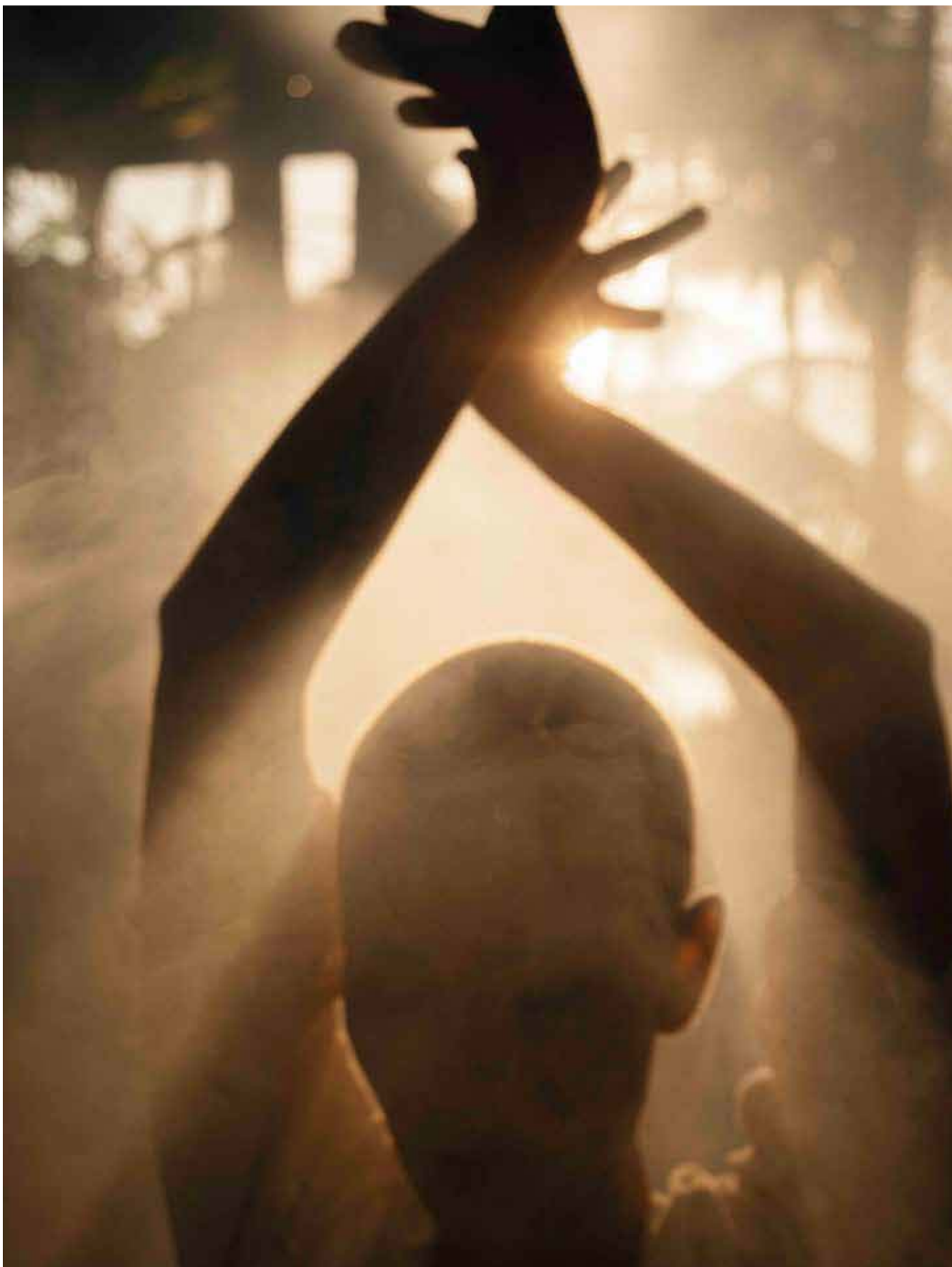


SPRING EQUINOX

MAR 20TH - 23RD

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SPRING EQUINOX



This **Spring Equinox**, step into a weekend of balance, renewal, and growth. In the calm beauty of Tulum, we'll honor equal day and night with a journey into, Music, art, wellness, and nature.

The equinox is a time for transformation and new beginnings - a perfect opportunity to reset, recharge, and reconnect with yourself and nature. Our program will include rejuvenating wellness practices, creative workshops, nature immersion, and activities designed to help you find your center and embrace the possibilities ahead.

FULL PROGRAM

SPRING EQUINOX — HIGHLIGHTS ACTIVITIES



YOGA ASANAS

With Arun

Based on traditional practices, our yoga sessions integrate Asanas to create balance and harmony between body, mind, and spirit. Designed for all levels, from beginners to advanced practitioners, the flow of postures enhances flexibility, strength, and coordination.

