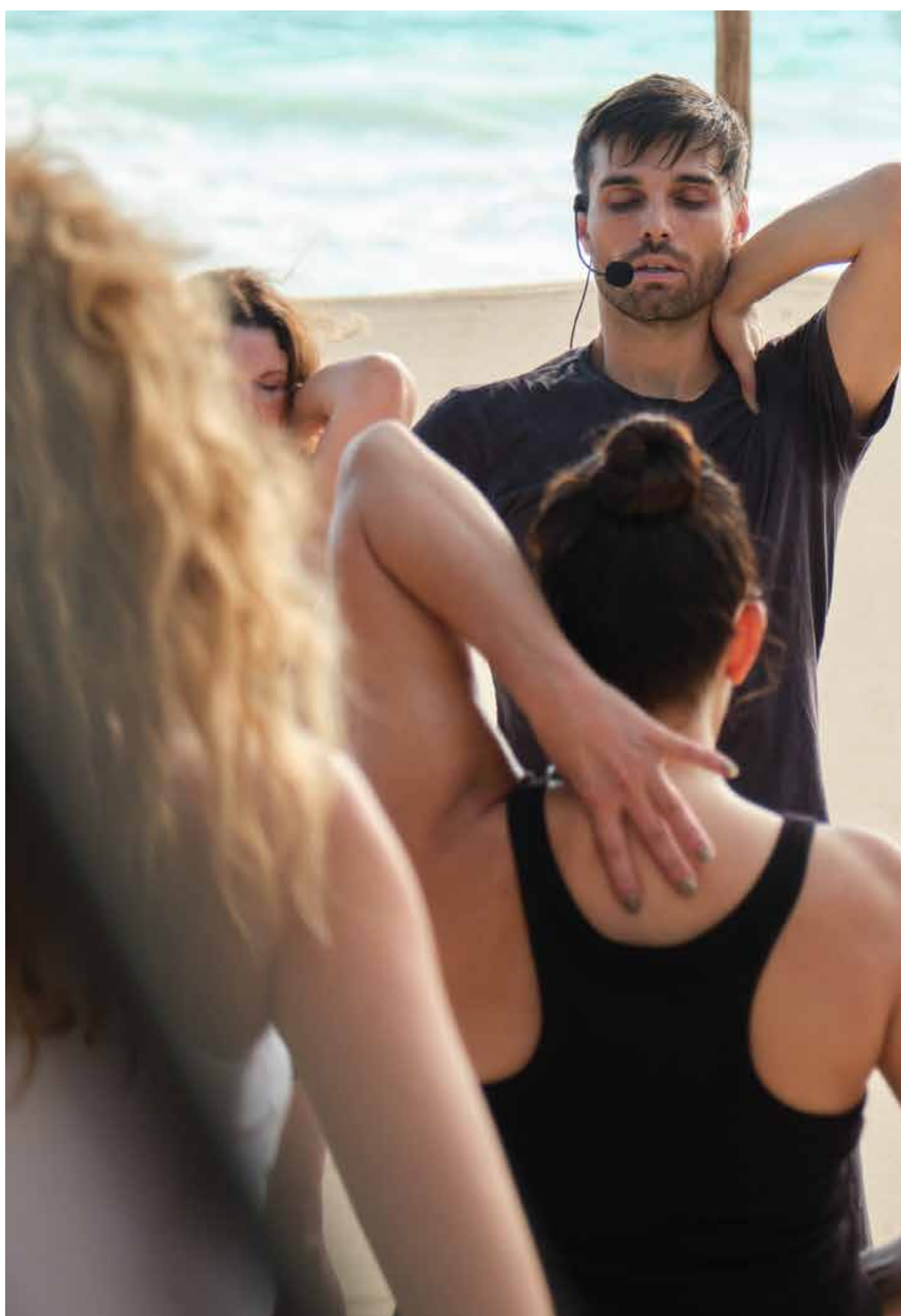


NOMADE
TEMPLE

FULL
PROGRAM
SEPTEMBER

TRANSFORM TO HEALTH WITH HUMAN GARAGE

September 4TH-7TH



Join us for a transformative four-day experience as we proudly launch Fascial Maneuvers as a resident wellness program at Nômade - the first hotel globally to integrate this revolutionary self-healing practice into its ongoing offerings.

