

WEEKLY PROGRAM

JUL 15TH - 21TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00		ASHTANGA YOGA @ Shala	KUNDALINI YOGA @ Shala	YOGASANAS @ Shala			
10:00	VINYASA YOGA @ Yään	QI GONG @ Yään	PILATES @ Yään	PRANIC MEDITATION @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään
11:30	SOMATIC RELEASE EXERCISES @ Gratitude Tent			AGUA MAGICA @ La Popular Pool	CLARITY BREATHWORK @ Shala	CONTEMPORARY MOVEMENT @ Shala	THEATRE THROUGH PLAY @ Shala
13:30						ICE BATH CHALLENGE @ Shala	
17:00	*TEMAZCAL CEREMONY @ Temazcal	MAGIC SHARING CIRCLE @ Gratitude Tent	SOUND & PERCUSSION @ Shala	*CACAO CEREMONY @ Shala			
18:00					*CANDLELIT SERIES: COMMUNITY SOUNDHEALING FOR MIND FREQUENCIES @ Macondo		SACRED FIRE MAYAN STORYTELLING NIGHTS @ Fire Pit

NÔMADE TULUM
 BE TULUM
 THE CREATIVE FAMILY

***Temazcal Ceremony \$35USD | *Cacao Ceremony \$25USD**

***Sound Healing \$25USD**

Guests of Nômade Tulum and Be Tulum can enjoy access to all workshops. Stop by the Journey Designer desk for any assistance in registering or locating our shared event spaces.

