

NOVEMBER FULL PROGRAM

LONGEVITY & EPIGENETICS LAB

nomade

TEMPLE

FULL PROGRAM NOVEMBER

LONGEVITY & EPIGENETICS LAB

EXPERIMENTING WITH THE FUTURE OF HEALTH

In a world where we are constantly connected and overstimulated, the need for balance has never been greater. This weekend is an invitation to slow down and return to the essence of wellness through the power of analog living.

Grounded in longevity, epigenetics, and regenerative health, the program explores how daily choices influence your genes and help you embody your healthiest version. Discover simple, science-based longevity practices tailored to your body, mind, and goals.

Through nature-immersive movement, talks, workshops, breathwork, recovery ice baths, and expert-led labs, you'll learn efficient biohacking techniques that focus on what truly enhances vitality and clarity. Reconnect with your natural rhythms and gain tools for long-term resilience.

FULL PROGRAM

LONGEVITY & EPIGENETICS LAB — UPCOMING RESIDENTS



CARRIE DRINKWINE

DETOX DECODED-CLEARING THE PATHWAYS TO TRUE REGENERATION

Detox is one of the most misused terms in the wellness industry. While many programs promise “cleansing,” most overlook the body’s natural elimination pathways, which can cause more harm than good when they are blocked or stagnant.

NOV 6TH

18:00HRS @GRATTITUDE TENT

Carrie Drinkwine is the founder of Wise Wellness Clinic, the Institute of Regenerative Health, and the Regenerative Soul Institute. After reversing her own chronic conditions — including lupus, fibromyalgia, Hashimoto’s, and infertility — she discovered the connection between physical and emotional factors in illness. Her work focuses on helping others overcome chronic disease and restore health. Through her institutes, she trains practitioners in regenerative health and offers programs in breathwork, sound therapy, and trauma release for personal growth.

THE VOLTAGE BLUEPRINT- UNLOCKING THE ENERGETIC ANATOMY OF VITALITY THROUGH REGENERATIVE HEALTH

Learn how mold, parasites, and heavy metals affect health and explore evidence-based protocols to support natural detox systems. A practical Q&A session offering tools to address underlying factors that influence aging and vitality.

NOV 7TH

18:00HRS @GRATTITUDE TENT

Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

LONGEVITY & EPIGENETICS LAB — UPCOMING RESIDENTS



DANIELA LIEVANO

DESIGNING YOUR LONGEVITY PROTOCOL

Your biology is unique; your longevity plan should be too. In this workshop, participants integrate science-based practices into a personalized “longevity protocol” they can begin experimenting with right away. Practical, informative, and personalized.

NOV 7TH

19:00HRS @GRATTITUDE TENT

Daniela is the founder of VeriWell, a boutique biohacking and epigenetics platform pioneering the future of personalized wellness. A former corporate lawyer now trained in Health Coaching, Functional Nutrition, and Epigenetics, she is passionate about prevention and human optimization. She guides individuals and organizations to embrace data-driven health strategies that enhance vitality, sharpen focus, extend longevity, and support overall well-being.

THE CELLULAR RESET: CLEARING MOLD, PARASITES & HEAVY METALS

Learn how mold, parasites, and heavy metals affect health and explore evidence-based protocols to support natural detox systems. A practical Q&A session offering tools to address underlying factors that influence aging and vitality.

NOV 8TH

18:00HRS @GRATTITUDE TENT

Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

LONGEVITY & EPIGENETICS LAB — HIGHLIGHTED ACTIVITIES



YOGASANAS

With Arun

Perfect for all levels, helping to release tension in the body and promote a calm, centered state without excessive exertion.

