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

22 - 24 MAY

Weekend Program

22 FRIDAY

- 8:30 am **MINDFUL FLOW** ○
10:00 am with Jimena
- 10:30 am **ASHTANGA VINYASA** ○
12:00 pm with Arun
- 5:30 pm **YOGA NIDRA AND SOUND HEALING** 
6:45 pm with Alma Reyes

23 SATURDAY

- 8:30 am **VINYASA YOGA** ○
10:00 am with Maya
- 10:30 am **YOGASANAS** ○
12:00 pm with Arun
- 11:00 am **COMPLEMENTARY**
2:00 pm **ASTROLOGY INTRO-READINGS** MAIA
with Georgina Shakti
(Free for guests)
- 12:00 pm **WELLNESS DAY BY KATA** IKAL
3:00 pm \$600 mxn
- 2:00 pm **LIVE PURE KIDS IKAL** 
4:00 pm with Manu & Ayu
(Minimum Consumption in MAIA)
- 4:00 pm **MOVEMENT & EXPRESSION LAB** ○
5:30 pm with Nati Akoskin

24 SUNDAY

- 8:30 am **YOGASANAS** ○
10:00 am with Arun
- 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 Manu & Ayu
(Minimum Consumption in MAIA)
- 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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