



INTERNATIONAL SOUP MONTH

With the cool weather still in abundance, January is the perfect month to celebrate and enjoy soup of all kinds.

From thick, creamy, calorie laden soup (also known as a *Bisque or Chowder*), to the water-based and healthier broth or consommé, and the vegetable-laden chili and gazpacho, almost every country around the world has its own special recipe. Most restaurants also offer a home-made “*soup of the day*” as a starter course, so why not expand your pallet and try a new flavor for *International Soup Month*?

It is thought that soup could trace back as far as the Neolithic Age, with evidence suggesting that people who should have died out through natural selection were kept alive for a long time before the discovery of Milk, which was later used to keep such people alive. Soup seems the most likely way to nourish these people - perhaps a broth made of boiling water and meat.

MON TUE

8AM Kundalini Yoga

9AM Zumba & Dance

7AM TAO Tennis

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 — *NEW!* Learn to meditate with our free courses! Our classes and workshops combine simple, effective meditation techniques and ancient spiritual wisdom for the modern world.

WED

8AM Kundalini Yoga

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 — *NEW!* 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.

10AM Akumal Farmers Market

THU

7AM TAO Tennis

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 Hatha Yoga.

FRI

8AM Regenerative Yoga — *NEW!* 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. Yoga offers us through the learning of specific physical exercises (asanas) and breathing techniques (pranayama) the possibility, to here and now to come back to your inner balance and serenity. Associated with deep relaxation and meditation, we come again to new life force (prana).

SAT

8AM Stretching Yoga

10AM Akumal Farmers Market

1st

THURSDAY

New Years Day — This is a national holiday and all-around quiet day. Most stores and businesses are closed as folks recuperate from the revelry of New Year's Eve. Museums, archaeological sites, and most tourist attractions are open on their regular schedule.

5th

MONDAY

7PM Riviera Maya's Largest "Rosca de Reyes" / Playa del Carmen — On January 5th, visitors and residents of the Riviera Maya are invited to gather on 5th Avenue to watch the assembly of the largest "Rosca de Reyes" ever made on the Riviera Maya. We hope you will join us all on the 5th of January at 7pm on 5th Avenue in Playa del Carmen to see the Riviera Maya's largest "Rosca de Reyes". The cake will be assembled and displayed between 34th and 36th streets. Over 130 local businesses (Including **TAO Inspired Living**) and organizations have participated in this exciting family event! If you would like to try a slice, bring a new unwrapped toy as a donation. The toys will be gathered and distributed to underprivileged children in the poorest colonies in the region so that they too may enjoy a gift from the Three Kings. Don't forget to come by and say hello to us in the TAO stand!!

6th

TUESDAY

4PM Three Kings Day / TAO Wellness Center — January 6th is Three Kings Day in Mexico, known as the *Día de Reyes*. This is Epiphany on the church calendar, the 12th day after Christmas, when the Magi arrived bearing gifts for baby Jesus. In Mexico children receive gifts on this day, brought by the three kings, los Reyes Magos, Melchor, Gaspar, and Baltazar. Some children receive gifts from both Santa Claus and the Kings, but Santa is seen as an imported custom, and the traditional day for Mexican children to receive gifts is January 6. Join us at the TAO Wellness Center at 4pm to try some Rosca de Reyes.

8th

THURSDAY

Earth's Rotation Day

8AM Trip to Yaxché / TAO Wellness Center — Join us on the 8th January for our upcoming visit to the Mayan community of Yaxché. See you all at the TWC Lobby at 8AM. For more information please contact Claudia at claudiam@taoinspiredliving.com or darren@taoinspiredliving.com

12th

MONDAY

10AM Visit to Tulum Ruins & Lunch — The greatest attraction at the Tulum Ruins is its location. Built on a bluff facing the rising sun, this ruin site is the only Maya settlement located on the beaches of the Caribbean. The views continue to be described as spectacular as millions of people visit this Maya ruin in the Riviera Maya. Enjoy a tasty lunch in Mateos Restaurant.

15th

THURSDAY

10.30AM Cooking Class with Misael — Join us in this month's cooking class where we will learn how to make "Papadzules" (Four rolled corn tortillas moistened with ground roasted pumpkin seed and epazote sauce, stuffed with hard-boiled egg and topped with tomato sauce.)

16th

FRIDAY

The Battle of Calderon Bridge

International Hot and Spicy Food Day

22nd

THURSDAY

10AM 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.

26th

MONDAY

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.

27th

TUESDAY


International Day of Commemoration in Memory of the Victims of the Holocaust.

Chocolate Cake Day

31st

SATURDAY

Inspire Your Heart Day



**FREEDOM
IS A STATE
OF MIND**
—Walter Mosley