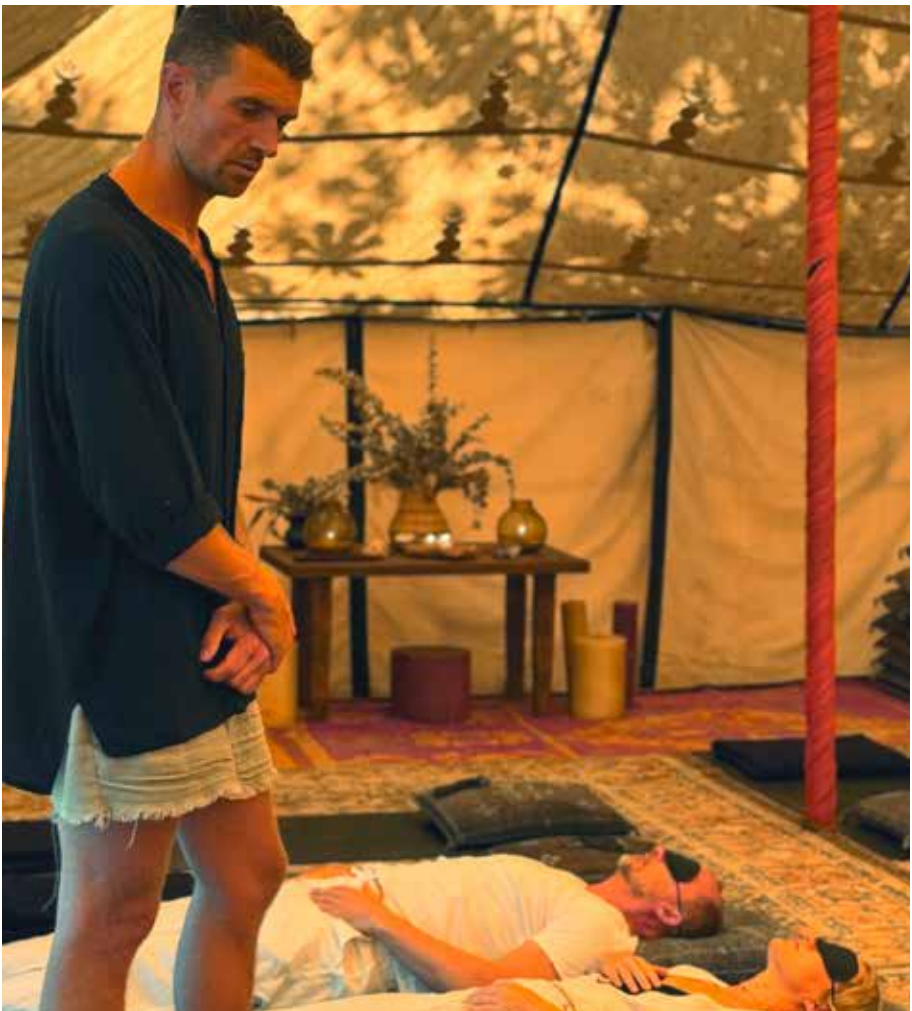
NOV 6TH & 8TH 08:30HRS @SHALA

LIMINAL BREATHWORK

With James

Perfect for all levels, helping to release tension in the body and promote a calm, centered state without excessive exertion.

NOV 6TH 11:30HRS @GRATITUDE TENT



FULL PROGRAM

LONGEVITY & EPIGENETICS LAB — HIGHLIGHTED ACTIVITIES



MOBILITY SESSION

With Danny

This class blends joint-specific mobility drills with isometrics and 3D bodyweight patterns to expand range of motion, build strength, and improve stability. Move better, feel stronger, and create lasting resilience.

NOV 7TH

08:30HRS @SHALA

WELLNESS HANG OUT

A space to wind down. Explore different modalities, from cold plunge to cupping, sound bath, mandala painting, tea lounge, and recreation—to spend the afternoon.

NOV 7TH

15:00HRS @SHALA



FULL PROGRAM

LONGEVITY & EPIGENETICS LAB — HIGHLIGHTED ACTIVITIES



LONGEVITY & EPIGENETICS LAB: FIRE & ICE

With Danny & Jimena

Discover the connection between ice bath and temazcal. This contrast of cold and heat improves circulation, supports the immune system, relieves stress, and promotes natural detoxification for long-term vitality and resilience.

NOV 8TH

11:30HRS @TEMAZCAL & SHALA

STARGAZING

With Miroslava

Astronomy explores space through planets, stars, and constellations. Miroslava leads guided telescope sessions on the beach at night, free from light pollution, offering a clear view of what lies beyond our own world.

