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## WELLNESS THEMES JULY & AUGUST

### MIND FREQUENCIES

Engage your mind through the transformative power of music and frequencies. Step into the harmonious realm of sound, where mind and brainwaves converge. This summer, our focus will be on using sound as a medium for resetting and rejuvenating. Sit back, relax, and let the melodies and tones guide you on an inner journey of self-discovery. Experience how each instrument can lead you to new realms and perspectives.

### CREATIVE FAMILY

Come together to explore and grow through creativity. In this unique getaway season for families, we invite both little ones and adults to bond through art and creativity. In the serene setting of Tulum, families engage in various artistic activities like painting, sculpture, and crafts for all ages. Guided by expert artists, participants explore creativity together, fostering connection and expression.





## RESIDENCIES JULY

### SUPERSEASONIC GROUP

Join sound designer Timo Preece and yogi/holistic wellness expert TJ Jackson for a next-level sound meditation experience that sits at the intersection of ancient wisdom and state-of-the-art technology. Crafted by a visionary duo—a sound designer with a passion for immersive audio landscapes and a yogi with a background in medicine—each experience leverages the limitless possibilities of digital audio meticulously crafting and modulating soundscapes in real-time.



### GRUPO UNO

Teutli, Ariel, Rodrigo and the UNO family which they are a part of, weave a variety of healing sounds, mantras, prayers, smudging and cleansing to help people find inner peace and harmony. They have been performing together for over 7 years; healing hearts and uplifting spirits through their sound meditations.





## WELLNESS PROGRAMS

### WHEN WORDS BECOME MEDICINE

VERONICA  
CIANDRE

JULY 4  
6PM

GRATITUDE  
TENT

A New Narrative Workshop helps transform negative self-talk into positive affirmations through journaling, visualization, meditation, and the power of "I AM," creating significant personal and collective transformation by changing language and frequency.



### FREQUENCIES FOR TRANSFORMATION

SUPERSEASONIC  
GROUP

JULY 6  
6PM

GRATITUDE  
TENT

Each experience is carefully curated by blending dynamic breathwork, movement, deep relaxation (nidra), playfulness, mental focus, and spontaneity. Sound is the gateway to the center of a state of mind.



Stay updated on the best wellness and music events during your stay. Click the WhatsApp icon to join our Happenings channel for classes, schedules, themes, and the extraordinary facilitators behind them.



Register for our wellness events at [web.bewe.co/nomade-tulum3](http://web.bewe.co/nomade-tulum3)





## WELLNESS PROGRAMS

### ORGANIC BEAUTY SERIES CHAPTER 2: RADIANCE AN EXPLORATION OF BEAUTY

KATHERINE  
LEE

JULY 10  
5PM

MARESIAS  
2ND FLOOR

An exploration of aesthetic beauty as seen through the lens of Chinese Medicine. Where the grace of the natural world and one's inner world intersect to reveal our unique expression of spirit and radiant beauty.



### CANDLELIT COMMUNITY SOUNDHEALING

SPECIAL  
GUESTS

JULY 19  
5PM

MACONDO

Join us for a new series of community candlelit sessions at the cozy Macondo restaurant. Immerse yourself in harmonic vibrations and a warm ambiance that invites relaxation and connection. Enjoy shared experiences and, why not, top it all off with a delicious Moroccan meal?





## WELLNESS PROGRAMS

### FAMILY CONNECTIONS: SACRED FIRE MAYAN STORYTELLING NIGHTS

SPECIAL  
GUEST

JULY 20  
6PM

FIRE PIT

Gathering around a crackling fire, we share ancient Mayan stories under the starlit sky. The tales, rich with myth and history, weave a tapestry of wonder and cultural connection.



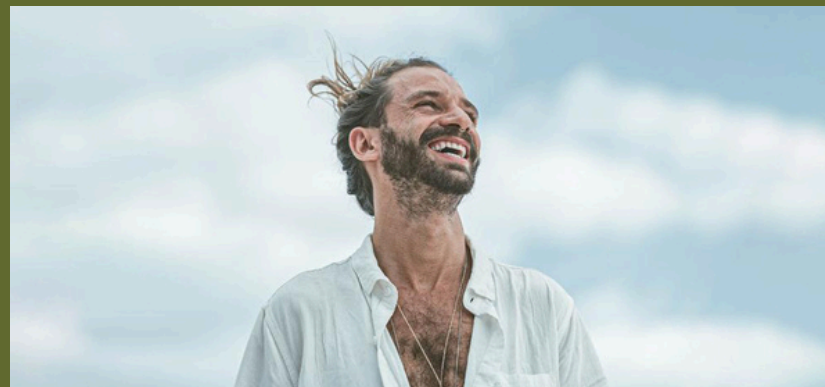
### LAUGH LAB

ALAN  
WEIN

JULY 25  
6PM

GRATITUDE  
TENT

LaughLab: It's Time to Take Laughter Seriously! Laughter transforms body and mind, relaxing you, aligning your thoughts, and boosting your energy. In this workshop, learn to harness the power of laughter to change your body chemistry and elevate your mood. You've been practicing it since you were a baby; now, let's use it with intention.





