



Community Calendar

MEXICO'S INDEPENDENCE DAY September 16

Mexico celebrates its independence every September 15 & 16 with parades, festivals, feasts, parties and more. Mexican flags are everywhere and the main plaza in Mexico City is packed. But what's the history behind the date of September 16?

Mexico was the home to highly developed civilizations, including the Mayas and the Toltecs (later called the Aztecs), since at least the 10th century. In the early 1500s, Spanish conquistadors (like Hernan Cortes) came to Mexico, brutally toppling the local rulers, claiming the land for Spain, enslaving many Indians, and looting what they could of Mexico's treasures. For over 300 years, Mexico, then called New Spain, was a part of Spain's empire.

On September 16, 1810, the priest Father Miguel Hidalgo y Costilla started a revolt against Spanish rule. He and his untrained Indian followers fought against the Spanish, but his revolt was unsuccessful and Father Hidalgo was executed. After this setback, Father Jose Maria Morelos led the revolutionaries, but he also failed and was executed. These two men are still symbols of Mexican liberty and patriotism. After the Mexican-born Spanish and the Catholic Church joined the revolution, Spain was finally defeated in 1821. Mexican Independence Day is celebrated on September 16 of each year, the anniversary of the start of Father Hidalgo's revolt.

INTERNATIONAL DAY OF CHARITY September 5th

In recognition of the role of charity in alleviating humanitarian crises and human suffering within and among nations, as well as of the efforts of charitable organizations and individuals, including the work of Mother Teresa, the General Assembly of the United Nations in it's designated the 5th of September, the anniversary of the death of Mother Teresa, as the International Day of Charity.

COOKING CLASS WITH MISAEL September 10th

Do not miss the cooking class with Misael, he will teach us how to prepare a typical and traditional Mexican dish called "Chiles en Nogada" (chili with cream, pomegranate).

LOTERIA, FOOD AND BEER September 12th

Show your skills as a cook and bring it to the Community Pool to share with the community, play loteria and drink beer.

INDEPENDENCE DAY PARTY September 15th

Join us to celebrate the Independence Mexican day at the Hacienda Doña Isabel. Please, confirm your assistance with Fernanda: events@taoinspiredliving.com.

MEXICAN LUNCH September 18th

Enjoy the gastronomic delights of Mexico, let's have a lunch at Pozoles México in Tulum, the most popular Mexican Restaurant. Don't miss the chance to prove this delicious meal.

SEPTEMBER

MONDAYS

- 7 AM TAO Tennis.
- 8 AM Kundalini Yoga.

TUESDAYS

- 8 AM Diabetes Mission: Akumal.
- 8 AM Hatha Yoga.

WEDNESDAYS

- 7 AM TAO Tennis.
- 8 AM Kundalini Yoga.
- 8:30 AM Diabetes Mission: Tulum.

THURSDAYS

- 7:30 AM Diabetes Mission: Chemuyil.
- 8 AM Hatha Yoga.

FRIDAYS

- 8 AM Kundalini Yoga.

SATURDAYS

- 8 AM Stretching Yoga.

FRIDAY 5th.

- International Day of Charity.

WEDNESDAY 10th.

- 10:30 AM Cooking Class with Misael.

FRIDAY 12th.

- 1 PM Loteria, food and Beer at the Community Pool.

MONDAY 15th.

- HOUR TBA Independence Day Party.

TUESDAY 16th.

- Mexico's Independence Day.

THURSDAY 18th.

- 1 PM Mexican Lunch.

SUNDAY 21st.

- International Day of Peace.
- Ironman Cozumel.

MONDAY 22nd.

- 8 AM Equinox: Cenote Xkeken, Chichén Itzá and Valladolid.

THURSDAY 25th.

- 8 AM Trip to Yaxché.

FRIDAY 26th.

- 6 PM Movie Night "Zapata".

INTERNATIONAL DAY OF PEACE

September 21st

The United Nations invites all nations and people to honour a cessation of hostilities during the Day, and to otherwise commemorate the Day through education and public awareness on issues related to peace.

IRONMAN COZUMEL

September 21st

The most amazing swim course of ironman becomes faster! For more information: www.ironman703cozumel.com.

EQUINOX

September 22nd

There are two equinoxes every year—in March and September—when the sun shines directly on the equator and the length of day and night is nearly equal. Seasons are opposite on either side of the equator, so the equinox in September is also known as the “autumnal (fall) equinox” in the northern hemisphere. However, in the southern hemisphere, it’s known as the “spring (vernal) equinox”. At the ancient Maya city of Chichén Itzá, during the spring and fall equinoxes, the great pyramid of Kukulcán serves as a visual symbol of the day and night as the sun of the late afternoon creates the illusion of a snake creeping slowly down the northern staircase. We invite you to be part of this extraordinary natural phenomenon visiting Xkeken Cenote, The Chichén Itzá Ruins and Valladolid. See you at the TAO Wellness Center lobby at 8 AM. Please, confirm your assistance with Fernanda: events@taoinspiredliving.com.

MOVIE NIGHT “ZAPATA”

September 26th

A look at the life of Mexican Revolution Hero Emiliano Zapata. Please, confirm your assistance with Fernanda: events@taoinspiredliving.com.

DON'T MISS KUNDALINI AND HATHA YOGA CLASSES

Monday to Friday 8 AM – 9 AM

Connect your mind with your soul, keep balance in your life and continues establish an internal connection with yourself.

NEW ACTIVITY “BOOT CAMP WITH CHRIS WALKER”

Tone, firm, tighten, get stronger or lose weight at Chris Walker's Fitness Boot Camp. Don't miss out on getting your FREE health assessment which includes a Natural Nutritional Consultation, Fitness and Body Analysis & Road Map understanding and support. POOL FIT WEEKS / FITNESS BOOT CAMP AND PERSONAL TRAINING. More information please contact Chris Walker chriswalker@taoinspiredliving.com.

— TAO FOUNDATION EVENTS —

TRIP TO YAXCHÉ

Join us on the 25th of September for our upcoming visit to the Mayan community of Yaxché. See you all at the TAO Wellness Center Lobby at 8 AM. For more information please contact us at: socialmedia@taoinspiredliving.com.

DIABETES MISSION

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.

AKUMAL: Every Tuesday we will visit the Health Clinic of Akumal to test the sugar levels of people of all ages.

TULUM: Every Wednesday we will visit the Palapa de los Abuelitos in Tulum. Here we will test the blood sugar levels of the elderly people.

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.



At TAO
a healthy, happy life
is an INSPIRED LIFE.