NOV 8TH

19:30HRS @FIRE PIT



FULL PROGRAM

LONGEVITY & EPIGENETICS LAB — HIGHLIGHTED ACTIVITIES



FASCIA MANEUVERS

With Kate

Through intuitive movement, breathwork, and guided maneuvers, this class helps realign your body, release stored tension, and restore energetic flow. Experience a deep sense of balance, lightness, and connection to your body.

NOV 9TH

08:30HRS @SHALA

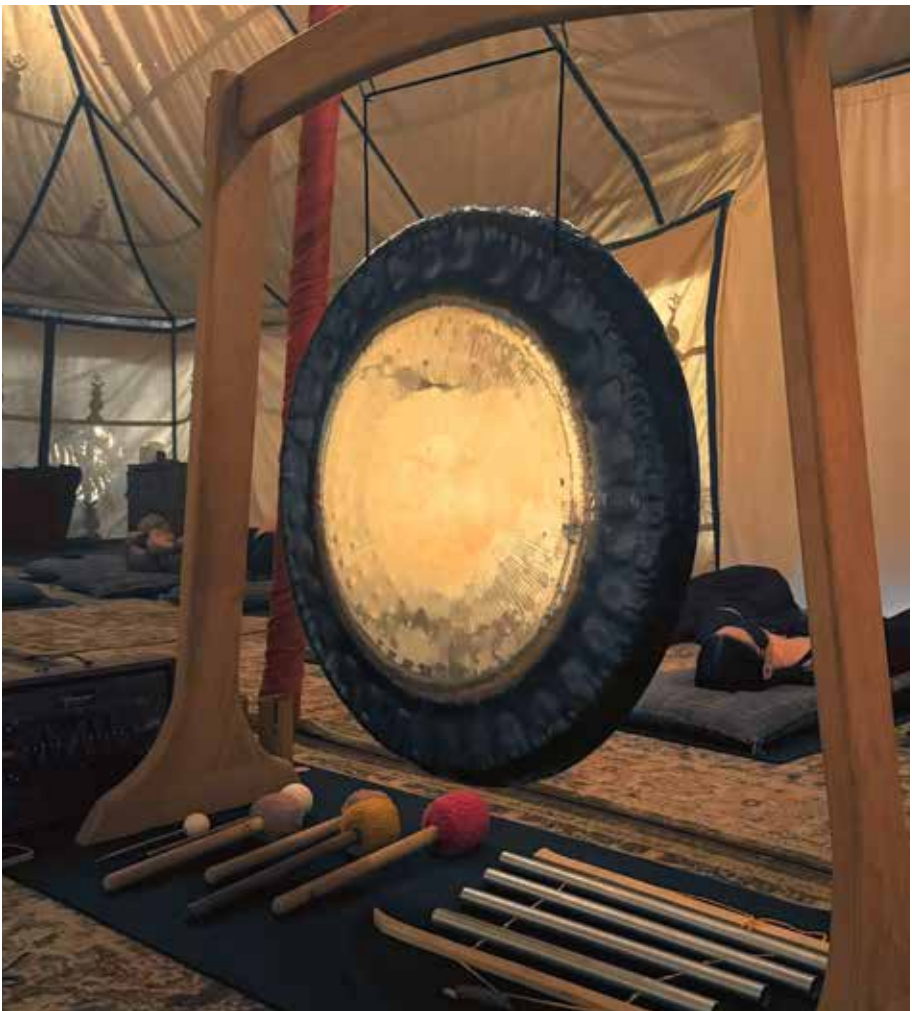
GONG SOUND BATH

With Pablo & Katia

Lie on the mat and relax. The soft sounds surrounding you slow brainwave activity and help your nervous system relax, easing tension and allowing you to feel supported by the ground beneath you.

NOV 9TH

18:00HRS @GRATITUDE TENT



FULL PROGRAM

NOVEMBER — A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



SCENTS LAB

With Sofía

Learn about fragrances and their combinations to create your own scent.