From September 4th to 7th, immerse yourself in daily opportunities to explore the profound benefits of Fascial Maneuvers, participate in immersive movement experiences, and learn practical techniques to restore balance to both body and mind through Human Garage's innovative method.

On September 7th, Garry Lineham and the Human Garage team will be live at Nômade for Transform to Health, a signature event designed to reset your nervous system, release deeply held emotional blocks and reconnect you with your body's natural healing rhythm.

FULL PROGRAM

TRANSFORM TO HEALTH — HIGHLIGHTED ACTIVITIES



DAY 1: REDUCE STRESS & TENSION

Release built-up emotions and blocked energy, down-regulate the nervous system, and restore calm through guided movement, breath, and intention.

SEPT 4TH

DAY 2: AWAKEN THE BODY'S HEALING NATURE

Access your body's self-healing mechanism, restore alignment and flow through targeted fascial maneuvers and breath.

SEPT 5TH



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

FULL PROGRAM

TRANSFORM TO HEALTH — HIGHLIGHTED ACTIVITIES



DAY 3: PROGRAM THE NEW POTENTIAL

Program your body and mind with presence, power and potential so you can carry this transformation into your daily life.

SEPT 6TH

DAY 4: HUMAN GARAGE - MAIN EVENT - TRANSFORM YOUR HEALTH

Join Human Garage for a unique wellness journey to reset, restore, and recharge your body and mind.

SEPT 7TH



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FULL PROGRAM

A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



GIN & OYSTER BAR

Good vibes, fresh oysters, and perfectly crafted gin tonics by the sea.

EVERY WEEKEND
FROM 14:00HRS @LA POPULAR

SECRETS OF TEA

Explore the myths, intricacies and complexities and aromas of this ancient leaf.

SEPT 1ST
17:00HRS @KUU JU



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FULL PROGRAM

A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



WELLNESS HANG OUT

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

SEPT 2ND & 19TH
14:00HRS @SHALA

FAMILY SUNDAY'S

The sun is high, the water is cool, and the sound just right.

Spend the day poolside with our Nômade friends. 2-for-1 drinks at sunset to end the day just right.

SEPT 7TH
15:00HRS @LAPOPULAR
FREE FOR ALL**



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FULL PROGRAM

A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



MAKE YOUR OWN CANDLE with Miroslava

Get creative and take your handmade candle home!

SEPT 10TH, 17:00HRS @MARE'ZIA

TENT TAKEOVER: IRIDOLOGY WORKSHOP with Caitlyn

Learn all about our eyes and the science that studies our iris as a source of information about the functioning of our body.

SEPT 11TH, 18:00HRS @GRATITUDE TENT



MOVIE NIGHTS: SPRING, SUMMER, FALL, WINTER... AND SPRING

A meditative Korean film that follows a monk's life across the seasons, reflecting the cycles of growth, temptation, loss, and renewal in a lakeside temple.

