



## SEPTEMBER: THE PEAK OF MEXICAN PRIDE

Being in Mexico in September is a spectacle; you'll find many towns and cities covered in green, white and red, the three colors of the flag. When it comes to celebrating, Mexicans excel, and on September 16th they commemorate one of the most important national festivities: the Independence Day! (No, it's not "5 de mayo").

September is our patriotic month, and wherever we turn our eyes these days in our city we see vendors on the street selling flags, rattles (*matracas*), charro hats, mustaches, and many other things that remind us that our Independence Day celebration is near.

Like many of us that live in TAO we have made Mexico our home. For me I am very proud that I made Mexico my home away from home and feel very excited and emotional every time I hear: "¡Viva México!", "¡Viva la Revolución!", "¡Vivan los héroes de la Independencia!" For me, living in Mexico means being authentic, hardworking, part of a culture that is rich in many ways; where we value family above all and love "fiestas" above anything else (we celebrate every time we can). Living in Mexico also means that I love tacos, enchiladas, quesadillas de huitlacoche and pozole, swaying instinctively to music played by the "Mariachi" bands.

### ¡VIVA MÉXICO!

**Darren Spencer**

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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.**

## SATURDAYS

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

**9AM-10AM Meditation Class.**

**3rd**  
THURSDAY

►7.30AM Trip to Yaxché / TAO Wellness Center — Join us on the 3rd September for our upcoming visit to the Mayan community of Yaxché. See you all at the TAO Wellness Center Lobby at 7.30AM. For more information please contact Claudia at [claudiam@taoinspiredliving.com](mailto:claudiam@taoinspiredliving.com) or [darren@taoinspiredliving.com](mailto:darren@taoinspiredliving.com)

**4th**  
FRIDAY

11.45AM: Lunch in Tulum.

**5th**  
SATURDAY

**International Cheese Pizza Day** — Whether you're a fan of a deep dish from Chicago, or prefer the more authentic Italian thin base pizza, now you have an excuse to indulge.

**International Day of Charity** — Every year, charities all over the world help to save and improve people's lives, fighting disease, protecting children, and giving hope to many thousands of people.

**6th-10th**  
SUNDAY — THURSDAY

**Prairie Therapists & Trainers A Better Way Professional Counseling Services** — This workshop will facilitate teaching couples how to improve their relationships by communicating with greater intension towards healthy and sustainable intimacy. More information and booking details here: [http://www.taowellnessresort.com/events/prairie\\_therapists/](http://www.taowellnessresort.com/events/prairie_therapists/)

**11th**  
FRIDAY

**Stand Up To Cancer Day** — Stand Up To Cancer Day works to heighten the profile of research into cancer remedies and cures, to raise the funds available to back this research and to bring together the best teams of scientists and experts, removing obstacles to their progress.

**12th**  
SATURDAY

5.30M Whale Shark Tour, Isla Mujeres.

**13th**  
SUNDAY

**Positive Thinking Day** — Positive Thinking Day is a time set aside each year to concentrate on all things positive. An American entrepreneur started this day in 2003 so that people could commemorate the many rewards that can be found in thinking positively.

**15th**  
TUESDAY

11AM Cooking class with Misael.

**16th**  
WEDNESDAY

Mexican Independence Day.

**18th**  
FRIDAY

12NOON-1PM How to make the Perfect Mojito Class — At the Community Pool.

**21st**  
MONDAY

**International Day of Peace.**

**World Gratitude Day** — The celebration of Gratitude Day allows both individual citizens and organisations within wider society to celebrate the broad meaning of gratitude in a variety of ways.

**22nd**  
TUESDAY

Equinox at Chichén Itzá.

**24th**  
THURSDAY

11AM Cooking class with Misael.

**28th**  
MONDAY

Full Moon.

**World Family Day** — As the name suggests, Family Day is an event that is intended to allow loved ones to take a respite from their daily lives and spend quality time together. One of the best things about this occasion is that there is no single "requirement" for the activities to be celebrated; Family Day is a flexible as it is relaxing.

**29th**  
TUESDAY

**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. Wayne's unique experience and natural affinity offer a rare insight into the spiritual realm and the play of body mind and soul. More information and tickets here: <https://www.facebook.com/events/1624570951133372/>

**World Heart Day** — A perfect day to quit smoking, get exercising and start eating healthy - all in the name of keeping your ticker in good working order, and improving the health and well-being of people the world over.

**6th-11th**  
OCTOBER  
SUNDAY — THURSDAY

**COMING UP IN OCTOBER!**  
**Save the dates!**

**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. In his early childhood he met with a lot of great saints and learned from them about yoga. 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/>

**2nd-6th**  
DECEMBER  
WEDNESDAY — SUNDAY

**UPCOMING LATER IN THE YEAR!**

**HeartMath and Global Coherence Initiative Event** — Prepare yourself to embark on a unique journey and learning experience. The Collective Coherence: Co-Creating a New World event is from Dec. 2-6 at the TAO Wellness Center, a fantastic and uplifting venue in the Riviera Maya on Mexico's Yucatan Peninsula. More information and booking details here: <http://www.taowellnessresort.com/events/heartmath/>