NOV 4TH

17:00HRS @MACONDO

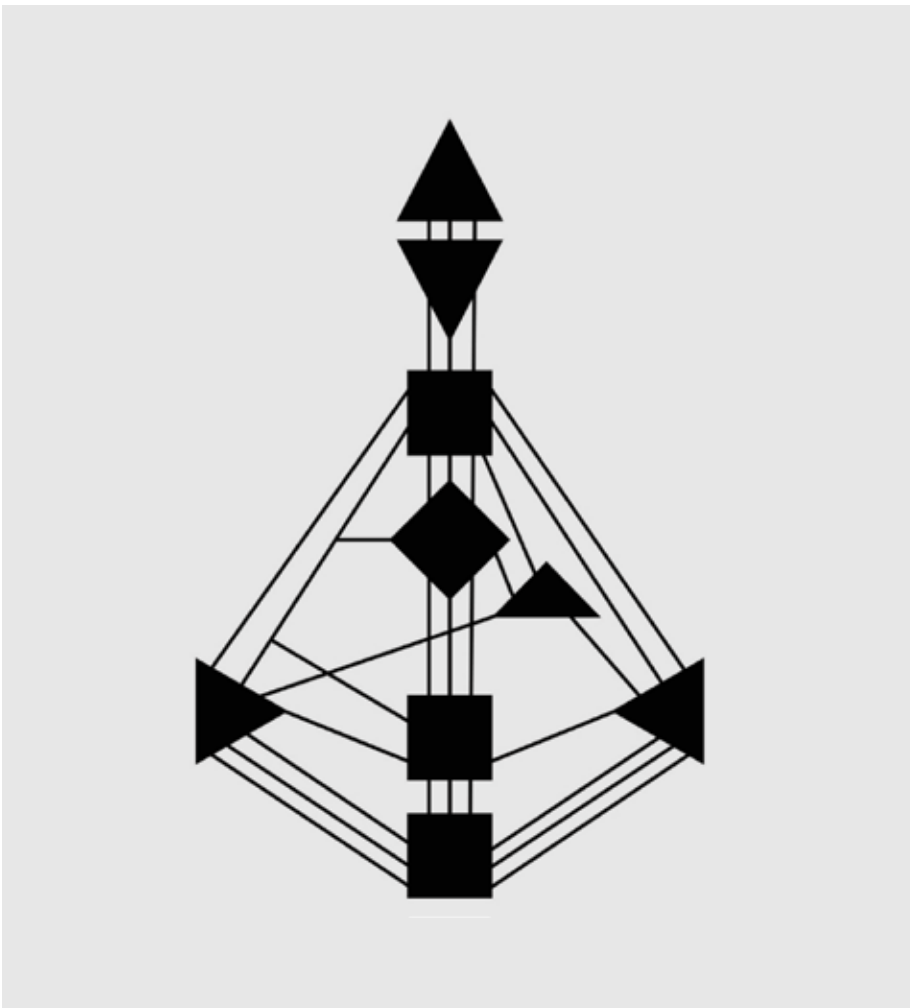
HUMAN DESIGN

With Jennifer

This practice combines astrology, the I Ching, quantum physics, and the study of body energy centers. It explores your personal type, decision-making strategy, and life purpose, providing insights into how you naturally operate and interact with the world.

NOV 10TH

17:00HRS @GRATITUDE TENT



Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

NOVEMBER — A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



OCEAN TALKS: CLAY & WINE

With Agustina Sans & Lula Millan

A space for us, a connection through clay, wellness and community.

NOV 12 & 25TH

17:00HRS @CAVA



TENT TAKEOVER: ETERNAL MUSE - THE TAOISM OF FEMININE LONGEVITY With Lola Holmes

Discover Taoist principles on feminine health and daily practices supporting healing, sexuality, and aging. A session on cultivating natural vitality for longevity without external methods.

NOV 13TH

18:00HRS @GRATITUDE TENT



OCEAN TALKS: LYMPHATIC SELF-MASSAGE With Sue

Learn about the lymphatic system and how to regulate it on your own.