MAR 20TH
9:00AM @SHALA
WEEKLY CLASS*

[VIEW MORE](#)

GRATITUDE TENT: LIMINAL BREATHWORK

With James Oliver

Liminal Breathwork guides you through the transition between past and future self, helping release old patterns and reconnect with your authentic, peaceful, and self-accepting nature.

MAR 20TH
11:30AM @GRATITUDE TENT
WEEKLY CLASS*

[VIEW MORE](#)



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

FULL PROGRAM

SPRING EQUINOX — HIGHLIGHTS ACTIVITIES



NOMMO FEST

This festival will take place in Tulum, blending art and music in a powerful celebration and call to action. We unite with a shared mission: to support and empower five incredible foundations making a difference in Tulum.

Experience the fusion of art, wellness and music.

MAR 20TH
3:00PM - 1:00AM @LAPOPULAR

[VIEW MORE](#)

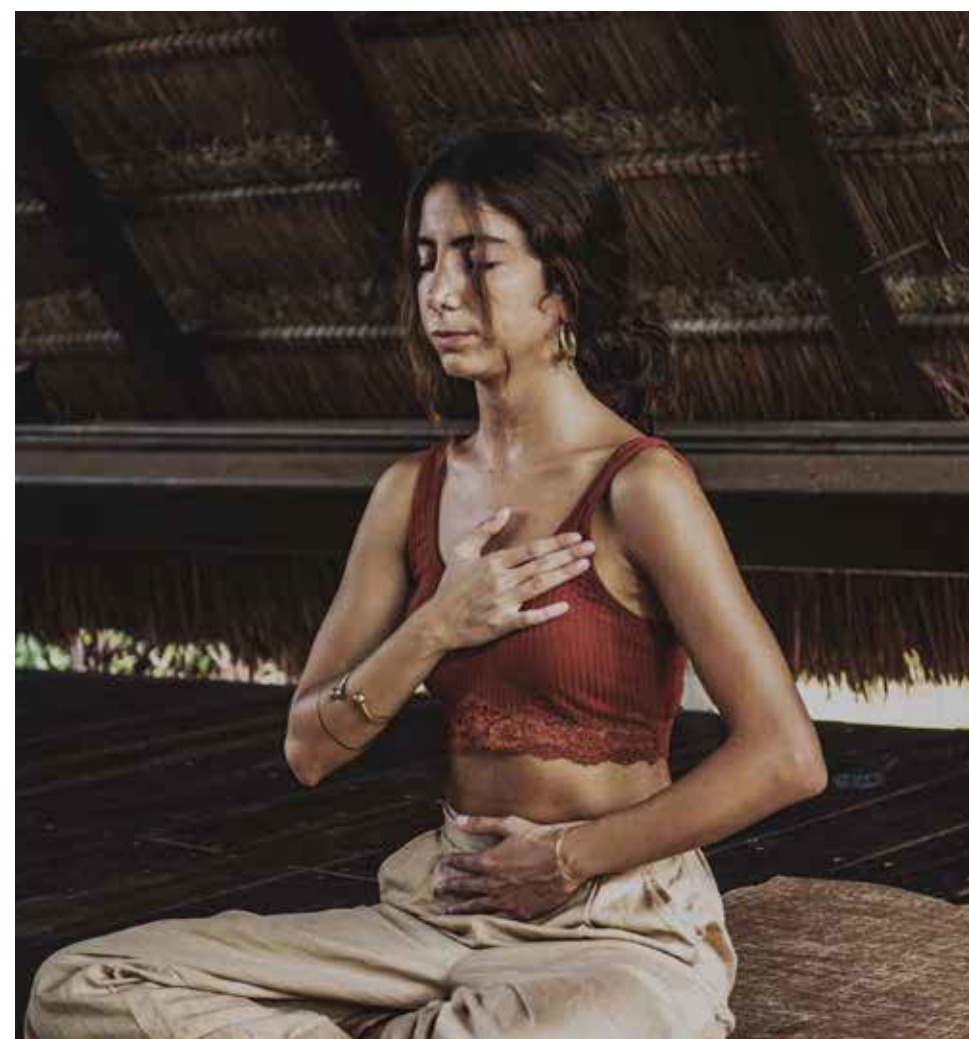
YIN YOGA FOR THE EQUINOX

With OLA

Honor the balance of the equinox with a Yogic journey into stillness and introspection. Soften into transition, embrace feelings, and realign with the rhythms of change.