SEPT 17TH, 17:00HRS @GRATITUDE TENT



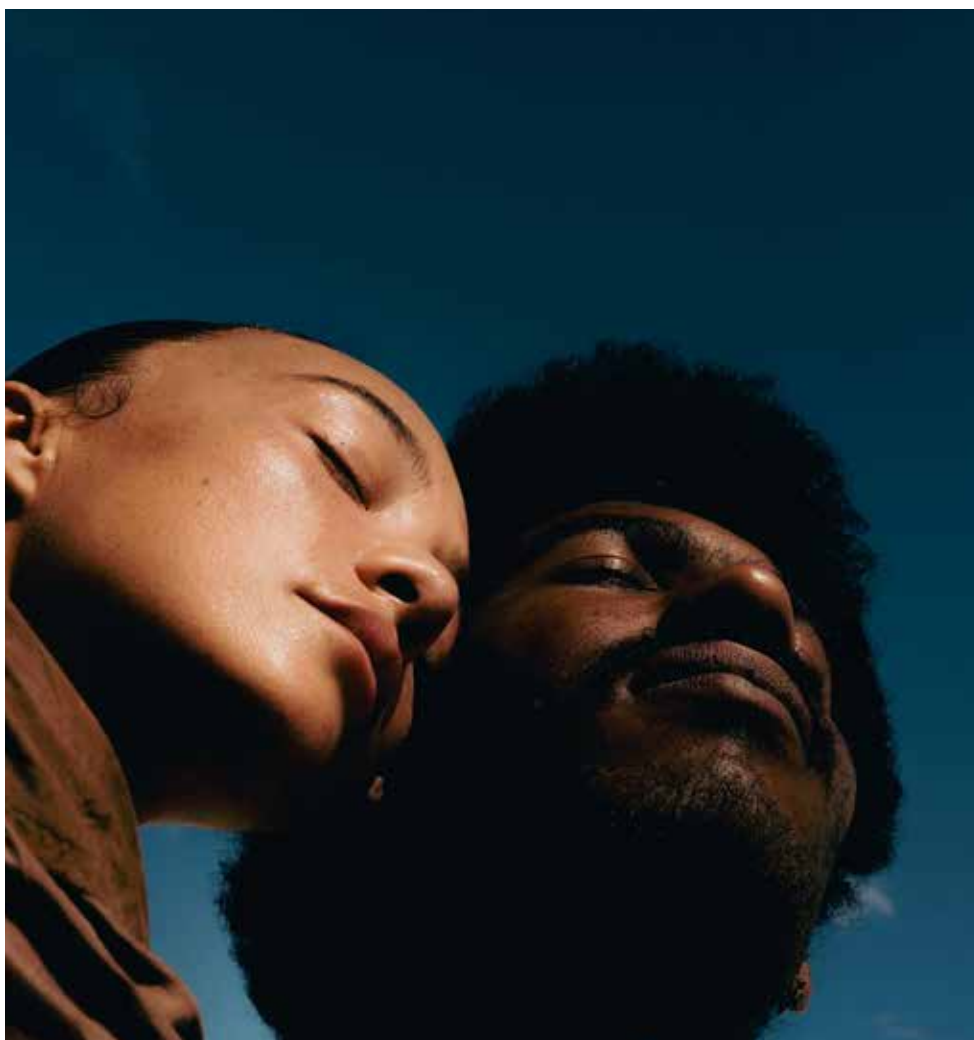
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THE LOVE WEEKEND

Discover the depths of connection, a sanctuary for those eager to explore and enrich their approach to relationships. Whether you're seeking to find a partner, enhance an existing bond, or understand the foundations of successful partnerships, this experience offers invaluable insights into communication, boundaries, and personal growth within the realm of love and companionship.

FULL PROGRAM

THE LOVE WEEKEND — HIGHLIGHTED ACTIVITIES



THE LOVE WEEKEND: INTIMACY & CONNECTION with Lena

Dynamics of intimacy in pairs to open up, give, and receive.

SEPT 18TH
18:00HRS @GRATITUDE TENT

THE LOVE WEEKEND: COUPLE'S MASSAGE with Xel

This workshop is an invitation to explore touch through the five elements of Ayurveda. By connecting to your body and your partner's, you'll learn how to engage in a basic Thai yoga massage sequence with presence and intention.

SEPT 19TH
17:00HRS @GRATITUDE TENT



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FULL PROGRAM

THE LOVE WEEKEND — HIGHLIGHTED ACTIVITIES



THE LOVE WEEKEND: PARTNER WATER RITUAL with Andrés

Surrender in each other's arms with the gentle swaying on the water.

SEPT 20TH, 11:30HRS @POPULAR POOL

THE LOVE WEEKEND: CERAMICS & WINE

Share fondness with each other by creating and playing together.

SEPT 20TH, 17:00HRS @LA CAVA



EQUINOX CEREMONY: FINDING BALANCE with Martita

Celebrate with us the Autumn Equinox, an astronomical alignment marked by equal hours of night and day.

