

CHRISTMAS IN JULY 2015



TAKE ACTION. INSPIRE CHANGE. MAKE EVERY DAY A MANDELA DAY.

As many of you know Nelson Mandela is one of my all-time heroes and someone that I admire immensely. On the 18th of July the world will celebrate "Nelson Mandela International Day". This world celebrated day was launched in recognition of Nelson Mandela's birthday on 18 July, 2009 via unanimous decision of the UN General Assembly.

It was inspired by a call Nelson Mandela made a year earlier, for the next generation to take on the burden of leadership in addressing the world's social injustices when he said that "it is in your hands now".

The message behind Mandela Day is simple - each individual has the ability and the responsibility to change the world for the better. If each one of us heeded the call to simply do good every day, we would be living Nelson Mandela's legacy and helping to build a country of our dreams.

Mandela Day is a global call to action for citizens of the world to take up the challenge and follow in the formidable footsteps of Nelson Mandela, a man who transformed his life, served his country and freed his people. Its objective is to inspire individuals to take action to help change the world for the better and in so doing, to build a global movement for good. The question we must ask ourselves is what we are doing to make the world a better place; **what are we doing to make every day a Mandela Day?**

HAPPY JULY EVERYONE!

Darren Spencer
(GUEST SERVICE MANAGER)

MONDAYS

8AM-10AM 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 and to train for the Bahia Tournament.

9AM-10AM Dance Class — 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.

11AM-12NOON 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-10AM 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.

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-10AM Dance Class.

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-10AM TAO Tennis.

9AM-10AM Meditation Class.

FRIDAYS

8AM-10AM 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.

SATURDAYS

8AM-10AM Bahia Tennis Tournament — Registration 7.45AM.

9AM-10AM Meditation Class.

1st WEDNESDAY

Full Moon.

Canada Day — Canada Day marks the Birthday of Canada, although not the day the nation was 'born'. This is the day the British North America Act created the Canadian Federal Government in 1867 - the act also stated that Canada would be an Independent Dominion of England from this day onwards.

2PM Canada Day Party — The Playa Times has organised a special party at the Blue Parrot Beach Club in Playa to celebrate "Canada day". Donation \$150 pesos (part of it will go towards the Fire Station in Playa.)

2nd
THURSDAY

International UFO Day — Is it a bird? Is it a plane? No - it's an unidentified flying object! Celebrate UFO Day by looking to the sky, visiting Roswell, and watching sci-fi films!

▶ **8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 2nd July 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 or darren@taoinspiredliving.com

4th
SATURDAY

American Independence Day — Independence Day, commonly known as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies.

International Meat-Free Day — A day to try and go meat-free, be it just for the day or a more permanent lifestyle choice, Independence From Meat Day is your chance to try out a vegetarian lifestyle and see how it goes!

8th
WEDNESDAY

11AM Cooking class with Misael.

10th
FRIDAY

11AM Visit to Yal Ku Lagoon, Akumal.

18th
SATURDAY

Nelson Mandela Day — Nelson Mandela International Day was launched in recognition of Nelson Mandela's birthday on 18 July, 2009 via unanimous decision of the UN General Assembly. Nelson Mandela followed three rules throughout his life, which he did at great personal sacrifice: Free yourself, Free others and Serve every day. Read more here on Nelson Mandela: <http://www.mandeladay.com/content/landing/What-is-Mandela-Day/>

Death of Benito Juarez, 1872 — Benito Juarez is considered one of Mexico's greatest and most beloved leaders. During his political career he helped to institute a series of liberal reforms that were embodied into the new constitution of 1857.

18th-24th
JULY
SATURDAY —
FRIDAY

Whale Shark Festival, Isla Mujeres — This family-friendly festival will showcase local culture and cuisine, and will allow participants to enjoy some of the water activities that have made Isla Mujeres a favorite vacation spot: sport fishing, diving and snorkeling tours of the pristine reefs and of course swimming with whale sharks, the largest fish in the world and an endangered species.

22nd
WEDNESDAY

International Hammock Day — Nothing sounds quite as relaxing as kicking back and relaxing in a hammock - and there's no better way to celebrate Hammock Day! Find two sturdy, conveniently located trees (or improvise - and don't limit yourself to the outdoors), string up a comfy bed... and relax!

23rd
THURSDAY

12.30PM Lunch in Tulum.

24th
FRIDAY

International Tequila Day — Mexicans like to celebrate Tequila Day, and so do lots of others! But let's face it, we all know tequila is synonymous with margarita, so let's take a look at this frozen favorite. To find out how to make the perfect margarita: <http://www.chow.com/recipes/10643-perfect-margarita>

25th
SATURDAY

▶ **SAVE THE DATE!! 7PM Christmas in July** — More information to follow.

29th
WEDNESDAY

11AM Cooking class with Misael.

31st
FRIDAY

Blue Full Moon.

20th
AUGUST
THURSDAY

COMING UP IN AUGUST! Save the dates!
Mani Festival (Fiesta de Mani) / Mani, Yucatan — Mani is known in Mexico as the site of the infamous "Auto de Fe," where bishop Fray Diego de Landa burned valuable Mayan codices and manuscripts in 1562. Mani is one of the most representative Mayan towns alive. This festival features local dancers, bands, traditional cuisine, live concerts, mechanical attractions, art exhibitions and more. The festival takes place at the center plaza and offers visitors from all over the world a unique cultural experience. More info www.yucatan.gob.mx

2nd-4th
OCTOBER
FRIDAY —
SUNDAY

UPCOMING LATER IN THE YEAR!
Tulum Vegan Fest — Where anyone and everyone --from curious omnivores to longtime vegans-- can enjoy delicious vegan food, find helpful information on protecting animals, the environment, and your health. Lectures with inspiring speakers, a vegan food court, live music, yoga classes (Jivamukti, Ashtanga, Viniya, Paddle yoga) with internationally known yoga teachers, meditations with tibetan bowls, temazcal, children's entertainment, awesome raffle prizes, vegan-minded exhibitors CONCERTS and much more. Tulum Vegan Fest will donate 100 % of the money for charity. More information here: https://www.facebook.com/TulumVeganFest/info?tab=page_info