MAR 21ST
9:00AM @SHALA

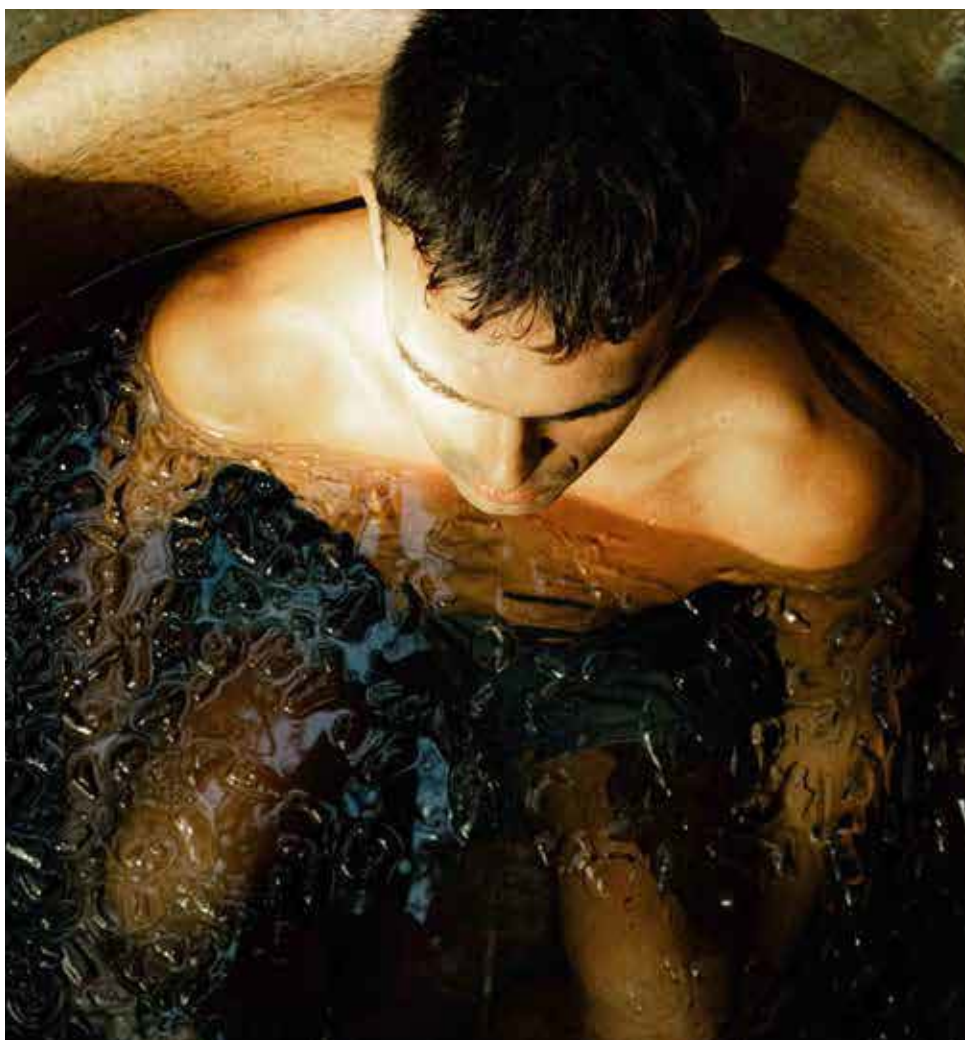
[VIEW MORE](#)