NOV 18TH

18:00HRS @GRATITUDE TENT

Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

NOVEMBER — A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



TENT TAKEOVER: PRACTICAL FENG SHUI SERIES

With Valentina

A practical feng shui workshop combining meditation, visualization, and design to create a personal space that supports focus, connection, and wellbeing

NOV 20TH

18:00HRS @GRATITUDE TENT

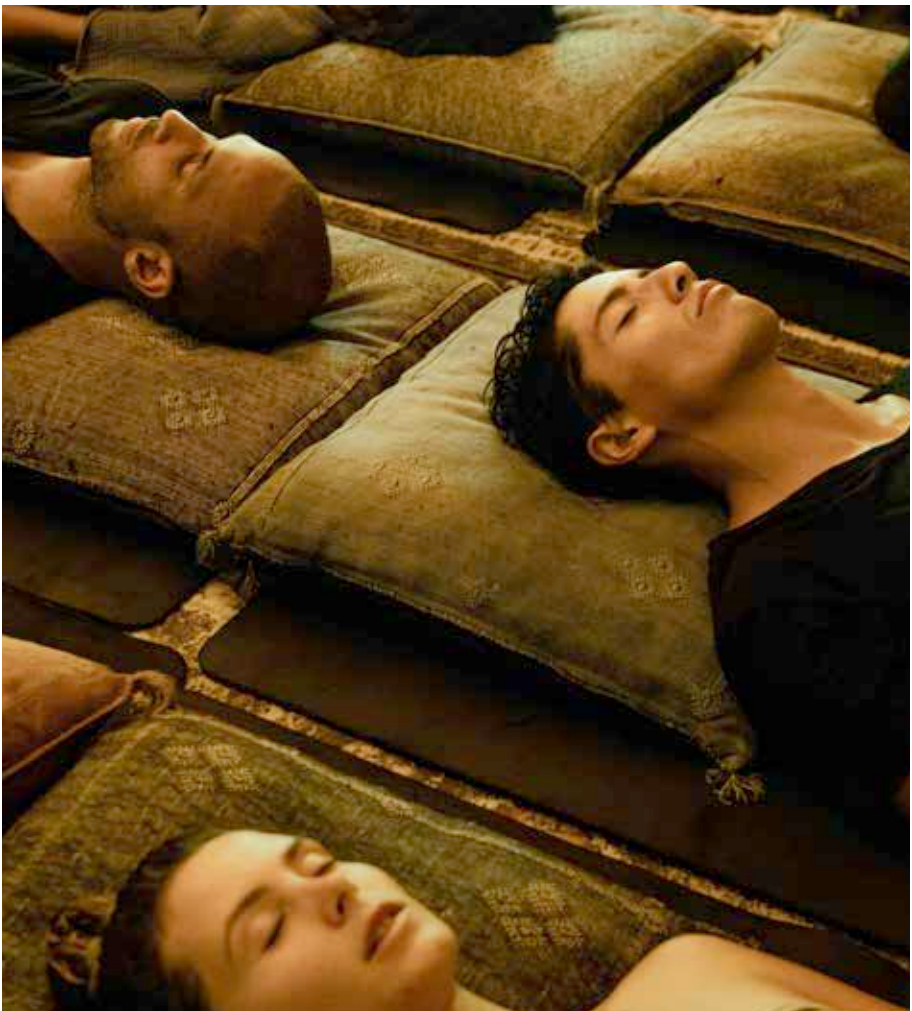
TENT TAKEOVER: BIOFIELD MAGNETS SOUND BATH

With Arlette & Chris

Biomagnetism uses magnets applied to key points to regulate the body's natural flow and release blockages. This method supports recovery, eases tension, and promotes detoxification, accompanied by live Himalayan sounds.

NOV 27TH

18:00HRS @GRATITUDE TENT



Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

NOVEMBER — WEEKLY CLASSES



ROPE FLOW TRAINING

With Danny

Explore the art of circular strength and coordination through Rope Flow, a dynamic practice that blends rhythm, mobility, and mindfulness to develop fluid movement and athletic resilience.

EVERY MONDAY

08:30HRS @SHALA

CLARITY BREATHWORK

With Sabine

Learn Sabine's breathwork method to release emotional tension and access the subconscious mind. This practice supports awareness and personal growth by letting go of suppressed emotions and limiting thoughts for greater clarity and presence.

