

Weaving Yoga Asana, Pranayama, and the Sacred Mayan Calendar

With Michelle Fajkus · Texas Yoga Retreat · Friday, October 16, 2026

The Sacred Mayan Calendar

The Cholq'ij is the 260-day sacred calendar still kept by Maya daykeepers in the highlands of Guatemala. It combines 20 nawales, or day energies, with the numbers 1 to 13.

Each day carries one energy. We carry all 20 inside us, as gifts and as challenges, connecting us to the elements, the four directions and the natural world. Each of us has a birth nawal that guides our life path and purpose, based on our birthday.

The 20 nawales and a practice for each

Nawal	Energy	Practice
Kej	Physical body, grounding	Body scan. Draw energy up from the earth into your body.
Q'anil	Star and seed	Sink low in chair pose, fingers curled (seed). Rise to mountain, fingers wide (star).
Toj	Gratitude	Hands at heart. Give thanks, then set an intention.
Tz'i	The word in your heart	Say the word moving in your heart aloud. Cat/cow, down dog, up dog.
B'atz	Joy, creativity	Smile. Laugh. Be present.
E	Feet, the path	Find a rhythm with your feet and walk or dance.
Aj	Standing tall	Warrior I, triangle. Dignity in the spine.
Ix	Jaguar, Earth	Lion's breath. Jaguar magic. Growl.
Tz'ikin	Vision, abundance	Eagle pose. Hone your vision.
Ajmaq	Forgiveness	Bumblebee breath. A forgiveness mantra.
Noj	Kindness	Forward bends. Connecting mind and heart.

Nawal	Energy	Practice
Tijax	Healing	Sword arms. Letting go. Hands-on healing.
Kawoq	Turtle, patience	Move in slow motion. Turtle pose.
Ajpu	Inner sun	Warrior II with bow and arrow arms.
Imox	Water	Crocodile poses. Water element.
Iq	Wind, spirit, imagination	Pranayama, imagination, hummingbird.
Aq'ab'al	Light, dawn	Move hands, arms and shoulders
K'at	Passion, fire	Lizard pose, spider fingers
Kan	Life force	Spinal flex, life force expansion and deep breaths
Kame	Death and transformation	Savasana, final relaxation

Take it home

1. Each morning, connect with the energy of the day.
2. Choose its practice from the table and do it for 5 to 10 minutes.
3. Ask yourself: Where is this energy a gift in my life today? Where is it a challenge?
Meditate or journal to answer the questions.
4. Give thanks every morning and as often as possible throughout the day for your life and existence.

Thank you for practicing with me!

Michelle Margaret Fajkus

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