

# MAY / Community Calendar

VISIT OF H.H. DRAGMAR  
KHENTRUL RINPOCHE



SUNDAY MAY 24TH – TUESDAY JUNE 2ND  
TAO WELLNESS CENTER

## HOW TO CELEBRATE NATIONAL BARBECUE MONTH

May is International Barbecue Month. It is an unofficial holiday and exciting way to start the summer. There are a lot of ways to celebrate this fun and interactive holiday.

Organize a pot-luck. This is the best way of interaction, fun, and grilling. Make a list of people, food that is being brought, things to be grilled, and activities to be done. The most popular barbecued items are hot dogs and hamburgers; especially at a beach or park site.

Think more vegetables. Barbecues aren't always about meat. Try full vegetable kabobs and grill a handful for dinner. Get a different aroma taste of grilled peppers instead of cooking them in a pan. Grill a mix variety of zucchini, corn, and other "summer" vegetables for a healthy lunch.

Use fewer dishes. It takes more dishes and appliances to create a regular meal than it does if you use a barbecue. Take time out on a Sunday afternoon to barbecue and relax more at night before the work week starts again.

**HAPPY MAY EVERYONE**

— Darren (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.

► **NEW!!! 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.

**11AM-2PM Organic Market** — *Kava Kasa Playa del Carmen* / 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-10AM 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!

**9AM-11AM Organic Market** — *Puerto Morelos Farmers Market* / In the town center. The location changes so ask locally where the market is being held.

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

**1PM-3PM Organic Market** — *Papalote School Playa del Carmen* / 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-10AM TAO Tennis.**

**9AM-10AM Meditation Class.**

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

## 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.

**9AM-11AM Organic Market** — *CoCo beach Organic Market Playa del Carmen* / In Les Alizes Condos on CTM (46th street) and Flamingos.

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

## SATURDAYS

9AM-10AM Meditation Class.

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

**3rd**  
SUNDAY

**Día de la Santa Cruz / Day of the Holy Cross** — This celebration dates back to colonial times. Construction workers decorate crosses with flowers and mount them on buildings under construction, and have picnics at the site, followed by fireworks.

**5th**  
TUESDAY

**Cinco de Mayo, Batalla de Puebla / Commemoration of the Battle of Puebla** — Cinco de Mayo is annually observed on May 5. It celebrates the defeat of the French army during the Battle of Puebla (Batalla de Puebla) in Mexico on May 5, 1862. It is not to be confused with Mexico's Independence Day. Join us for a Mexican lunch in Tulum. See you all at the TAO Wellness Center at 12.30PM.

**10th**  
SUNDAY

**Día de la Madre / Mother's Day** — Mother's Day is always celebrated on May 10th in Mexico, regardless of the day of the week (unlike in the U.S. where it is celebrated on the second Sunday in May). Mothers are held in very high esteem in Mexican culture and on this day they are celebrated in style.

**13th**  
WEDNESDAY

**10AM Visit to Cenote El Edén** — Also known as "Pon-de Rosa", Cenote Edén is situated 3kms south of Puerto Aventuras and 25kms south of Playa del Carmen. A large and beautiful Cenote, like a swimming pool in the middle of the jungle. Big rocks covered by mosses and plants on the bottom of the Cenote are home to a variety of fish, fresh water eels and abundant aquatic plant life. This makes Pon-de-Rosa a perfect place for snorkeling, swimming as well as for Diving courses on days the ocean is too rough to dive.

**14th**  
THURSDAY

► **8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 14th May 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)

**15th**  
FRIDAY

10.30AM Cooking Class with Misael

**22nd**  
FRIDAY

**6AM Sacred Mayan Journey at Xcaret** — Pole (Xcaret) has been throughout history, the main shipping port of pilgrimages to Kuzamil (Cozumel), and as such, is the starting point of the 9th Sacred Mayan Journey. The farewell ceremony to the oarsmen and helmsmen will depart with the first ray of sun, from Xcaret Park to sanctuary of Ixchel, goddess of the moon in Cozumel.

1PM - 2PM Arrival of the oarsmen to Chankanaab Cozumel, Chankanaab Park - Cove.

**23rd**  
SATURDAY

**Sacred Mayan Journey** — At the seashore of Kuzamil (Cozumel), oarsmen and helmsmen will meet to sail towards to Polé (Xcaret). The Halach Uinik (priest) and people, bid farewell to the oarsmen who carry the message of the goddess Ixchel, to share with the community.

9AM Farewell to the oarsmen, Chankanaab Park.

1PM Return of the oarsmen, Xcaret Park.

**24th**  
SUNDAY

International Brothers Day

MAY  
**24th-JUNE**  
2nd  
SUNDAY - TUESDAY

**Visit of His Holiness Dragmar Khentru Rinpoche.** Join us for teachings and practice with this joyful, reincarnated Lama who trained under the loving guidance of His Holiness Pehnor Rinpoche. Dragmar is the spiritual head of the Dragmar Wangchen Monastery in Tibet and graduated from the prestigious Ngagyur Nyingma Institute at Namdroling Monastery. He has taught in the USA, Taiwan, Singapore and other countries to fortunate students. For more information please contact Enrique at [enrique@taoinspiredliving.com](mailto:enrique@taoinspiredliving.com)

**26th**  
TUESDAY

10.30AM Cooking Class with Misael

**29th**  
FRIDAY

**8AM Trip to Conexión Maya** — Don't miss out on visiting Casa Itzamná near the Mayan ruins of Cobá. Casa Itzamná is a Mayan Medical Study Center seeking to reassess, rescue and develop the traditional medicine, natural products and superfoods of the Maya region. See you at the TAO Wellness Center at 8AM.

**31st**  
SUNDAY

World No Tobacco Day

JUNE  
**1st**  
MONDAY

**COMING UP IN JUNE! Save the dates!**  
**"Day of Vesak"** — Millions of Buddhists celebrate Vesak Day, an officially recognized United Nations (UN) holiday that celebrates the birth of Gautama Buddha, the founder of Buddhism. Millions around the world follow the teachings of the Buddha today. The Day of Vesak commemorates Buddha's birth, enlightenment and death.

DECEMBER  
**2nd-6th**  
WEDNESDAY-SUNDAY

**LATER IN THE YEAR! Save the dates!**  
**HeartMath and Global Coherence Initiative Event** — Come join us for a transformative experience in Collective Coherence: Co-Creating a New World, our fourth annual Mexico event. We will practice tools for Collective Coherence and learn how this accelerates our personal unfoldment into higher potentials. Energetic connectivity will be explored and why it is effective for co-creating a new world. Info and booking details here: <http://www.taowellnessresort.com/events/heartmath/>