SEPT 21ST, 11:30HRS @FIREPIT



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FULL PROGRAM

A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



SCENTS LAB with Sofia

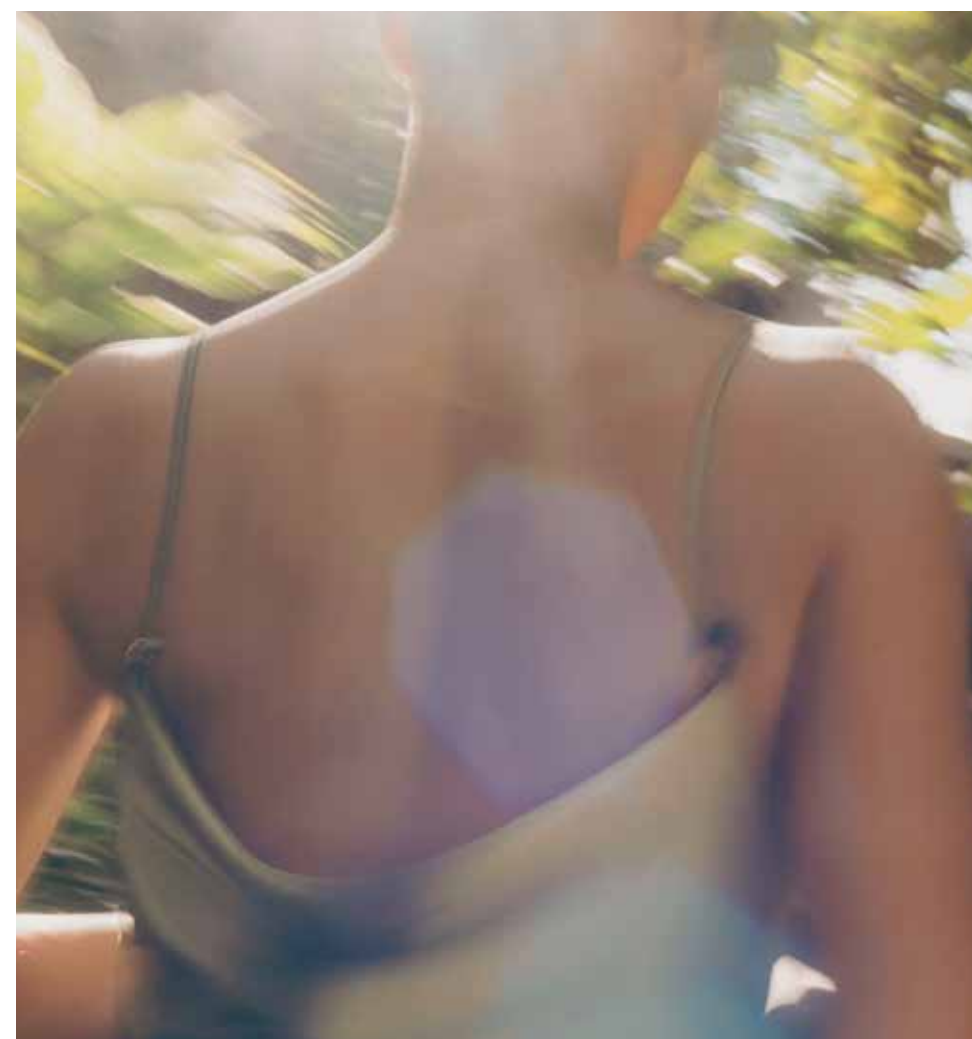
Learn about fragrances and their combinations to create your own scent.

SEPT 23RD
17:00HRS @MARE'ZIA TERRACE

DETOXING MICROPLASTICS & HEAVY METALS

Learn the process of eliminating elements that are harmful to the body.

SEPT 24TH
17:00HRS @MARE'ZIA



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FULL PROGRAM

A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



TENT TAKEOVER: THE PANACEA OF AUTHENTICITY

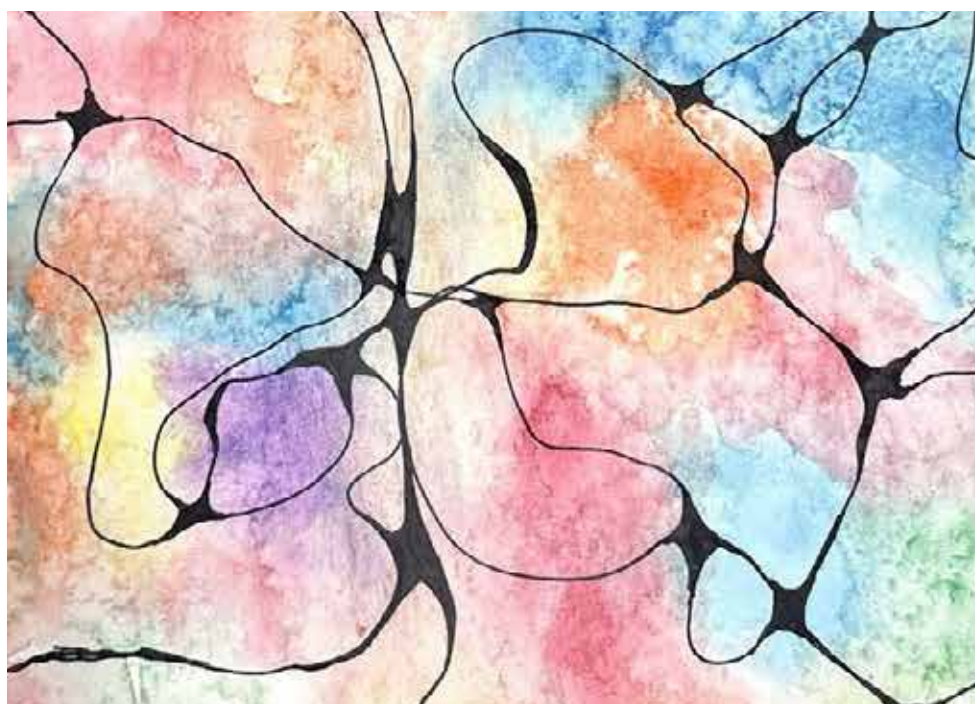
Explore how getting closer to your authentic self can impact a myriad of aspects in your life.

