

IKAL

10 - 16 AUGUST

Weekend Program

10

MONDAY

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

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11

TUESDAY

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

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12

WEDNESDAY

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

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13

THURSDAY

NEW MOON

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

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5:30 pm FULL MOON SPECIAL:
6:30 pm ASTRO CIRCLE
with Marie

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14

FRIDAY

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

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

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15

SATURDAY

9:00 am YOGASANAS
10:30 am with Arun

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2:00 pm LIVE PURE KIDS IKAL
3:00 pm with Manu & Ayu
(Minimum Consumption in MAÏA)

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5:30 pm CACAO EXPERIENCES
7:00 pm with Nati

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16

SUNDAY

9:00 am KUNDALINI YOGA
10:30 am with Belu

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2:00 pm ICE BATH
3:30 pm with Mati

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2:00 pm LIVE PURE KIDS IKAL
3:00 pm with Manu & Ayu
(Minimum Consumption in MAÏA)

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

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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.