EVERY MONDAY

11:30HRS @SHALA



Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

NOVEMBER — WEEKLY CLASSES



TEMAZCAL CEREMONY

Temazcal is an ancestral steam ceremony where participants move through four stages linked to the elements. Through heat, stones, and water, it offers a space for reflection, release, and connection to self and nature.

EVERY MONDAY

17:00HRS @TEMAZCAL

ASHTANGA YOGA

With Yossi

A gentle introduction to the Ashtanga system, combining vinyasas and held postures while maintaining focus on the breath. The class explores the first series and its variations, preparing different asanas.

EVERY TUESDAY

08:30HRS @SHALA



Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

NOVEMBER — WEEKLY CLASSES



KUNDALINI YOGA

With Lola Holmes

Kundalini kriyas combine movement, breath, mudra, and mantra to activate the body's natural force, clearing deep patterns in the subconscious and improving clarity. Mats, facial towel, and water are provided.

EVERY WEDNESDAY

08:30HRS @SHALA

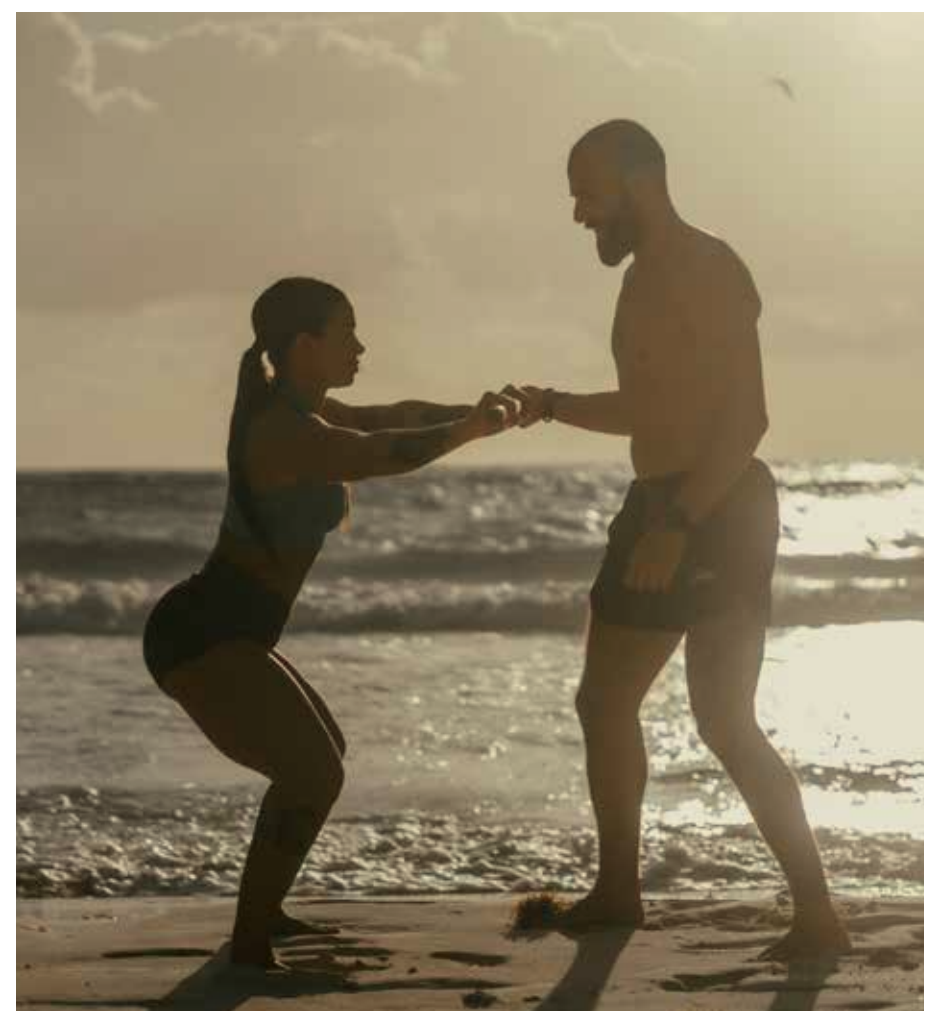
PLAYA FIT CLUB

With Danny

Functional HIIT on the beach to build strength, coordination, and stability at your own pace. Using sand for natural resistance, this session combines movement and training for a complete, accessible workout by the ocean.