SEPT 25TH, 18:00HRS @GRATITUDE TENT

BE ART: SPIRITS

Art takes many forms. Experience a night of artistic discovery, crafted cocktails, and global grooves on vinyl.

SEPTEMBER 26TH, 19:00HRS @MARE'ZIA TERRACE



NEUROGRAPHICS

Start by releasing your subconscious load, then draw abstract lines and interconnected shapes to promote integration.

SEPT 30TH, 17:00HRS @MARE'ZIA TERRACE

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FULL PROGRAM

SEPTEMBER — WEEKLY ACTIVATIONS



TEMAZCAL CEREMONY

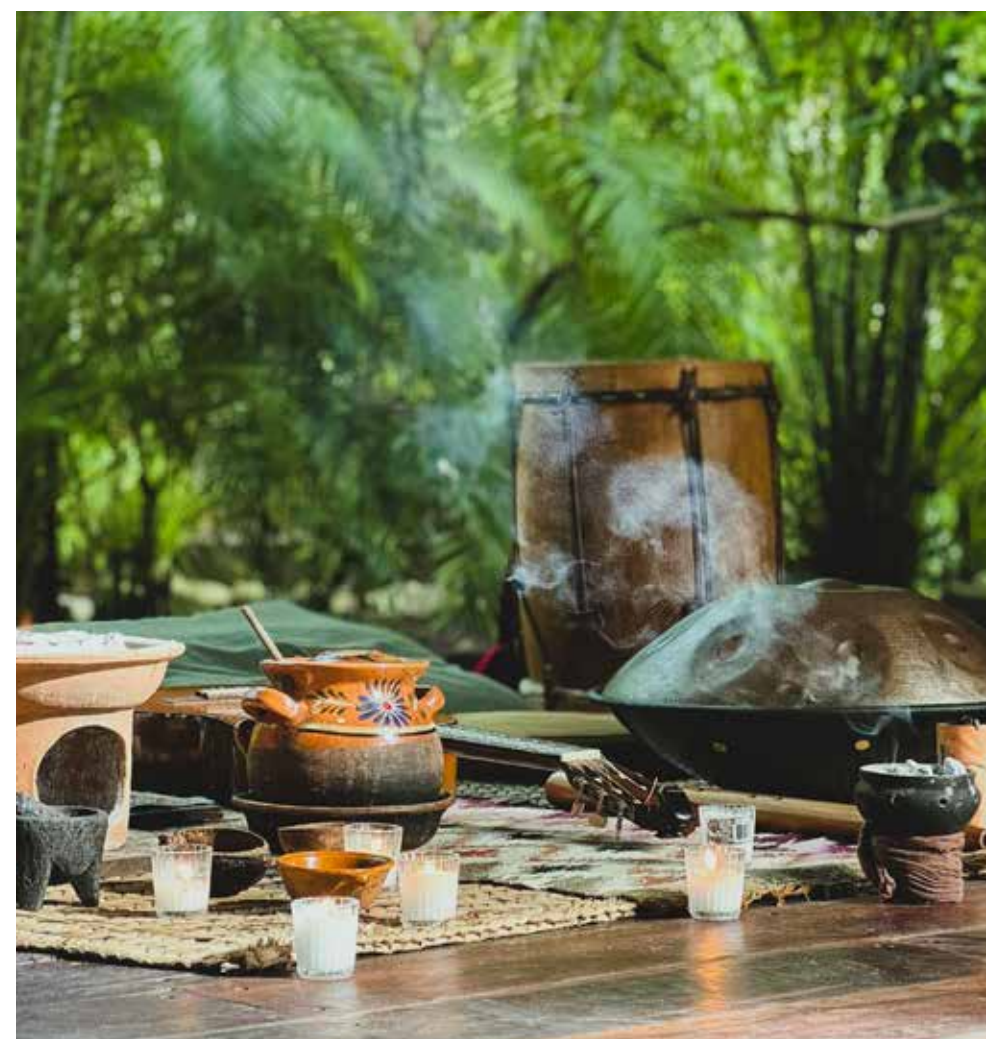
The Temazcal is an ancestral steam ceremony where participants move through four stages linked to the elements. Through heat, stones, and water, it offers a space for reflection, release, and connection to self and nature.

