

FEBRUARY / Community Calendar

HAPPY
VALENTINE
DAY

VALENTINE'S DAY

February 14th is celebrated in Mexico as the *Día de San Valentín*, but it's more commonly referred to as *El Día del Amor y la Amistad*, the "day of love and friendship." People commonly give flowers, candies and balloons to their romantic partners, but it's also a day to.

If you think Spanish is a romantic language, you're right! If you'd like to tell your special someone how you feel about them in Spanish, you may find it a bit more challenging than just learning the words. Saying *I love you* in Spanish can be a bit more complicated than in English because there are two different ways to say it. "*Te quiero*" is said freely among friends and family members but "*te amo*" is used to denote a stronger feeling. Everyone can take part in Mexican Valentine's Day celebrations, because it's not just for lovers, it's also for friends. It's a time for people to show appreciation to the people they care about - this way, there's no reason to feel left out if you don't have a significant other. Buy some flowers, write a poem or make a gift for one of your friends - let them know you care!

¡Feliz día del amor y la amistad!

MON

8AM Kundalini Yoga

9AM Zumba & Dance

TUE

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.

9AM Meditation — 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 — 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.

9AM Meditation.

FRI

8AM Regenerative Yoga — 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.

10AM Meditation.

1st
SUNDAY

2AM - Change your clocks forward one hour! — The Southeastern Time Zone, already approved by the Senate, will result in clocks being moved ahead by one hour, a change intended to improve the state's competitiveness in the tourist industry. The zone will be the equivalent of United States Eastern Time.

1PM Valentine's Day Photo Contest closes.

2nd
MONDAY

Candlemas in Mexico — *Día de la Candelaria*, or Candlemas, is celebrated throughout Mexico on February 2nd. It is mainly a religious and family celebration, but in some places, such as Tlacotalpan, Veracruz, it is a major *fiesta* with bullfights and parades. Throughout Mexico on this date people dress up figures of the Christ Child and take him to the church to be blessed, as well as getting together with family and friends to eat tamales.

5PM Valentine's Day Photo Contest — Photos will be uploaded to our Facebook Page.

4th
WEDNESDAY

World Cancer Day — Cancer is the uncontrolled growth and spread of cells. It can affect almost any part of the body. The growths often invade surrounding tissue and can metastasize to distant sites. Many cancers can be prevented by avoiding exposure to common risk factors, such as tobacco smoke. In addition, a significant proportion of cancers can be cured, by surgery, radiotherapy or chemotherapy, especially if they are detected early.

11th
WEDNESDAY

9AM Visit to Cobá — Archaeologists believe Cobá was one of the most important ruin sites on the Yucatán Peninsula. The design and purpose of this settlement was very different from other Mayan cities, with various settlements existing in one area. The white roads lead from each settlement to the main pyramid, Nohoch Mul. Learn more about this off-the-beaten-track Mayan Ruin: <http://www.mayasites.com/coba.html>

11th-17th
WEDNESDAY-TUESDAY

Carnival Dates in Mexico — Carnival ("*Carnaval*" in Spanish) is celebrated each spring in different destinations throughout México. It is held the week before Ash Wednesday ("*Miércoles de Ceniza*") which marks the beginning of Lent, the period of sobriety before Easter. The dates of celebrations may vary a bit from destination to destination, but are always held prior to Ash Wednesday. Carnival festivities reach a peak the day before, which may be referred to as Mardi Gras, "Fat Tuesday," or "*Martes de Carnaval*".

12th
THURSDAY

1PM Valentine's Day Photo Contest — Voting ends.

5PM Valentine's Day Photo Contest — Winner will be announced!

14th
SATURDAY

St. Valentine's Day — Many people around the world celebrate Valentine's Day by showing appreciation for the people they love or adore. Some people take their loved ones for a romantic dinner at a restaurant while others may choose this day to propose or get married. Many people give greeting cards, chocolates, jewelry or flowers, particularly roses, to their partners or admirers on Valentine's Day.

20th
FRIDAY

10.30AM Cooking Class with Misael — Join us in this month's cooking class where we will learning how to make another one of Misael's specialties.

21st
SATURDAY

International Mother Language Day — Languages are the most powerful instruments of preserving and developing our tangible and intangible heritage. All moves to promote the dissemination of mother tongues will serve not only to encourage linguistic diversity and multilingual education but also to develop fuller awareness of linguistic and cultural traditions throughout the world and to inspire solidarity based on understanding, tolerance and dialogue.

23rd
MONDAY

Full Moon.

24th
TUESDAY

Día de la Bandera ("Flag Day") — Is a national holiday in México. Flag Day is celebrated every year on February 24 since its implementation in 1937. It was established by the President of México, General Lázaro Cárdenas, before the monument to General Vicente Guerrero, first to pledge allegiance to the Mexican flag on March 12, 1821.

26th
THURSDAY

8AM Trip to Yaxché / TAO Wellness Center — Join us on the 26th February 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 or darren@taoinspiredliving.com

THE TANS WILL
FADE BUT THE
MEMORIES WILL
LAST FOREVER
—Anonymous