

## — CAFFEINE AWARENESS MONTH —

Tea and coffee are an essential part of life for many of us. In fact, the breakfast cup of coffee and mid-morning tea break are so deeply embedded in our daily routine, that they have become automatic and unquestioned cornerstones of the day. This means that it can be difficult to envisage alternatives or doing away with them altogether.

Use *Caffeine Awareness Month* to try swapping your morning espresso for a fruit smoothie or mint tea. Or perhaps instead experiment with the introduction of a morning run or workout to invigorate your day. It may be an opportunity to discover that a daily caffeine hit may not be as indispensable as you originally thought.

**HAPPY APRIL EVERYONE**  
—Darren (Guest Service Manager)



## MONDAYS

**8AM TAO Tennis** — Pick up a racket and come join us on the tennis courts, an invigorating & fun way to stay in shape and improve your fitness.

**10.15AM Spanish Class** — At the TAO Wellness Center.

## TUESDAYS

► **8AM Diabetes Mission: Akumal** — Our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. There is an emerging global epidemic of diabetes that can be traced back to rapid increases in overweight, obesity and physical inactivity. Locally, the TAO Foundation works very closely with the residents that live in Akumal, Chemuyil and Tulum. Every Tuesday we will visit the Health Clinic of Akumal to test the sugar levels of people of all ages.

**9AM Meditation Class** — Learn to meditate with our free courses! Our classes and workshops combine simple, effective meditation techniques and ancient spiritual wisdom for the modern world.

**9AM Organic Market** — *Kava Kasa Playa del Carmen* / Every Tuesday from 11AM to 2PM on 22 Street between 5th and 10th Avenue.

## WEDNESDAYS

► **8.30AM Diabetes Mission: Tulum** — Every Wednesday we will visit the Palapa de los Abuelitos en Tulum. Here we will test the blood sugar levels of the elderly people.

**9AM Salsa Class** — So much more than just dance classes, Salsa is a great way to stay fit, meet new people, make friends, challenge yourself and discover a passion you did not know you had! Work on your balance, coordination, fitness levels and fluidity of movement - all while having fun! Salsa classes can give you the confidence you need, as well as help you break the routine and escape the hectic lifestyle of today.

**9AM Organic Market** — *Puerto Morelos Farmers Market* / Every Wednesday from 9AM to 11AM in the town center. The location changes so ask locally where the market is being held.

**10AM Organic Market** — *Akumal Farmers Market* / Every Wednesday starting at 10AM. The market is just inside the arches close the basketball courts.

**1PM Organic Market** — *Papalote School Playa del Carmen* / Every Wednesday from 1PM to 3PM on 25th Avenue between 30th and 32nd Street.

## THURSDAYS

► **7.30AM Diabetes Mission: Chemuyil** — Every Thursday we will visit the Oropendula Palapa (a few minutes from the main library) and we will be testing the blood sugar levels on people of all ages.

**8AM TAO Tennis**

**9AM Organic Market** — *Eco-Market Paamul Beach* / Every Thursday from 9AM to 11AM. Paamul is very small so drive to the beach and ask locally for the location that week.

**9AM Meditation Class**

## FRIDAYS

**8AM Regenerative Yoga** — In times when more and more is required from us, outside influences inundate the body and our whole being with stress, this is often associated with many physical symptoms. Yoga offers us through the learning of specific physical exercises (*asanas*) and breathing techniques (*pranayama*) the possibility, to here and now to come back to your inner balance and serenity. Associated with deep relaxation and meditation, we come again to new life force (*prana*).

**9AM Organic Market** — *CoCo beach Organic Market Playa del Carmen* / Every Friday from 9AM to 11AM in Les Alizes Condos on CTM (46th street) and Flamingsos.

**10.15AM Spanish Class** — At the TAO Wellness Center.

**7PM Beer Friday** — At the TAO Wellness Center.

## SATURDAYS

**10AM Organic Market** — *Akumal Farmers Market* / Every Saturday starting at 10AM. The market is just inside the arches close the basketball courts.

**9AM Meditation Class**

THE EARTH  
IS WHAT WE  
ALL HAVE IN  
COMMON  
—Wendell Berry

MARCH  
**30th-**  
APRIL  
**10th**  
MONDAY-  
FRIDAY

**Holy Week / Semana Santa** — In 2015 *Easter* falls on April 5th. Festivities take place during the week leading up to Easter, but many people have the following week off as well, stretching it out to a two-week holiday.