EVERY MONDAY
17:00HRS @TEMAZCAL
WEEKLY CLASS

CACAO CEREMONY

Share the medicine of Cacao, fostering gratitude and heart-opening moments within your family.

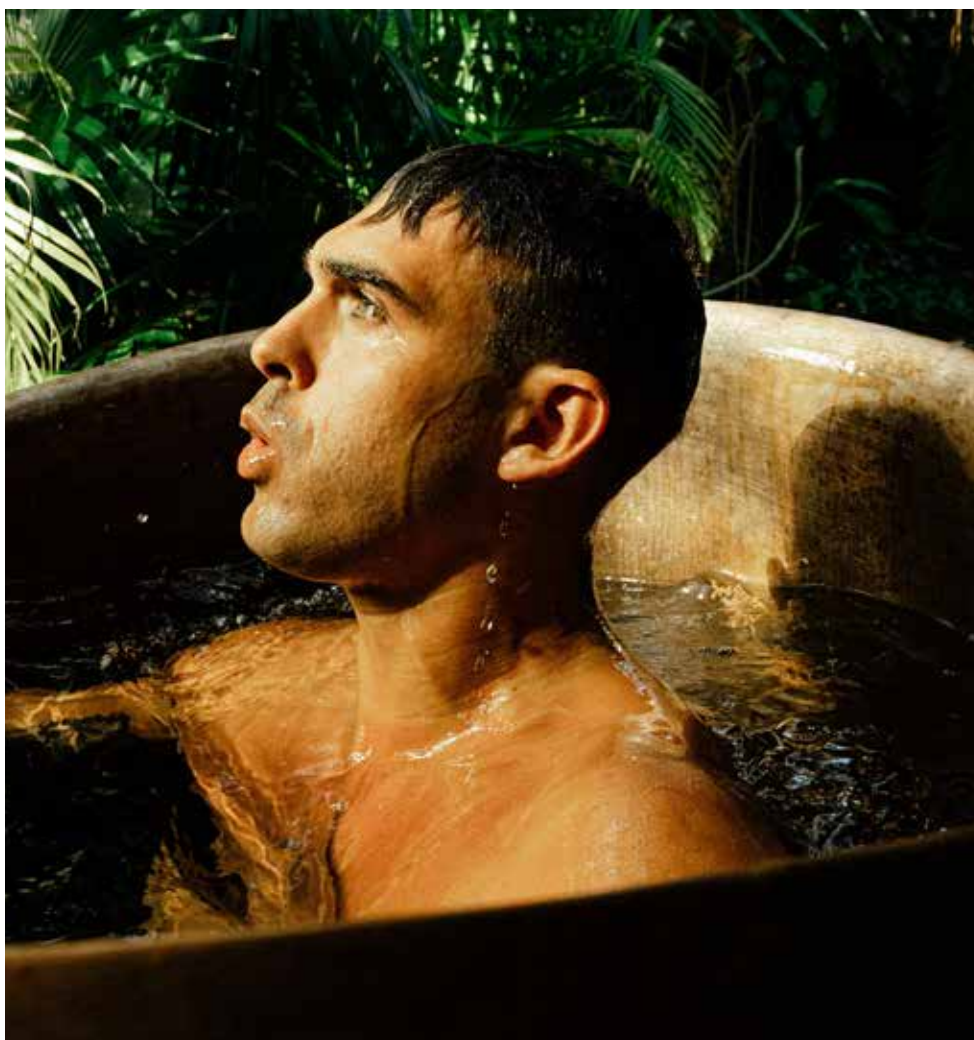
EVERY FRIDAY
17:00HRS AT SHALA
WEEKLY CLASS



