



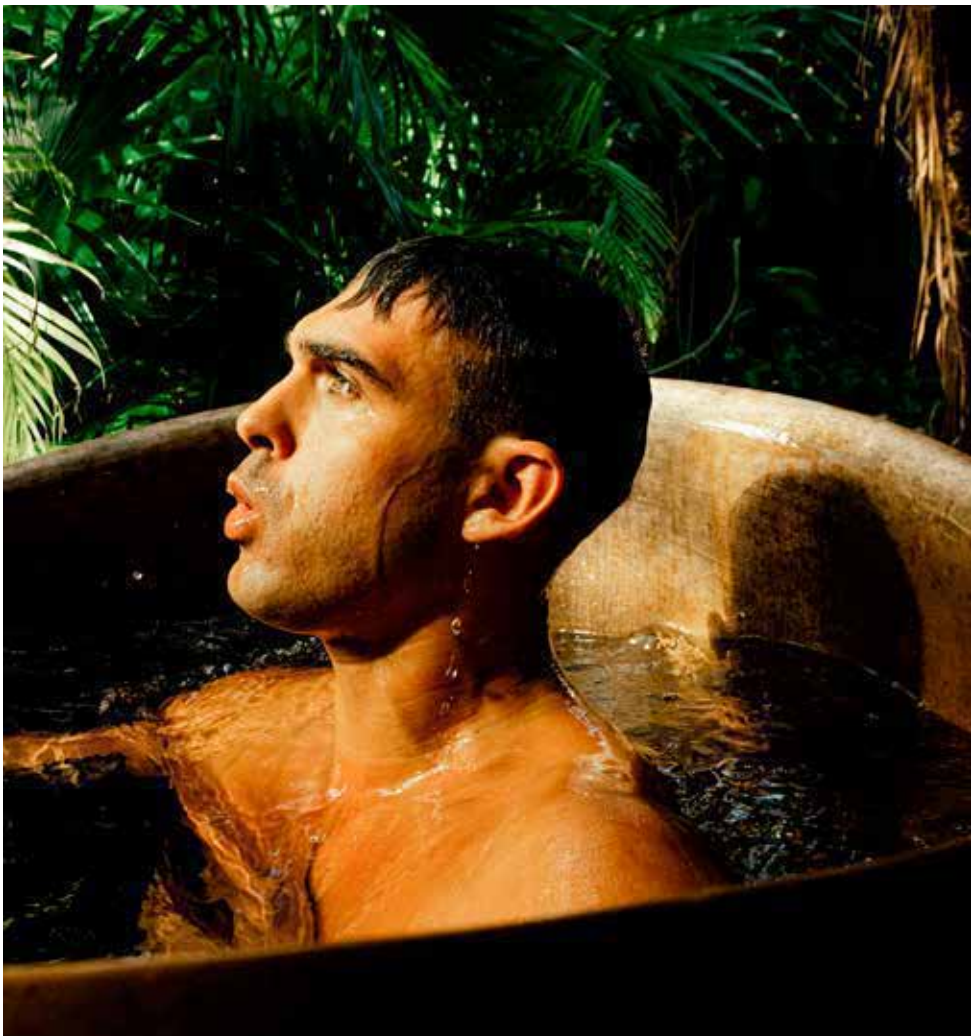
NURTURED

JUNE PROGRAM

NO
30
DE
AF

FULL PROGRAM

NURTURED — WEEKLY CLASSES



ICE BATH with Danny

Cold therapy with our copper ice bath promotes muscle recovery, improves circulation, and enhances mood. Led by experts, it focuses on breath control and resilience, optimizing recovery and performance for athletes and wellness enthusiasts.

EVERY SATURDAY
13:30HRS @SHALA

TEMAZCAL CEREMONY

The Temazcal is an ancient steam ceremony from Mexican and Mayan cultures, practiced for centuries as a space for healing, detoxification, and reflection. Using fire, volcanic stones, and water, participants pass through four stages representing the elements, guided by songs, prayers, and offerings. This tradition supports physical and mental renewal through heat and introspection.