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FULL PROGRAM

SPRING EQUINOX — HIGHLIGHTS ACTIVITIES



ICE BATH

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

MAR 22ND
1:00PM @SHALA
WEEKLY CLASS*

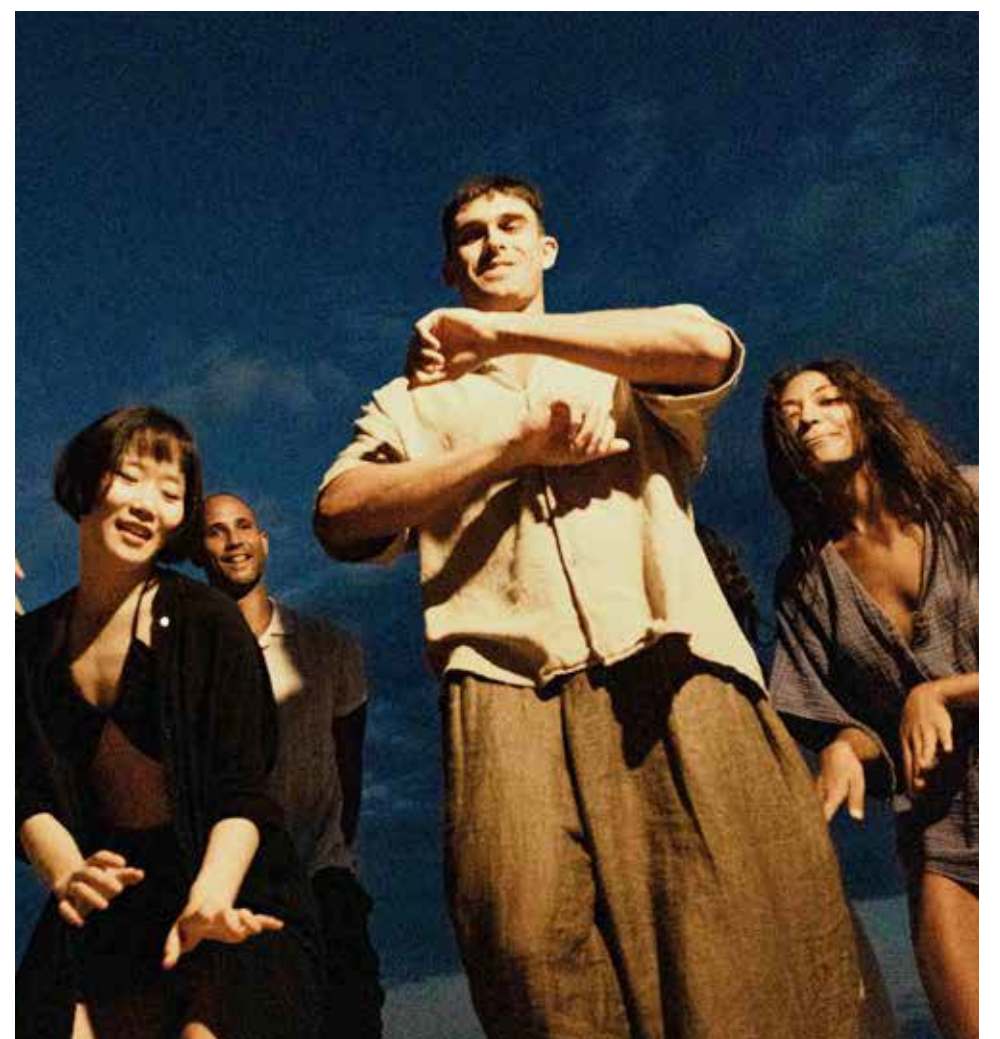
[VIEW MORE](#)

NOMMO FEST: PLAY TASTE

Nômade Theater Series presents: TASTE—6 scenes, diverse genres, all inspired by the theme of taste. An immersive show where the audience curates their journey, making each performance uniquely personal. A night filled with unforgettable experiences by the sea, accompanied by an exquisite dining menu.

MAR 21ST -22ND
6:00PM @LAPOPULAR

[VIEW MORE](#)



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FULL PROGRAM

SPRING EQUINOX — HIGHLIGHTS ACTIVITIES



NÔMADE POP UP MARKET

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

MAR 23RD
1:00PM - 8:00PM @NÔMADE
FREE FOR ALL*

[VIEW MORE](#)

AWAKENING THE SENSES

Reconnect with your senses in a 2-hour immersive workshop through breath, movement, sound, touch, and taste. Explore sensory play, deep listening, and rituals to enhance presence, pleasure, and connection.

MAR 27TH
5:00PM @GRATITUDE TENT

[VIEW MORE](#)



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FULL PROGRAM

SPRING EQUINOX — HIGHLIGHTS ACTIVITIES



BE ART: WINE

Be Art is the place where we become present with art. Art takes many forms, offering us ways to reflect on what we see and what we feel. In this cycle, we will meet artists from around the world, exploring their unique expressions.

At the same time, you'll have the opportunity to experience the art of spirits and cocktails. A selection of tapas and finger food will be available, adding another layer to this evening.

MAR 28TH
7:00PM - 9:00PM @MARESIAS

[VIEW MORE](#)

SOBREMESA

Our philosophical banquets are enriching gatherings that combine meaningful conversations and shared meals. These evenings encourage deep discussions on life, ideas, and existence, fostering connection, curiosity, and the exchange of "food for thought."

MAR 27TH
5:00PM @BETULUM

[VIEW MORE](#)



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FULL PROGRAM

SPRING EQUINOX — HIGHLIGHTS ACTIVITIES



NEW MOON: SAMBA DE COCO BRAZILIAN VIBE

Celebrate the New Moon with Samba de Coco, a traditional Roda dance from Pernambuco, Brazil. Join the Coletivo Capoeira for music, dance, and community by the beach.

MAR 29TH
5:00PM @FIREPIT

[VIEW MORE](#)

SPRING EQUINOX

Please check with our Journey Designers for details and pricing:

journeydesign@nomadetulum.com

+52 1 984 114 0805

NOV 30