



# APRIL COMMUNITY CALENDAR

## SUNDAYS

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.

## SOMETHING TO THINK ABOUT...

April is here and people all over the world are well into a change of seasons – one way or another. Changes in the natural world often induce or inspire changes in our own inner lives. Sometimes we are more aware of these things and seek to create change in our personal stories while the world around us mirrors the shift we are experiencing personally. Other times, the connection is more subtle. In either case, I recommend using the natural changes in seasons to create a time in which you acknowledge the ever transforming dynamics of your life with a special ritual, event or celebration that marks the change. For example, you might do a deep spring cleaning of your home, choose a period of fasting from certain toxins in your life, start a new spiritual practice, or attend one of our meditation classes at the TAO Wellness Center.

Have a great month everyone!

**Darren Spencer**  
(GUEST SERVICE MANAGER)  
darren@taoinspiredliving.com

## SATURDAYS

8AM-9AM Yoga Class.

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

9AM-10AM Meditation Class.

**2nd**  
SATURDAY

**Live Cuban Music at La Bodeguita del Medio :: Playa del Carmen :: 8.30PM** — Bring Havana to Playa del Carmen. Not to be missed!

**5th**  
TUESDAY

**Pizza Day** — Pizza lovers far and wide will be making the most of Deep Dish Pizza Day. This is your holiday!

**6th**  
WEDNESDAY

**Free Salsa lessons :: 6PM-7PM** — With a live band from 8-11PM at La Zebra in Tulum (every Sunday).

**7th**  
THURSDAY

**World Health Day** — Is celebrated every year on the founding day of the World Health Organization. Established in 1950 this event has a theme each year to draw attention to a current world health issue. The WHO puts together regional, local, and international events on this day related to that theme. Local governments also tend to jump on this band-wagon; after all, global health means everyone!

**►8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 7th April 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)

**11th**  
MONDAY

**World Pet Day** — Pet Day is a chance for those of us who own pets to show them how much we love them.

**16th**  
SATURDAY

**Stand up comedy at Lucky Luciano :: Playa del Carmen :: 8PM** — The best comedy show in Playa: #StandUpComedy! (Every Wednesday and Sunday, cover \$100 pesos.)

**21st**  
THURSDAY

**►8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 21st April 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)

**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**  
FRIDAY

**Earth Day** — Celebrate and protect our natural environment by taking part in Earth Day. Join with community groups to explore environmental and ecological issues on local and international scales, and work towards making a difference to our habitat.

**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!

**27th-30th**  
WEDNESDAY-  
SATURDAY

**The Wine and Food Festival 2016** — The Wine and Food Festival features world-renowned sommeliers, top wine makers and more than two dozen of the best chefs in the world together in Cancun and the Riviera Maya. More info <http://wineandfoodfest.com/en/>

**29th**  
FRIDAY

**International Dance Day** — Dance is both an art form and a method of communication in cultures around the world, and is practiced by millions of people. Celebrate this International Dance Day by learning about the history of dance, or perhaps even learning a new dance yourself or with a group of friends! It's a great excuse to sign up for those dance classes you've always fancied.

**30th**  
SATURDAY

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

**International Jazz Day** — "In times of change and uncertainty, we need the spirit of jazz more than ever before, to bring people — especially young women and men — together, to nurture freedom and dialogue, to create new bridges of respect and understanding, for greater tolerance and cooperation." Irina Bokova, Director General.

#### COMING UP IN MAY! SAVE THE DATES!

**5th**  
THURSDAY

**Cinco de mayo, Batalla de Puebla - Commemoration of the Battle of Puebla** — *Throughout the country, but particularly in Puebla, May 5th.* A public holiday commemorating the battle in Puebla of 1862 in which the Mexican army defeated the French. Celebrations in Puebla recreate the battle.

**20th & 21st**  
FRIDAY &  
SATURDAY

**Travesía Sagrada Maya - Sacred Mayan Journey** — *Xcaret, Cozumel and Playa del Carmen, Quintana Roo.* Recreating the pilgrimage of the ancient Maya to worship the Goddess IxChel, canoeists in pre-hispanic-style vessels race from Xcaret Park to Cozumel, a journey of approximately 17 miles.

**24th-31st**  
TUESDAY-  
TUESDAY

**Havana, Cuba May 2016** — Close your eyes for a moment and imagine you are there. Waves crashing against a mildewed sea wall; a young couple cavorting in a dark, dilapidated alley; guitars and voices harmonizing over a syncopated drum rhythm; sunlight slanting across rotten peeling paintwork; a handsome youth in a guayabera shirt leaning against a Lada; the smell of diesel fumes and cheap after-shave; tourists with Hemingway beards; Che Guevara on a billboard, a banknote, a key-ring, a t-shirt... **Exclusive Homeowner prices!**