EVERY MONDAY
17:00HRS @TEMAZCAL



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

FULL PROGRAM

NURTURED — HIGHLIGHTED ACTIVITIES



TENT TAKE-OVER: EMOTIONAL NURTURING with Emanuelle

The absence of what we yearned for can leave wounds as deep as any visible scar. Explore how unmet needs impact our ability to navigate emotions effectively.

JUNE 5TH
18:00HRS @GRATITUDE TENT

STUDIO SOUND by Flamencos

In this special performance, the artists take you on a journey through the rhythms of flamenco, tracing its roots and evolution through powerful musical interpretations and expressive dance.

JUNE 14TH
20:00HRS @MACONDO



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

FULL PROGRAM

NURTURED — HIGHLIGHTED ACTIVITIES



LA PLAYA: OYSTERS & GIN

Fresh oysters, botanical gin, and sunset grooves by the sea.

JUNE 8TH
18:00HRS @LA POPULAR

FULL MOON CEREMONY with Don Chui

Be part of our monthly ritual around the bonfire.

JUNE 11TH
19:00HRS @FIRE PIT / FREE FOR ALL**



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

FULL PROGRAM

NURTURED — HIGHLIGHTED ACTIVITIES



MOON PHOTOGRAPHY WORKSHOP with Diego

Practice the essentials of the art of framing and portraying the Moon.

JUNE 11TH
19:00HRS @LAPOPULAR

FAMILY SUNDAY'S: POP UP MARKET

Nômade Pop-Up Market is the perfect time to decompress and enjoy the local life of Tulum, great music, the most creative local brands, and a space for all of us to enjoy the beach with our friends, family, and kids. Sunset included!

JUNE 15TH - FATHER'S DAY & 29TH
13:00 - 19:00 HRS @LA POPULAR / FREE FOR ALL**



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

FULL PROGRAM

NURTURED — HIGHLIGHTED ACTIVITIES



VOICE ACTIVATION with Ingrid

Open up your voice and release blockages to come closer to your authentic expression.

JUNE 17TH
17:00HRS @GRATITUDE TENT

THE SCHOOL OF INTIMACY: NURTURING OUR RELATIONSHIPS with Mari Pili

Express your fondness with the other.

JUNE 19TH
18:00HRS @GRATITUDE TENT



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

SUMMER SOLSTICE

Special Weekend

What are the mysteries of the vast cosmos? By reflecting upon the messages of the stars through the intertwined sciences of astronomy and astrology, we will learn about the sun and the sky. This is a mesmerizing weekend of exploration around the relationship between the planets and the collective and individual experience of humans on Planet Earth.

FULL PROGRAM

NURTURED — HIGHLIGHTED ACTIVITIES



TIME KEEPING: SOLSTICE EXPLAINED

with Fede Andrade

Astrology and Astronomy of the Summer Solstice in a Nutshell

JUNE 20TH
18:00HRS @GRATITUDE TENT

SUNGAZING

with Miroslava

Absorb the first light of the Summer Solstice and learn a new practice.

JUNE 21ST
18:30HRS @BEACH / FREE FOR ALL**



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

FULL PROGRAM

SPECIAL WEEKEND — SUMMER SOLSTICE



SOLSTICE OFFERING with Martha

Align with the cosmos at noon. Only twice a year, the sun's rays fall directly vertical—a special moment when the sun casts no shadow. Create the altar and give the offering.

JUNE 21ST
11:30HRS @BEACH / FREE FOR ALL**

SOLSTICE CELEBRATION with Don Chui & Ariel

Longest day and shortest night! When night falls, we celebrate.

JUNE 21ST
19:00HRS @FIRE PIT / FREE FOR ALL**



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

FULL PROGRAM

SPECIAL WEEKEND — SUMMER SOLSTICE



KOSMIC MONKEY with Bastian

A multisensory experience that blends live music, visuals, and narrative to spark imagination, question assumptions, and reconnect with curiosity—inviting us to see meaning and perspective in new ways, as we once did as children.

JUNE 21ST
20:00HRS @MACONDO

TENT TAKE-OVER: AYURVEDIC LORE with Kayla

Learn about Ayurvedic philosophy and its nutritional benefits.

JUNE 26TH
18:00HRS @GRATITUDE TENT / FREE FOR ALL**



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



NURTURED

Please check with our Journey
Designers for details and pricing:

journeydesign@nomadetulum.com

+52 1 984 114 0805