IKAL

19 - 25 October

Weekend Program

19 MONDAY

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

20 TUESDAY

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

21 WEDNESDAY

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

22 THURSDAY

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

5:00 pm – 6:30 pm **VENUS START POINT ASTROLOGY & ART LAB** with Kar

23 FRIDAY

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

5:00 pm – 6:30 pm **BREATHWORK & SOUND JOURNEY** with Joyce

24 SATURDAY

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

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

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

25 SUNDAY

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

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

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

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

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.