

IKAL

22 - 28 JUNE

Weekend Program

22 MONDAY

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

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

23 TUESDAY

9:00 am **ASHTANGA VINYASA** ○
10:30 am with Arun

24 WEDNESDAY

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

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

25 THURSDAY

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

26 FRIDAY

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

5:00 pm **EMBODIED BREATHWORK** 🏠
6:30 pm with Kiki

27 SATURDAY

9:00 am **YOGASANAS** ○
10:30 am with Arun

11:00 am **COMPLEMENTARY**
2:00 pm **ASTROLOGY INTRO-READINGS** MAÏA
with Georgina Shakti
(Free for guests)

5:30 pm **VIBRATIONAL SOUND JOURNEY** 🏠
6:45 pm with Adriana

28 SUNDAY

9:00 am **KUNDALINI YOGA** ○
10:30 am with Joshua

3:00 pm **ICE BATH** 🔥
4:30 pm with Mati

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

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

Enjoy any regular class for \$200 MXN. A single rate across all disciplines and schedules.

*Temazcalli, special sessions, workshops, and special events are not included.