EVERY FRIDAY

08:30HRS @BEACH



Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

NOVEMBER — WEEKLY CLASSES



AGUA MÁGICA

In Agua Mágica, our signature water class, you'll explore techniques that connect breath, movement, and water support to release tension and quiet the mind. Guided by instructors, this Wataflow-inspired practice encourages relaxation, presence, and connection—ideal for couples or individuals.

EVERY FRIDAY

11:30HRS @POOL

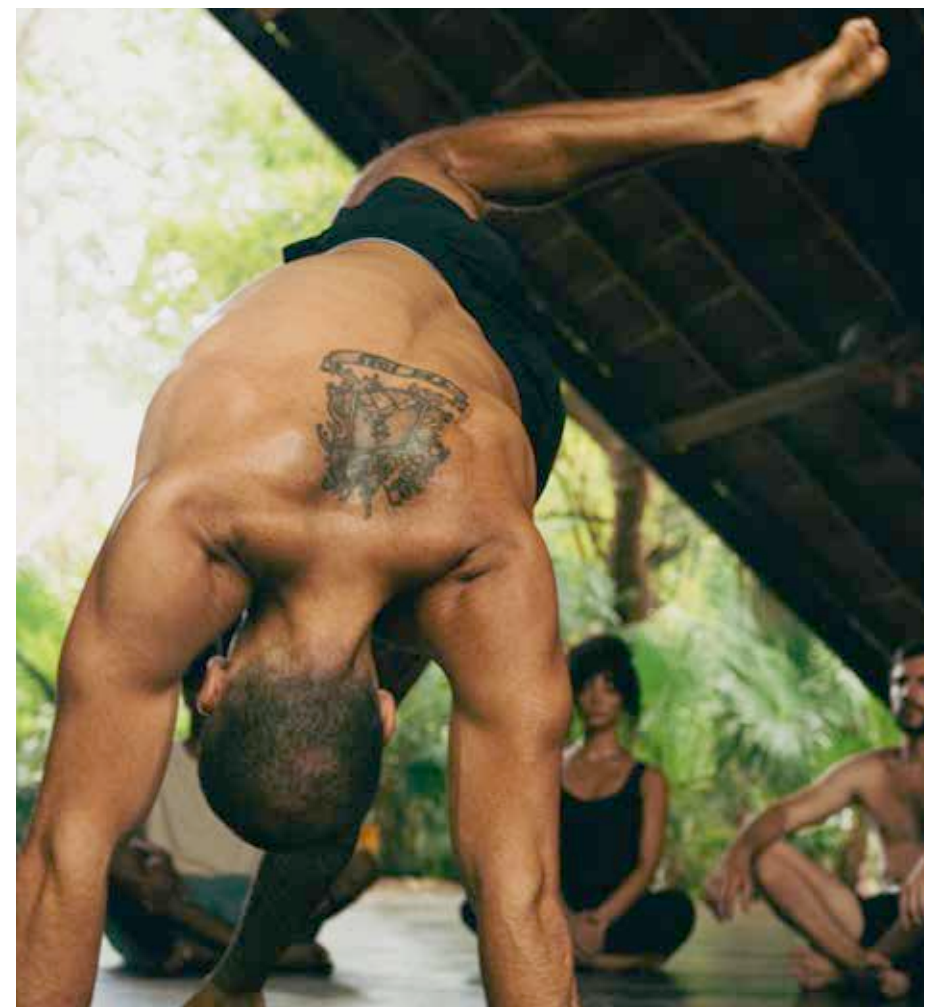
ANIMAL FLOW

With Danny

Primal Flow combines bodyweight movement with animal locomotion patterns to build strength, mobility, and coordination. Inspired by athletic training, this ground-based class teaches foundational sequences for a dynamic, all-levels practice.

EVERY SATURDAY

08:30HRS @SHALA



Please check with our Journey Designers for details and pricing +52 1 984 114 0805

FULL PROGRAM

NOVEMBER ————— WEEKLY CLASSES



RECOVERY ICE BATH

With Danny

Ice therapy combines cold exposure with Wim Hof-style breathing to release stress, increase dopamine, and build focus. This group session helps improve vitality and mental resilience through controlled breathing and gradual cold immersion.

