



Nômade Life Tulum

# SCHEDULE

Weekly Program

<b>MON</b>	10:00 Vinyasa Yoga 11:30 Somatic Release Exercises 17:00 Temazcal Ceremony
<b>TUE</b>	08:00 Ashtanga Yoga 10:00 Qi Gong 17:00 Magic Sharing Circle
<b>WED</b>	08:00 Kundalini Yoga 10:00 Pilates 17:00 The Creative Family: Sound & Percussion
<b>THU</b>	08:00 Yogasanas 10:00 Pranic Meditation 11:30 Agua Magica 17:00 The Creative Family: Cacao Ceremony

RESERVE :  
[journeydesign@nomadetulum.com](mailto:journeydesign@nomadetulum.com)



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Weekly Program

<b>FRI</b>	<p>10:00 Vinyasa Yoga 11:30 Clarity Breathwork 18:00 Candlelit Series: Community Soundhealing for Mind Frequencies</p>
<b>SAT</b>	<p>10:00 Vinyasa Yoga 11:30 Contemporary Movement 13:30 The Creative Family: Ice-Bath Challenge</p>
<b>SUN</b>	<p>10:00 Vinyasa Yoga 11:30 The Creative Family: Theatre Through Play 18:00 The Creative Family: Sacred Fire Mayan Storytelling Nights</p>

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