

IKAL

21 - 27 SEPTEMBER

Weekend Program

21 **MONDAY**



**INTERNATIONAL PEACE DAY
EQUINOCCIO DE OTOÑO**

9:00 am **FIND THE BALANCE WITHIN**
10:30 am with Pauli



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



22 **TUESDAY**

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



23 **WEDNESDAY**

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



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



24 **THURSDAY**

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



25 **FRIDAY**

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



5:30 pm **EXPERIENTIAL ECOLOGIES**
7:00 pm with Kar



26 **SATURDAY**

NEW MOON SPECIAL!



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



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



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



27 **SUNDAY**

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



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



2:00 pm **ICE BATH**
3:30 pm with David



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.