



OCTOBER FULL PROGRAM

# RETURNING TO TRUST

nomade  
TEMPLE





FULL PROGRAM OCTOBER

# RETURNING TO T R U S T

Would you like to learn how to restore your relationship with trust again?

Do you find it hard to truly trust?

Did you lose trust because of a traumatic experience or because you didn't have the right space and someone to share it with?

We are born inherently trusting, but over time, through pain, trauma, betrayal, and societal conditioning, that trust can be broken—limiting our ability to fully connect with ourselves, others, and our environment.

Through a variety of workshops, water therapies, partner exercises, and educational sessions on intimacy, autonomy, and desire, this program offers a grounded path toward rebuilding connection and confidence. It is for those ready to trust themselves and others again, to be supported by community, and to return to a sense of personal pride.

This experience at Nômade Temple Tulum invites you to explore three levels of trust: reconnecting with what's been lost, healing what's been broken, and learning to root trust deeply within your body, emotions, and relationships.



# FULL PROGRAM

OCTOBER ——— HIGHLIGHTED ACTIVITIES



FREE FOR ALL\*

## TENT TAKOVER: SURRENDER TO TOUCH

With Lena

Open yourself to the opportunity for conscious communication in a safe space. In this practical workshop, express how you feel and see where it takes you.

OCT 2ND

18:00HRS @GRATITUDE TENT

## TRUST IN YOUR BREATH

With Arun

Rest in the self starts with the comfort of a breath. This class shares the basic elements of bringing awareness into the breath and some methods of yogic breathing (Pranayama).

OCT 3RD

08:30HRS @SHALA



# FULL PROGRAM

OCTOBER ——— HIGHLIGHTED ACTIVITIES



## BE HELD IN WATER

With Andres

Float in warm waters, surrender to the swaying which resembles the mother's womb, and allow yourself to be held by others.

OCT 3RD

11:30HRS @POOL

## MAKE YOUR OWN CACAO FOR HEART EXPANSION

With Natalia

Hands-on workshop where you prepare your own cacao. During this process, you start opening your heart, which is the vehicle to trust.

OCT 3RD

17:00HRS @SHALA



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# FULL PROGRAM

OCTOBER ——— HIGHLIGHTED ACTIVITIES



## TRUST IN YOUR BALANCE

With Arun

Learn to activate and apply awareness to the whole body. We will work on challenging the coordination and weight distribution of the body to find better grounding.

OCT 4TH

08:30HRS @SHALA

## TRUST IN YOUR STRENGTH: ICE BATH

With Kristina

Muster all your forces and focus on the Wim Hof breathwork and Ice Bath Immersion.

OCT 4TH

15:00HRS @SHALA





# FULL PROGRAM

## OCTOBER — HIGHLIGHTED ACTIVITIES



# TRUST IN YOUR BODY

## With Arun

This class will challenge the body through various asanas, where you will learn how to safely enter and exit the poses. This builds trust to move more gracefully.

OCT 5TH

08:30HRS @SHALA

# SOFTENING THE TENSIONS SOUND BATH

## With Pablo & Katya

Lie on the mat and relax. The soft sounds playing around you slow the brainwaves and help your nervous system ease into trust, feeling how the earth supports you.

OCT 5TH

18:00HRS @GRATITUDE TENT



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# PAGANOS DIA SPECIAL WEEKEND DE MUERTOS

OCT 30TH - NOV 2ND

More than a party, this is an act of remembrance. Pagans are not a relic of the past, but the future returning to honor the Earth. They are the ones who do not fear the darkness, for there is medicine there, too. This is a weekend to reclaim what was once called witchcraft but was actually knowledge, a reminder that deep connection is not a trick, but a way of being. Together, we will experience ceremonies, candlelit concerts, and celebrations that honor this special weekend.



# FULL PROGRAM

PAGANOS-DIA DE MUERTOS ——— HIGHLIGHTED ACTIVITIES



## MEXICAN TRADITIONS OF THE DAY OF THE DEAD With Marta

Learn from a Mexican elder the traditional ways of the Día de Muertos celebration.

OCT 30TH

18:00 HRS @GRATITUDE TENT

## SOUL FACES: CELEBRATING HALLOWS EVE

Get ready for the All Hallows' Eve celebration. Get your face painting done!

OCT 31ST

18:00 HRS @GRATITUDE TENT



## PAGANOS CELEBRATION

Ali Farahani and Shan Nash come together as Front to Front, blending electronic music with oriental roots, tribal rhythms, and rich textures. Their performances unfold like a dialogue of sound, immersive and deeply resonant, echoing across international stages and labels such as Pipe & Pochet and Café de Anatolia.

OCT 31ST

19:30HRS @MACONDO

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# FULL PROGRAM

PAGANOS-DIA DE MUERTOS ——— HIGHLIGHTED ACTIVITIES



## DÍA DE MUERTOS: ALTARS OF LOVE AND MEMORY

With Natalia

Learn the rich traditions of Día de Muertos, creating personal altars with marigolds, candles, and photos of loved ones, and building ofrendas that connect the living and the dead, celebrating memory, love, and enduring spirit.

