



HALLOWEEN IN MEXICO

Halloween is an important festival in Mexico and the people here celebrate it with full enthusiasm. The festival is celebrated throughout the country. However, there are some or other variations in the mode of celebration from one state to another. In Mexico, Halloween is celebrated as an extended holiday, which lasts for three days. The Day of the Dead begins with October 31 and ends on November 2. October 31 is celebrated as the Young Souls Day, November 1st is the All Saints Day and the last day i.e. November 2 is observed as the All Souls Day. Apart from these days, Mexicans observe October 27 as the Feast of the Holy Souls or *Fiesta de las Santas Animas*.

In Mexico, families start Halloween by cleaning the graves of their relatives. They use hoes, shovels and picks, to remove the weeds and completely clean the graves. They decorate the graves with pine needles and flowers. They even erect a temporary altar near the gravesite. Then, different kinds of foods, like beans, chilies, salt, tortillas, meat, fruit and sometimes even alcohol, are placed nearby. People speak to the departed souls and offer foods to them. In a way, they assure the dead that they are loved by their living relatives. Usually, the ceremonies last for several days, as each family has more than one grave to attend to.

**HAPPY HALLOWEEN
EVERYONE!**

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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.

9AM-10AM 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 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.

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

►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-10AM Dance Class.

THURSDAYS

7AM-9AM 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.

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-10AM Bahia Tennis Tournament — Registration 7.45AM.

9AM-10AM Meditation Class.

29th
SEPTEMBER
- **4th**
OCTOBER

9AM: Inspired Yoga with Wayne Krassner — Wayne Krassner is a yoga master and meditation teacher who began pursuing fitness and exercise at an early age. See here for more info:
<https://www.facebook.com/events/1624570951133372/>

1st
THURSDAY

World Vegetarian Day — Whether it's a moral, dietary, health or lifestyle choice, Vegetarian Day embraces and encourages respect for those who eschew eating meat.

2nd
FRIDAY

International Day of Non-Violence — One of the best ways to honor Mahatma Gandhi's life and achievements, as well as those of other world leaders who have won their battles without violence.

4th
SUNDAY

Taco Day — Taco day is usually celebrated with taco parties for friends. Start with a base filling of beef, chicken, fish, seafood, beans, or vegetables, and then mix and match your toppings.

World Animal Day — You are encouraged to ditch the fur fabrics, refuse to buy products tested on animals and — probably of greater concern to the majority of folk — convert to vegetarianism.

5th
MONDAY

World Teachers' Day 2015: Invest in the future, invest in teachers! — Teachers are an investment for the future of countries. The teachers of today and tomorrow need the skills, knowledge and support that will enable them to meet the diverse learning needs of every girl and boy.

6th-11th
TUESDAY - SUNDAY

Inspired Yoga by Swami Sudhir Anand — Swami Sudhir is the founder of Shiva Yoga Peeth. He was born in Orissa, a Southern state of India. His aim is spread yoga and spirituality, health and harmony, love, peace and stress free living all over the world. More information and tickets here:
<https://www.facebook.com/events/1015303755171101/>

10th
SATURDAY

7AM Trip to Bacalar — Meeting at the TAO Wellness Center. The Bacalar Lagoon, with a diverse range of blue tones, is a scene that is just fascinating. (Please confirm your assistance at darren@taoinspiredliving.com by the 5th of October).

Universal Music Day — Take a day to enjoy music in all of its varied forms. Why not make some music of your own?

13th
TUESDAY

(Time TBA) Cooking class.

15th-17th
THURSDAY - SATURDAY

Tulum Sea Turtle Festival / Akumal, Xcchel and Tulum, Quintana Roo — The Sea Turtle Festival is a free event which encourages participants to learn about sea turtles and familiarize themselves with the various organizations that are trying to protect them. Artistic, environmental and cultural activities are also a part of the festival.

16th
SUNDAY

International Boss' Day — Bosses have a tough time of it — they've got to make all the hard decisions. Let them know that you don't mean to be such high maintenance, and that you understand that being the boss isn't always easy.

World Food Day — Is an occasion to focus the world's attention on the crucial role played by social protection in eradicating hunger and poverty.

24th
SATURDAY

United Nations Day — The United Nations Organization works across countries and territories to promote common progress, humanitarian, ecological and sociological concerns, and United Nations Day promotes the work undertaken by this group.

25th
SUNDAY

International Artists Day — The best way to celebrate International Artist Day is to support your local artists. If you've been looking for something to spruce up your living room or bedroom, then head out and find a unique piece that will bring life and personality to your home.

27th
TUESDAY

(Time TBA) Cooking class.

Full Moon — This is the first Full Moon following the Harvest Moon last month. It rises around sunset and sets around sunrise, the only night in the month when the Moon is in the sky all night long.

29th
OCTOBER
- **2nd**
NOVEMBER

Past Life Healing and Day of the Dead with Jennifer Kelly Psy.D — At the TAO Wellness Center. Jennifer will help develop and enhance your natural ability for intuitive self-healing. Individual and small group sessions can be scheduled by request. Read more here: <https://www.facebook.com/events/802508706524252/>

30th
FRIDAY

Day of the Dead Festival at Xcaret Park — Learn how Maya honor death and taste of the traditional dishes offered to the souls. Each one has its altar with offerings, and a farewell party with lit candles, lighting up its return to the after-life.

31st
SATURDAY

Halloween Party — Place TBA.

TBA

►7.30AM Trip to Yaxché / TAO Wellness Center — Join us for our upcoming visit to the Mayan community of Yaxché. For more information please contact Claudia at claudiam@taoinspiredliving.com or darren@taoinspiredliving.com

1st-4th
NOVEMBER
SUNDAY - THURSDAY

COMING UP IN NOVEMBER!

Día de Muertos LuxYoga Retreat — TAO Wellness Center. Join us for a cultural and spiritual journey. Give yourself the gift to revitalize your spirit in an unforgettable and soul enriching getaway. Let's honor all souls that have elevated and are watching us from above on this very special Mexican Holiday. Read more here:
<http://newsletter.taoinspiredliving.com/templates/Marcela-010/>