# WEEKLY WELLNESS

## ACOUSTIC YOGA

KUNTI &  
YESENIA

SATURDAYS  
8AM

YOGA  
SHALA

## FAMILY CONNECTIONS: ICE BATH CHALLENGE

ANDRES

SATURDAYS  
1PM

YOGA  
SHALA

## FAMILY CONNECTIONS: PAINTING & CRAFTS CREATIONS

TATIANA

SUNDAYS  
11AM

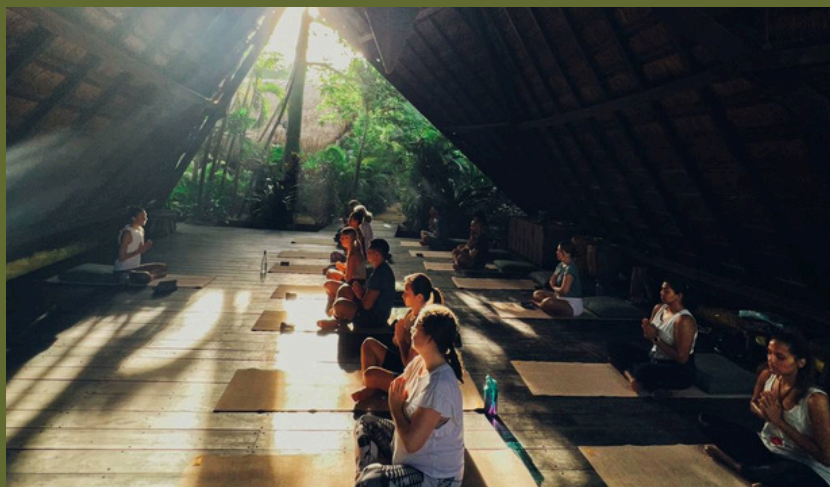
YOGA  
SHALA

## PRIMAL FLOW

RICARDO

FRIDAYS  
8AM

THE  
BEACH





# MUSIC

## RITUAL BY CONDESA GIN

VITTO BRION      JULY 6      MACONDO  
7-11PM

## MOONLIGHT BY HERRADURA

SPECIAL GUEST      JULY 21      LA POPULAR  
2PM-7PM

## POP-UP MARKET

MAKAMBO & BE VIOLIN      JULY 14      LA POPULAR  
2-7PM

## ORIGINS

LUCIANO LOZZ LIVE SET      JULY 25      MACONDO  
7PM-12:30AM

## ORIGINS

ART DEPARTMENT      JULY 18      MACONDO  
7PM-12:30AM

## MOVE RE

ELI LIGHT      JULY 27      MACONDO  
7-11PM







## CUISINE



### WHAT'S NEW: KUU

Experience our newly launched à la carte lunch menu at Kuu, an elevated journey of Japanese culinary traditions crafted by Chef Hirokazu Sato.

We also offer two personalized seatings of the omakase style - a form of Japanese dining in which guests "leave it up" to the Chef to provide a tailored menu based on seasonality and available ingredients at their finest.

OPEN WEDNESDAYS - MONDAYS

LUNCH:

1:00 PM - 5:00 PM

OMAKASE EXPERIENCE:

6:00 PM & 8:00PM

RESERVATIONS REQUIRED

[BOOK NOW](#)





# NÔMADE

TULUM



- |                |               |                     |                  |                |
|----------------|---------------|---------------------|------------------|----------------|
| ● Villa W/Pool | ● Deluxe Tent | ● Jungle Suite      | ● Premier Jungle | ● Tierra Suite |
| ● Aire Suite   | ● Double Up   | ● Master Tent Ocean | ● Premier Suite  | ● Tree House   |
| ● Arena Suite  | ● Fuego Suite | ● Front Suite       | ● Standard       |                |

## THE JOY OF HEALING ROOTED IN NÔMADE CULTURE

Embark on an immersive journey with Nômade, where culture, self-discovery, celebration, and profound connections converge in an experience that fundamentally redefines the very core of travel.

## DINING

At Nômade, we encourage optimal health through reciprocity, celebrating dishes that honor food as a resource from nature, highlighting the abundance of locally-sourced, high-quality ingredients.

## WELLNESS SPACES & PROGRAMS

Our human-centered spaces were conceived as temporary habitats for our community of travelers looking to reconnect. Our programming is designed to inspire connection, learning, creation, and evolving. Get in touch with nature, culture, and sacred wisdom to carry a new-found consciousness wherever your journey leads you next.





# NOMAD LIFE

Questions? Contact us at  
[journeydesign@nomadetulum.com](mailto:journeydesign@nomadetulum.com)