

IKAL

14 - 20 SEPTEMBER

Weekend Program

14 MONDAY

- 9:00 am **YOGA FLOW** ○
10:30 am with Pauli
- 10:15 am **BUDDHIST PRAYERS & CHANTS** Tara Stupa
11:30 am with Local Sangha by Donation

15 TUESDAY

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

16 WEDNESDAY

- 9:00 am **VINYASA YOGA** ○
10:30 am with Brenda
- 10:15 am **BUDDHIST PRAYERS & CHANTS** Tara Stupa
11:30 am with Local Sangha by Donation

17 THURSDAY

- 9:00 am **VINYASA YOGA** ○
10:30 am with Brenda

18 FRIDAY

- WORLD WELLNESS WEEKEND** World Wellness Weekend
- 9:00 am **HATHA VINYASA** ○
10:30 am with Pauli
- 5:30 pm **VIBRATIONAL SOUND JOURNEY** Tara Stupa
6:45 pm with Adriana

19 SATURDAY

WORLD WELLNESS WEEKEND

- 6:30 am **SADHANA** ○
8:30 am with Tam
- 9:00 am **HATHA FLOW** ○
10:30 am with Carly
- 2:00 pm **LIVE PURE KIDS IKAL** Kids
3:00 pm with Manu & Ayu (Minimum Consumption in MAÏA)
- 5:30 pm **CACAO EXPERIENCES** Sacred Fire
7:00 pm with Nati

20 SUNDAY

WORLD WELLNESS WEEKEND

- 9:00 am **KUNDALINI YOGA & LIVE MUSIC** ○
10:30 am with Belu & Ryan
- 2:00 pm **LIVE PURE KIDS IKAL** Kids
3:00 pm with Manu & Ayu (Minimum Consumption in MAÏA)
- 2:00 pm **ICE BATH** Sacred Fire
3:30 pm with Mati
- 5:00 pm **EMBODIED BREATHWORK** Tara Stupa
6:30 pm with Kiki
- 4:30 pm **TEMAZCALLI** Medicine Wheel
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

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.