



Community Calendar

CHRISTMAS TIME IN MEXICO

Mexicans share many traditions with the Spanish. Their main Christmas celebration is called La Posada, which is a religious procession that reenacts the search for shelter by Joseph and Mary before the birth of Jesus. During the procession, the celebrants go from house to house carrying the images of Mary and Joseph looking for shelter. We would like to wish you all the happiness this Holiday Season and throughout the coming year.

WORLDS AIDS DAY

Monday 1st.

Did you know that... New HIV infections among adults and children were estimated at 2.3 million in 2012, a 33% reduction since 2001 and the new HIV infections among children have been reduced to 260,000 in 2012, a reduction of 52% since 2001?

HEARTHMATH EVENT

Wednesday 3rd. — Sunday 7th.

Expanding the Heart of Humanity will be your opportunity to learn reliable, science-based tools that help us bridge the connection between our heart and mind, and deepen the connection with the hearts of others. This unlocks the intuitive heart intelligence that transforms and expands social, global and your own deepest personal heart connections. You will absorb the latest science of the heart's intelligence and the heart's intuitive process.

Cost: \$900 USD (Special Homeowner rate.)

For more information please contact Fernanda at events@taoinspiredliving.com

HEALING MUSIC FESTIVAL, PLAYA DEL CARMEN

Friday 5th. — Sunday 7th.

Music, dance, art, healing!
3 days, 18 hours, over 70 artists.
Cost: \$400 pesos per day.

LUNCH IN AKUMAL

Monday 8th. / 1 PM.

Join us for this month's lunch in Lol Ha in Akumal. For more information and to reserve your spot please contact darren@taoinspiredliving.com

STEPPING INTO NATURE AND TRANSITION WITH JANE CORBETT

Tuesday 9th. — Friday 12th.

Come and join us and take time to slow down and reflect on where you are on your life journey and what's next, close to the vibrant jungle and beautiful coast in the Riviera Maya. Join Jane Corbett and Ray Savage for a four night retreat featuring new perspectives on times of transition, making changes and moving into the new in your life, inspired by the natural world.

Cost: \$250 USD (Special Homeowner rate).

For more information please contact Fernanda at events@taoinspiredliving.com

SCUBA FESTIVAL, COZUMEL

Tuesday 9th. — Sunday 14th.

Divers from throughout the world will enjoy our spectacular marine life, pay tribute to men and women who have protected our oceans and, during four consecutive days of the festival, dive the new Scuba Fest Route of Jean-Michel Cousteau (son of the iconic late Jacques-Yves Cousteau.) (More information here: <http://www.cozumelfest.com/en/welcome-to-the/>)

DECEMBER

MONDAYS

- **8 AM** Kundalini Yoga.
- **9 AM** Zumba & Dance.

TUESDAYS

- **7 AM** TAO Tennis.
- **8 AM** Diabetes Mission: Akumal.
- **8 AM** Hatha Yoga.

WEDNESDAYS

- **8 AM** Kundalini Yoga.
- **8:30 AM** Diabetes Mission: Tulum.
- **9 AM** Zumba & Dance.
- **10 AM** Akumal Farmers Market.

THURSDAYS

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

FRIDAYS

- **8 AM** Kundalini Yoga.

SATURDAYS

- **8 AM** Stretching Yoga.
- **10 AM** Akumal Farmers Market.

MONDAY 1st.

- Worlds AIDS Day.

WEDNESDAY 3rd. — SUNDAY 7th.

- HeartMath Event.

FRIDAY 5th. — SUNDAY 7th.

- **3 PM** Healing Music Festival.

SUNDAY 7th.

- **8 AM** Ándale Bazar, Playa del Carmen.

MONDAY 8th.

- **1 PM** Lunch in Akumal.

TUESDAY 9th. — FRIDAY 12th.

- **10 AM** Stepping into Nature, with Jane Corbett.

TUESDAY 9th. — SUNDAY 14th

- **9 AM** Scuba Festival, Cozumel.

WEDNESDAY 10th.

- Human Rights Day.

WEDNESDAY 17th.

- **10 AM** Brain Wave Presentation.

FRIDAY 19th.

- **8 AM** Visit to Yaxché.
- **7 PM** Christmas & White Elephant Party.

MONDAY 22nd.

- **10:30 AM** Cooking Class with Misael.

WEDNESDAY, 24th.

- Christmas Eve.

THURSDAY 25th.

- Christmas Day.

MONDAY 29th.

- Trip to Jungle Maya

WEDNESDAY 31st.

- **7 PM** New Year's Eve Party.

HUMAN RIGHTS DAY

Wednesday 10th.

The UN General Assembly proclaimed 10 December as Human Rights Day in 1950, to bring to the attention 'of the peoples of the world' the Universal Declaration of Human Rights as the common standard of achievement for all peoples and all nations.

DAY OF THE VIRGIN OF GUADALUPE

Friday 12th.

Public celebrations, or fiestas, are held in honor of Mary, the Virgin of Guadalupe, on December 12. Catholics from across Mexico and other countries pay pilgrimage to see an image of Mary (Virgen Morena), believed to be authentic, in the Basilica of Guadalupe in Mexico City. Children are dressed in traditional costumes and are blessed in churches. Thousands of people come to church to pray.

BRAIN WAVE HARMONY

Wednesday 17th. / 10 AM TAO Wellness Center

Join us for a free presentation on the BrainWave Harmony. Unlock Your True Potential. Brainwave Optimization is a breakthrough technology designed for relaxation, self-regulation and meditation. Ultimately, this process produces personalized exercises to balance and optimize your brain.

CHRISTMAS & WHITE ELEPHANT PARTY

Friday 19th. / 7 PM.

When you hear the bells a-jingle, it's time for friends and family to mingle. Please join us for our Christmas and white elephant gift exchange. Each person is kindly asked to bring a wrapped gift of between 15USD - 25USD. Re-gifting is strongly encouraged. Please RSVP by December 10th to darren@taoinspiredliving.com We are asking for everyone to bring something to share, including food, alcohol, soft drinks, ice, juices, snacks, etc.

TRIP TO JUNGLE MAYA

Monday 29th.

Are you ready for an extreme expedition? This exciting adventure tour in the Riviera Maya features a unique combination of the best recreation this area has to offer, from swimming in underground rivers and cenotes to flying on zip lines over the lush Mayan jungle. Experience an array of thrilling activities and a traditional Mayan purification ceremony, all in one unforgettable excursion that you just can't miss! For more information please contact darren@taoinspiredliving.com

NEW YEARS EVE PARTY

Wednesday 31st. / 7 PM.

We're throwing a party and you'll have a blast as we ring in the New Year and say goodbye to the last! Join us New Year's Eve as we ring in 2015. RSVP by the 22nd December darren@taoinspiredliving.com

— TAO FOUNDATION EVENTS —

VISIT TO YAXCHÉ

Join us on the 19th of December 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 Claudia at claudiam@taoinspiredliving.com or darren@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.

