

# MARCH

## COMMUNITY CALENDAR



### EQUINOX AT THE TEMPLE OF KUKULKÁN AT CHICHÉN ITZÁ

This is Mexico's most extensively restored archaeological park; the ancient city of Chichén Itzá (which means "the mouth of the well of the Itzá") is one of the most awe-inspiring archaeological places you are likely to visit.

The site takes up about 4 square miles and it will take you all day to see it properly. The temples are laid out in such a fashion that they represent time, like an enormous calendar.

Much of the Mayan and Toltec cultures are still a mystery. There is disagreement between scholars over how the Mayas arrived here and their relationships and interactions with the Toltecs. This doesn't take away from the immense feeling of size and greatness of this location; even when it is full with tourists, there is so much space that you can feel quite relaxed wandering around the temples.

During each spring and fall equinox in Chichén Itzá, the great pyramid of Kukulcán visually represents day and night as the sun, serpent-like, slithers down its staircase and reveals the pattern play of time upon its ancient ruins. In celebration of Mayan achievements in astronomy and the culture's fixation on time and its passing, people gather at the pyramid twice a year out of respect and admiration for the dew-drenched Mayan pyramid in all its history and glory.

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## SUNDAYS

**NEW!! 8AM-9AM TAE BO classes with Maxi.**

## MONDAYS

**7AM-9AM 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.

**8AM-9AM Yoga Class.**

**9AM-10AM Zumba / 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** — We are making great progress! We know you would LOVE to communicate in the local language like a real Mexican when you go to the stores, restaurants, and gas station!

## TUESDAYS

**8AM-9AM Yoga Class.**

**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

**8AM-9AM Yoga Class.**

**►8.30AM Diabetes Mission: Tulum** — 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 Chemuyil and 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.

**9AM-10AM Zumba / Dance Class.**

## THURSDAYS

**7AM-9AM TAO Tennis.**

**►7.30AM Diabetes Mission: Chemuyil** — Every other 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-9AM Yoga Class.**

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

## FRIDAYS

**8AM-10AM Regenerative Yoga Class** — 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-9AM Yoga Class.**

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

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

**1st**  
TUESDAY

**Zero Discrimination Day** — The symbol for Zero Discrimination Day is the butterfly, widely used by people to share their stories and photos as a way to end discrimination and work towards positive transformation.

**3rd**  
THURSDAY

**World Wildlife Day** — World Wildlife Day will be celebrated in 2016 under the theme "The future of wildlife is in our hands." African and Asian elephants will be a main focus of the Day under the theme "The future of elephants is in our hands". Countries around the world are encouraged to highlight species of wild animals and plants from their own countries, adapting the global theme to suit.

**4th-8th**  
FRIDAY-TUESDAY

**Yoga, Dance and Intuitive Healing! :: TAO Wellness Center** — Join fellow homeowner Dr Jennifer Kelly in a 4 day retreat at the TAO Wellness Center.

**6th**  
SUNDAY

**Paint and Run** — Playa del Carmen.

**8th**  
TUESDAY

**International Women's Day** — Celebrate the social, economic, cultural and political achievement of women.

**11th**  
FRIDAY

**Visit the world's largest 3D Museum :: 9AM :: 25USD per person** — The biggest in the world and first 3D illusion art museum in the Americas, is now open for visitors!

**17th**  
THURSDAY

**>8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 17th 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](mailto:claudiam@taoinspiredliving.com) or [darren@taoinspiredliving.com](mailto:darren@taoinspiredliving.com)

**19th&20th**  
SATURDAY & SUNDAY

**Art and Culture Expo :: Tulum :: 1PM** — Free entrance starting at 1pm at the Parque de la Cultura in Tulum.

**19th**  
SATURDAY

**Up close & personal photography by Cindy Skele :: TAO Wellness Center :: 11AM - 5PM** — Cindy will be visiting the TAO Wellness Center on the 19th of March to show her photographs. All of her photos will be for sale. Enjoy an afternoon of wine tasting with friends.

**20th**  
SUNDAY

**International Day of Happiness** — International Day of Happiness has struck a chord. There were celebrations all over the world: meditation in Bhutan, happy flash mobs in London, laughter yoga in Hong Kong and screenings of the film Happy in coffee shops all over the world. The day had a trending hashtag on Twitter and its own website [dayofhappiness.net](http://dayofhappiness.net)

**21st, 23rd, 25th, 27th**  
MONDAY, WEDNESDAY, FRIDAY, SUNDAY

**Tarot and Astrology Readings with Tegan :: Salón Balam, TAO Wellness Center :: 10AM-2PM** — Deepen your trust and learn to follow your intuition. Practice opening you subconscious mind and interpreting patterns, symbols and elemental sequences of the tarot deck.

**21st**  
MONDAY

**Equinox at Chichén Itza :: 6.30AM** — Join us on our 5th visit to Chichén Itza to witness the magical Equinox. We will be leaving the TAO Wellness Center at 6.30AM, arriving to have breakfast at Valladolid, then on to Chichén Itza. We will be carpooling for this event. (Please let me know by the 10th of March if you would like to go.)

**22nd**  
TUESDAY

**World Water Day** — On World Water Day, people everywhere show that they care and that they have the power to make a difference. They get inspired by information and use it to take action and change things.

COMING UP IN APRIL! SAVE THE DATES!

**21st-27th**  
THURSDAY-WEDNESDAY

**Riviera Maya Film Festival** — Both Playa del Carmen and Puerto Morelos will host outdoor film screenings for the fifth edition of the Riviera Maya Film Festival.

**22nd-24th**  
FRIDAY-SUNDAY

**Cesar Millan live at Sandos Caracol!** — Cesar Millan will be at Sandos Caracol to offer exciting and entertaining dog training demonstrations. If you're a dog-lover like us, this is an event you won't want to miss out on!

**30th**  
SATURDAY

**Children's Day :: Nationwide** — In Mexico, everyone has their day and children are celebrated every year on April 30th with parties and events throughout the country.