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FULL PROGRAM

SEPTEMBER — WEEKLY ACTIVATIONS



ICE BATH

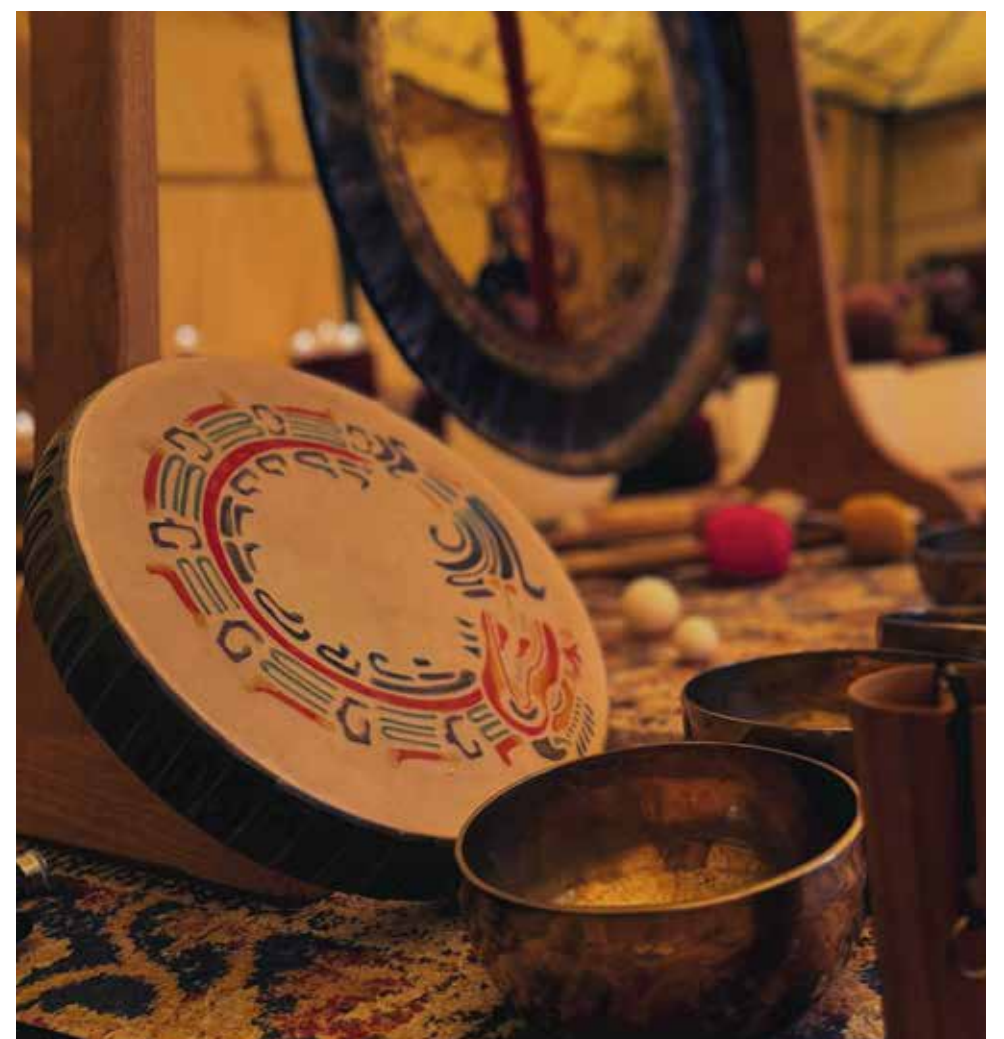
Cold immersion in our copper ice bath supports circulation, recovery, and focus. Guided by trained practitioners, the session combines breath control and cold exposure to build physical and mental resilience.

EVERY SATURDAY
15:00HRS @SHALA
WEEKLY CLASS

SOUND BATHS

Natural and organic sounds are woven together to access Alpha and Theta frequencies, supporting deep listening, introspection, and the restoration of the circadian rhythm while regulating the nervous system.

EVERY SUNDAY
18:00HRS @GRATITUDE TENT
WEEKLY CLASS



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FULL PROGRAM SEPTEMBER

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journeydesign@nomadetulum.com

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