

A man with a beard and mustache is sitting in a meditative lotus position on a sandy beach. He is shirtless, wearing dark shorts and a necklace with a pendant. His eyes are closed, and he has a serene expression. The background shows the ocean with gentle waves, a line of palm trees, and distant mountains under a soft, hazy sky at sunset or sunrise. The lighting is warm and golden.

UNFLODLING THE VITAL IMPULSE

CARLOS FRIONE

May 27th to 29th

Carlos has been on the path of yoga for over 40 years and has been teaching since 1998. The journey led to India, where both personal practice and teaching approach were deepened.

UNFLODLING THE VITAL IMPULSE

CARLOS FRIONE

ASHTANGA YOGA

MAY 27TH
8:30 HRS

ASHTANGA YOGA
& BIOENERGETICS

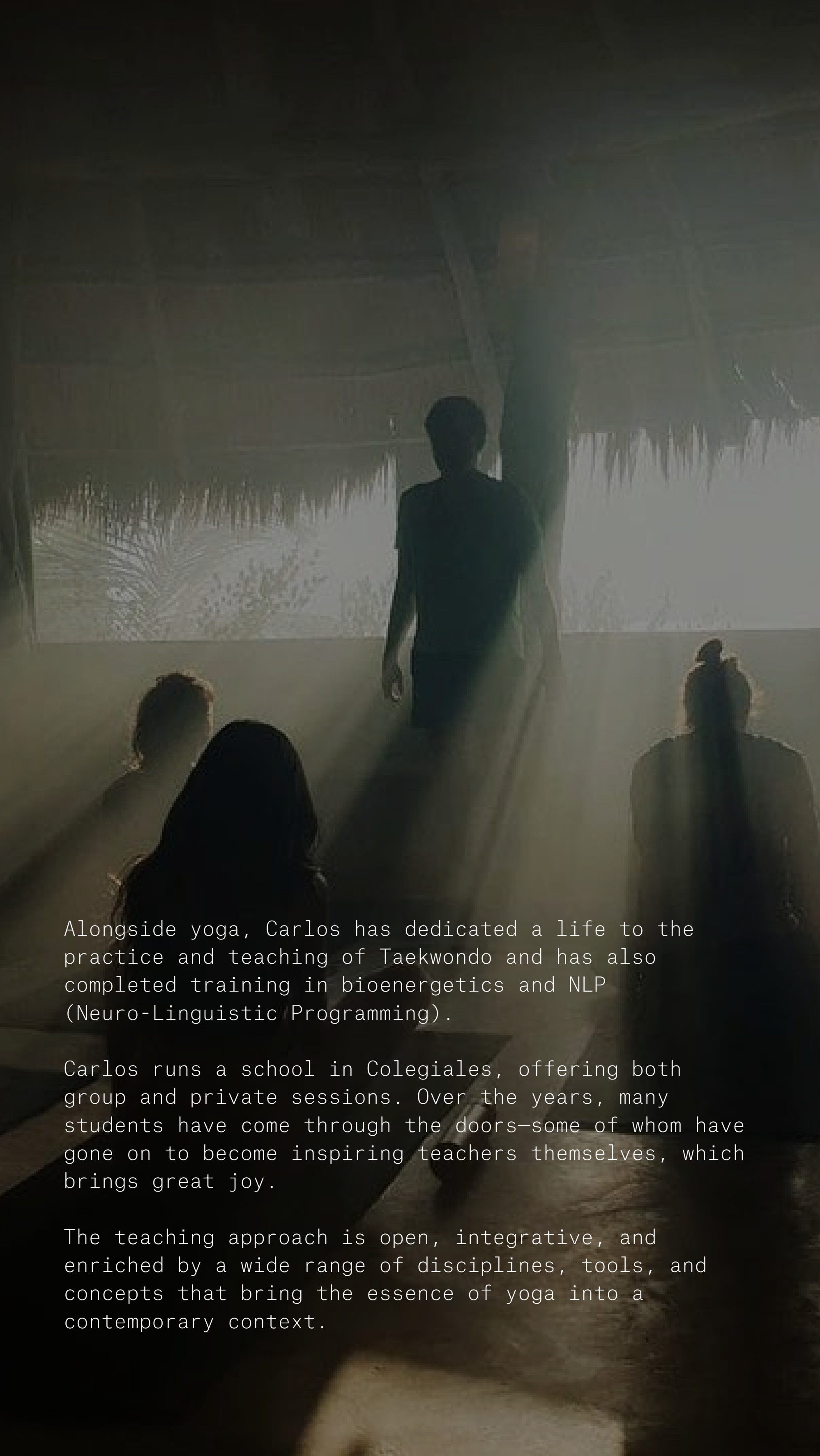
MAY 28TH
8:30 HRS

YOGA, ESPINOZA
& THE 21ST CENTURY

MAY 28TH
17:00 HRS

ASHTANGA YOGA

MAY 29TH
8:30 HRS



Alongside yoga, Carlos has dedicated a life to the practice and teaching of Taekwondo and has also completed training in bioenergetics and NLP (Neuro-Linguistic Programming).

Carlos runs a school in Colegiales, offering both group and private sessions. Over the years, many students have come through the doors—some of whom have gone on to become inspiring teachers themselves, which brings great joy.

The teaching approach is open, integrative, and enriched by a wide range of disciplines, tools, and concepts that bring the essence of yoga into a contemporary context.



SESSIONS:

Ashtanga Yoga: We will work on the 1st series and its variations, preparing different asanas.

Yoga & Bioenergetics: Using bioenergetic dynamics, our intention is to understand certain processes that improve our quality of life.

Yoga, Spinoza & the 21st Century: Elaboration of the philosophical principles of yoga from a Western point of view, with the intention of comparing and highlighting the common path of both schools of thought and how it can be applied to our lives.

NOMADE

RESERVE

journeydesign@nomadetulum.com