EVERY SATURDAY

15:00HRS @SHALA

SACRED FIRE

With Don Chui

Come closer to the fire and listen to the tales of Don Chui — stories passed down through generations, rich with memory and tradition.

EVERYDAY

19:00HRS @FIRE PIT



FULL PROGRAM

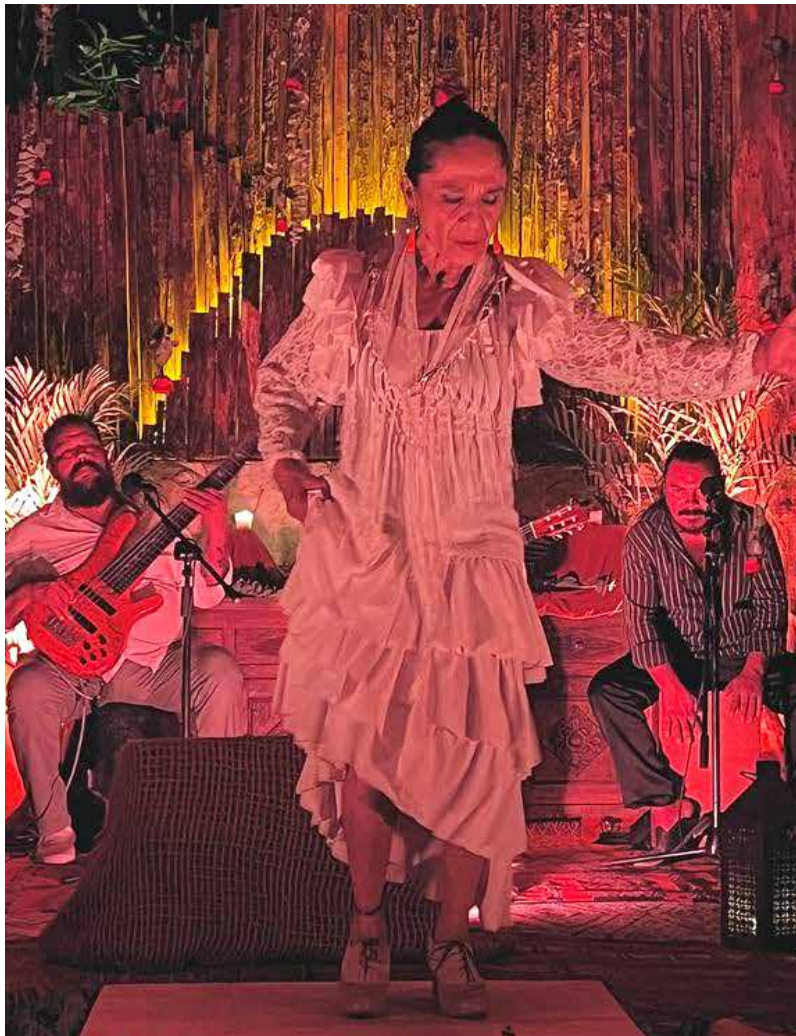
NOVEMBER ————— MUSIC PROGRAM



ORIGINS

A celebration of Tulum’s spirit through music, sensuality, and community. Immerse yourself in an experience that connects the senses and honors Tulum’s cultural roots.

EVERY THURSDAY
19:30HRS @MACONDO
FREE FOR ALL*



LA PLAYA

With Flamencos

In this special performance, the artists invite you to explore the rhythms of flamenco, from its origins to modernity, through their musical interpretations and dances of the genre.

NOV 14TH
19:30HRS @LA POPULAR
FREE FOR ALL*



TAKE OVER

With La Pizzine

A new calling invites us to be part of this beautiful edition. Together with La Pizzine, one of Tulum’s most iconic spots, we dare to create a fresh and renewed musical cycle. Get ready for a night full of surprises and the best music.

NOV 15TH
19:30HRS-01:00HRS
@MACONDO



FULL PROGRAM NOVEMBER

Please check with our Journey Designers for details and pricing:
journeydesign@nomadetulum.com
+52 1 984 114 0805