

MARCH / Community Calendar



INTERNATIONAL IDEAS MONTH

I had this great idea! Now, what was it again? Ideas are important. They're the way society makes improvements. Sometimes the smallest of ideas can lead to great advancements. We all have ideas but the trouble is we often can't foresee the long-term possibilities and we forget about them.

International Ideas Month encourages us to make the most of our ideas, and challenges us to do something

with them! Carry a small notebook or have a note-making app on your phone, and write down ideas as you have them. Try brainstorming with people who share a common purpose and see what ideas come up. Sometimes they come in a flood, sometimes just one pops into your head. However it happens, make a note of it. Then, before too much time passes, review your ideas and evaluate them. If they really are good ones, create an action plan and get started!

HAPPY MARCH EVERYONE
—Darren (Guest Service Manager)

MONDAYS

► **NEW!! 10.15AM Spanish Classes** — At the TAO Wellness Center.

TUESDAYS

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.

► **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.

8AM Meditation — 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 Salsa Classes — 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.

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

FRIDAYS

8AM Regenerative Yoga — Restorative yoga prioritizes stillness, relaxation, and a calmer state of mind, even more so than more traditional forms of yoga. By incorporating props like yoga blocks, bolsters, blankets, and straps to support and align the body, restorative poses allow the body to fully relax in each posture (so no straining to lift and hold that tricky full wheel pose). Practicing "active relaxation" or gentle yoga (as it's also known) can also help yogis hold poses longer than they normally would, giving weary muscles and connective tissues and little extra TLC.

► **NEW!! 10.15AM Spanish Classes** — At the TAO Wellness Center.

**PEACE
BEGINS
WITH A
SMILE**
—Mother Teresa

3rd
TUESDAY

World Wildlife day.

4th
WEDNESDAY

EXTRA CLASS 10.30AM – Cooking Class with Misa — In the first of our cooking classes we will be learning how to make “chilaquiles”. Learning how to make Chilaquiles Recipe is well worth the effort. Chilaquiles Recipe is a healthful combination of some of your favorite ingredients: green sauce, shredded chicken and melted cheese. Chilaquiles recipe is perfect for breakfast or any meal of the day.

6th
FRIDAY

9.30AM Brain Wave Harmony Presentation / TAO Wellness Center — Join us for a free presentation on the *Brain Wave 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.

World Dentist Day.

8th
SUNDAY

International Womans Day

11th
WEDNESDAY

8AM Visit to Xel-Há / TAO Wellness Center — Xel-Há, one of the amazing attractions in the, Riviera Maya - a natural aquarium park considered the largest aquarium in the world, the perfect place to perform activities in Riviera Maya.

12th
THURSDAY

► **8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 12th March 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

12th-15th
THURSDAY-SUNDAY

Cancun Riviera Maya Food and Wine Festival — The sound of the waves, the ocean breeze, the sweet smell of great dishes, and the exquisite aromas of wine, all come together to welcome you to the most delicious festival in Cancun and Riviera Maya.

17th
TUESDAY

12.30AM St Patricks Day Lunch in Tulum — Join us for lunch in Tulum to celebrate St Patricks Day.

20th
FRIDAY

International Day of Happiness.

21st
SATURDAY

7AM Valladolid City Visit and Spring Equinox at Chichen Itzá / TAO Wellness Center — Join us for this amazing trip to the world famous Chichen Itza and be part of the Spring Equinox. The Mayan archaeological site of Chichen Itza is the most popular spot in Mexico to celebrate the spring equinox. The site's most famous building, The Kukulcan temple, is the site of a dramatic display of Mayan astronomical knowledge.

***NOTE:** This event will have an extra charge, costing roughly 300 pesos for the admission to Chichen Itzá, plus gasoline perform activities in Riviera Maya.

Benito Juárez's birthday — Commemorates President Benito Juárez's birthday on March 21, 1806.

22nd
SUNDAY

World Water Day

25th
WEDNESDAY

10.30AM Cooking Class with Misael — Join us for our second cooking class of the month where we will be learning how to make “Arroz con leche.” Arroz con Leche is the ultimate in Mexican comfort food. Literally it means rice with milk, but it's so much more than that. Many people say that Arroz con Leche is the chicken soup of the dessert world, because there's nothing it won't cure; colds, flu, headaches, bad days, break-ups... you get the picture!

26th
THURSDAY

► **8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 26th March 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

28th
SATURDAY

8.30PM Earth Hour — Earth Hour started in 2007 as a lights-off event to raise awareness about climate change. We have grown to engage more than 162 countries and territories worldwide.

**APRIL
14th-18th**
TUESDAY-SATURDAY

COMING UP IN APRIL! Save the dates!
4th Akumal Comedy Festival — 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. The Festival is the brain child of Grammy Award winning producer and founder of Stand Up! Records Dan Schlissel and comedian/actor Gus Lynch (Saving Silverman, North Country, I Spy), who seek to showcase the finest professional and fastest rising stars in standup comedy, as well as the people, restaurants, and businesses of Akumal. Most importantly, they are here to raise money and generate awareness for important local causes and projects.