

## CHRISTMAS CELEBRATION



# NEW YEAR'S EVE PARTY & 2016

### CHRISTMAS TIME IN MEXICO

It's that time of year again - Christmas in Mexico.

The worldwide diversity of Christmas in its various cultural forms is an interesting study. The essence of the holiday - a celebration of the incarnation and birth of Jesus Christ - is the same throughout Christendom. The holiday has a real power to inspire art, literature and folk customs, and express itself in various manners in diverse cultures. One prominent aspect of the Mexican Christmas season is the widespread use of the **nacimiento** - the crèche or nativity scene. It is often more elaborate than those used in the United States. Its ceramic figurines include interesting elements such as the nopal cactus, hermits and ducks. (I've even seen ducks with halos!).

Another Christmas custom is the **posada**, which superficially bears some resemblance to the Christmas caroling celebrated in English-speaking countries. However, the singing in the posada is a ritualized musical drama. The people outside sing the part of Mary and Joseph, the people inside sing the part of the innkeeper, and finally those outside are invited inside for the party.

Santa Claus is well-known in Mexico now, and many small children eagerly await his annual visit.

One curious result of the adoption of Christmas customs from the US is seeing snow-related decorations in regions of Mexico where it hardly ever snows.

In conclusion, allow me to wish you all very Happy Holiday Season, or as they say here in Mexico -

**¡FELICES FIESTAS!**

Darren Spencer  
(GUEST SERVICE MANAGER)

darren@taoinspiredliving.com

### 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 (3rd, 17th, 31st December) 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.**

### SUNDAYS

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

 **1st**  
TUESDAY

**Worlds AIDS Day** — Show your support for people living with HIV on World AIDS Day by wearing a red ribbon, the international symbol of HIV awareness and support.

**19th**  
SATURDAY

**7PM TAO Christmas Party** — At the Community Pool.



**2nd-6th**  
WEDNESDAY — SUNDAY

**HeartMath and Global Coherence Initiative Event** — Come join us for a transformative experience in Collective Coherence: Co-Creating a New World, our fourth annual Mexico event. We will practice tools for Collective Coherence and learn how this accelerates our personal unfoldment into higher potentials. Energetic connectivity will be explored and why it is effective for co-creating a new world. More information and booking details: <http://www.taowellnessresort.com/events/heartmath/>

**22nd**  
TUESDAY

**Winter Solstice** — Shortest day of the year in the Northern Hemisphere.

**22nd**  
DECEMBER  
**-2nd**  
JANUARY

**THE ILLUSIONISTS - Witness the Impossible / Moon Palace Cancun** — This mind blowing spectacular showcases the jaw dropping talents of seven of the most incredible illusionists on earth. This non-stop show is packed with thrilling and sophisticated magic of unprecedented proportions. (Tickets via [Ticketmaster.com](http://Ticketmaster.com))

**3rd**  
THURSDAY

**8AM Trip to Yaxché / TAO Wellness Center** — Join us on the 3rd December 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)

**23rd**  
WEDNESDAY

**7AM Christmas visit to Bacalar / Meeting place: TAO Wellness Center** — Beyond the Riviera Maya lays a beautiful, little-known stretch of Caribbean coastline known as the 'Costa Maya,' where deserted beaches and seldom visited ancient ruins await. Inland, Laguna Bacalar known as "The Lake of Seven Colors". (Please confirm by the 14th of December)

**4th**  
FRIDAY

**World Wildlife Conservation Day.**

**25th**  
FRIDAY

**Christmas Day.**

**Full Moon.**

**10th**  
THURSDAY

**Human Rights Day** — This year's Human Rights Day is devoted to the launch of a year-long campaign for the 50th anniversary of the two International Covenants on Human Rights: the International Covenant on Economic, Social and Cultural Rights and the International Covenant on Civil and Political Rights, which were adopted by the United Nations General Assembly on 16 Dec., 1966.

**26th**  
DECEMBER  
**-15th**  
FEBRUARY

**Tulum Winterfest - A Transformational Gathering** — The Tulum Winterfest is an eco-centric arts, music and cultural celebration in the heart of the Riviera Maya. This transformative event spans seven weeks, with each week revealing a new-themed chapter. For more information > [www.tulumwinterfest.com](http://www.tulumwinterfest.com)

**12th**  
SATURDAY

**Christmas Market at Puerto Morelos** — Come enjoy your day, shopping, eating and socializing at the Puerto Morelos Market: Christmas Edition. We as an organization seek to organically integrate the best works of each artist, as a platform to make them known and encourage the production of art and the local economy.

**28th**  
MONDAY

**Day of the Innocents** — Mexican April Fools' Day.

**31st**  
THURSDAY

**7PM New Year's Eve at La Buena Vida** — Want to have good luck in love in the coming year? Wear red underwear on New Year's Eve. For good luck with money, wear yellow. (Please confirm by the 14th of December.)

**16th**  
WEDNESDAY

**12.15NOON Lunch at Papaya Playa, Tulum** — Meeting at the TAO Wellness Center. Please confirm by the 4th of December.

**16th**  
**-24th**  
WEDNESDAY — THURSDAY

**Posadas** — Singing processions fill the streets with candles, reenacting Joseph and the Virgin Mary's journey through Bethlehem in search of shelter. Residents sometimes play the roles of innkeepers and in many places the processions are beautifully detailed with angels and children carrying poinsettias.

**17th**  
THURSDAY

**8AM Trip to Yaxché / TAO Wellness Center.**

 **COMING UP IN JANUARY 2016!**  
Save the dates!

**1st**  
JANUARY  
FRIDAY

**New Year's 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.

**6th**  
JANUARY  
WEDNESDAY

**Día de Reyes / Kings Day** — Traditionally this is the day Mexican children receive gifts, brought by the three kings (the Magi).