IKAL

09 - 15 November

Weekend Program

09 MONDAY

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

10 TUESDAY

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

11:30 am **BUDDHIST PRAYERS & CHANTS**
12:30 pm with Local Sangha
by Donation

11 WEDNESDAY

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

12 THURSDAY

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

11:30 am **BUDDHIST PRAYERS & CHANTS**
12:30 pm with Local Sangha
by Donation

13 FRIDAY

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

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

14 SATURDAY

6:30 am **SADHANA**
8:30 am with Tam

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

11:00 am **INNER JOURNEYS**
12:00 pm with Nath (By donation)

12:00 pm **WATER THERAPY**
1:30 pm with Joyce (at Pool)

2:00 pm **LIVE PURE KIDS IKAL**
5:00 pm with Manu & Ayu
(Minimum Consumption in MAÏA)

5:30 pm **CACAO GATHERING**
7:00 pm with Mayte

15 SUNDAY

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

11:00 am **INNER JOURNEYS**
12:00 pm with Belu (By donation)

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

2:00 pm **LIVE PURE KIDS IKAL**
5:00 pm with Manu & Ayu
(Minimum Consumption in MAÏA)

4:30 pm **TEMAZCALLI**
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

All sessions are 200 MXN, or 100 MXN for locals presenting a valid Quintana Roo INE.
Temazcalli and special sessions are excluded.