**2nd**  
THURSDAY

**Maundy Thursday**

**3rd**  
FRIDAY

**Good Friday**

**4th**  
SATURDAY

**Holy Saturday**

**5th**  
SUNDAY

**Easter Sunday**

**7th**  
TUESDAY

**World Health Day** — How much do you know about your food? Unsafe food is linked to the deaths of an estimated 2 million people annually. As our food supply becomes increasingly globalized new threats are constantly emerging.

**10.30AM Cooking Class with Misael**

**14th**  
TUESDAY

**8PM Akumal Comedy Festival (English) / Mateos Grill, Tulum** — The Akumal Comedy Festival will feature over a dozen professional comedians from the United States performing eight distinct shows in Tulum, Playa Del Carmen, and Akumal over 5 days. Most importantly, they are here to raise money and generate awareness for important local causes and projects.

**15th**  
WEDNESDAY

**12.30PM Lunch in Tulum** — Join us for our monthly visit to one of the restaurants in Tulum. See you all at the TAO Wellness Center at 12.30PM.

**8PM Akumal Comedy Festival (English) / Wah Wah Beach Club, Playa del Carmen**

**16th**  
THURSDAY

▶ **8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 16th April for our upcoming visit to the Mayan community of Yaxché. See you all at the TAO Wellness Center Lobby at 8AM. For more information please contact Claudia at [claudiam@taoinspiredliving.com](mailto:claudiam@taoinspiredliving.com) or [darren@taoinspiredliving.com](mailto:darren@taoinspiredliving.com)

**8PM Akumal Comedy Festival (English) / Plaza Ukana, Akumal**

**8PM Akumal Comedy Festival (Spanish) / La Santanera, Playa**

**10PM Akumal Comedy Festival (English 18+) La Buena Vida, Akumal**

**17th**  
FRIDAY

**8PM Akumal Comedy Festival (English) / Plaza Ukana, Akumal**

**8PM Akumal Comedy Festival (Spanish) / Señor Frogs, Playa**

**10PM Akumal Comedy Festival (English 18+) / La Buena Vida, Akumal**

**18th**  
SATURDAY

**8PM Akumal Comedy Festival (Spanish) / Closing Ceremony. Akumal Pueblo**

**10PM Akumal Comedy Festival (English 18+) / Best of the Fest! La Buena Vida, Akumal**

**21st**  
TUESDAY

**10.30AM Cooking Class with Misael**

**22nd**  
WEDNESDAY

**7.30AM Visit to Ek Balam and Río Lagartos** — Ek Balam is a Yucatec Maya name that translates to “the black jaguar” or “bright star jaguar.” Located near the colonial city of Valladolid in Yucatan, Mexico, Ek Balam’s most important cultural period was during the Late Classic Period 700 - 1000 A.D.

**International Mother Earth** — Day Mother Earth Day 2015 will focus on green cities, mobilizing a millions of people to create a sustainable, healthy environment by greening communities worldwide.

**23rd-  
29th**  
THURSDAY-  
WEDNESDAY

**Riviera Maya Film Festival** — Cancún, Puerto Morelos, Playa del Carmen and Tulum. More info at [www.rmff.mx](http://www.rmff.mx)

**30th**  
THURSDAY

**Children’s Day** — In Mexico, everyone has their day and children are celebrated every year on April 30th with parties and events throughout the country.

**International Jazz Day** — Jazz is so much more than music: it is a lifestyle and a tool for dialogue, even social change.

▶ **8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 30th April for our upcoming visit to the Mayan community of Yaxché. See you all at the TAO Wellness Center Lobby at 8AM. For more information please contact Claudia at [claudiam@taoinspiredliving.com](mailto:claudiam@taoinspiredliving.com) or [darren@taoinspiredliving.com](mailto:darren@taoinspiredliving.com)

**MAY  
22nd-  
23rd**  
FRIDAY-  
SATURDAY

**COMING UP IN MAY! Save the dates!**  
**Sacred Mayan Journey** — Re-creation of the crossing made by the Mayans from Pole (Xcaret) to Cutzamil (Cozumel) to honor the goddess Ixchel, jointly organized by Xcaret and the municipalities of Solidaridad and Cozumel.