NOV 1ST

17:00HRS @GRATITUDE TENT

## NÔMADE PRESENTS: DÍA DE MUERTOS CANDLELIT CONCERT SERIES

With Eric Marteau & Wayari

An unforgettable evening where music, food, and candlelight unite. This Day of the Dead, join C R E O, Nico Waiyari, and Eric Marteau in a journey of organic sounds, ancestral echoes, and ethereal textures—a living ritual that opens a portal to the present, where sound connects heart, body, and spirit.

NOV 1ST

20:00HRS @SHALA





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OCTOBER ——— A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



## OCEAN TALKS: SIMPLE REMEDIES FOR A CALM MIND: AN INTRODUCTION TO BACH FLOWERS with Clementina

Learn about Bach Flower Remedies, a system of natural medicine that works on the connection between your mind, body, and spirit.

OCT 1ST

18:00HRS @MARE'ZIA

## STARGAZING SERIES With Miroslava

Astronomy explores space through planets, stars, and constellations. Miroslava leads guided telescope sessions on the beach at night, free from light pollution, offering a clear view of what lies beyond our planet.

OCT 4TH, 11TH, 18TH, 25TH 19:00HRS @FIRE PIT



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# FULL PROGRAM

OCTOBER ——— A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



FREE FOR ALL\*

## FULL MOON CEREMONY

Celebrate our Monthly Ritual and behold the moon rising from the ocean.

OCT 6TH

19:00HRS @FIRE PIT

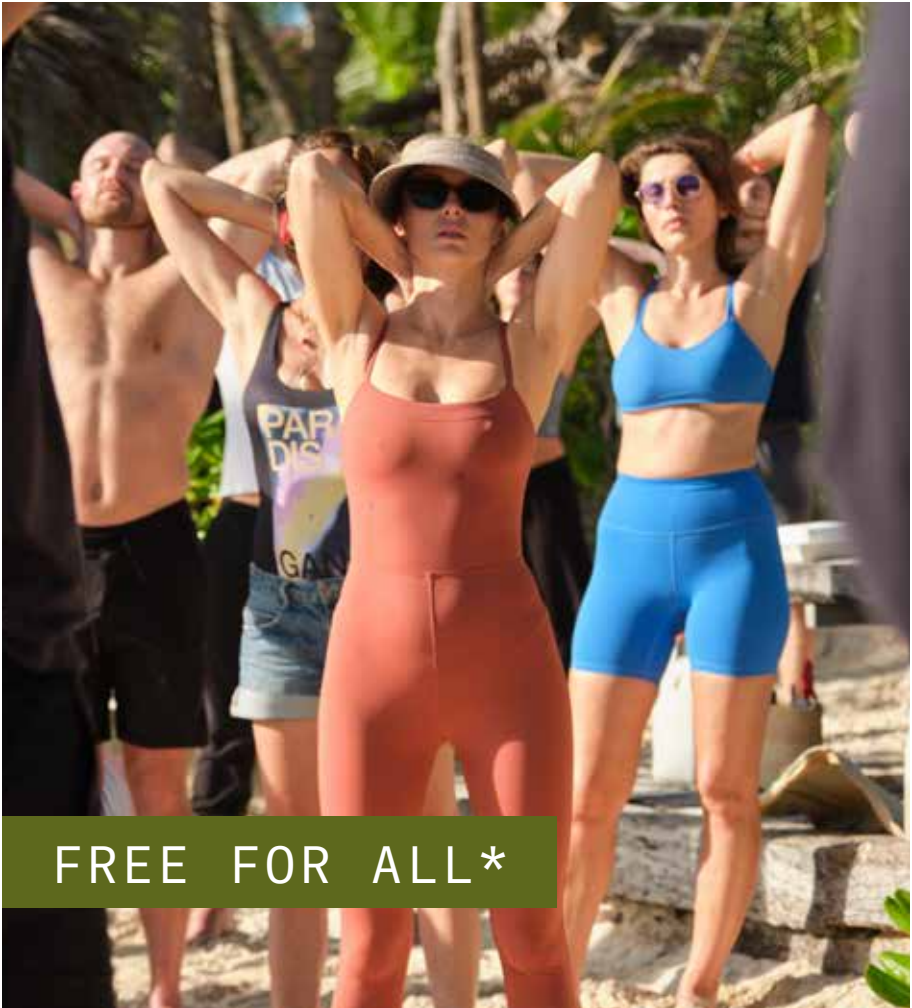
## FASCIA MANOUVERS

With Kate

Through intuitive movement, breathwork, and guided maneuvers, this class helps realign your body, release stored tension, and restore energetic flow. Feel lighter and more connected to your body.

OCT 7TH

17:00HRS @SHALA



FREE FOR ALL\*



# FULL PROGRAM

OCTOBER ——— A JOURNEY OF SPECIAL EXPERIENCES & CLASSES



## OCEAN TALKS: FEELING IN WATERCOLOR With Aurora Clementi

A space to connect with nature, where watercolor becomes a bridge between what we see outside and what we feel within.

OCT 14TH

17:00HRS @MARE'ZIA

## TENT TAKEOVER: THE LONGEVITY BLUEPRINT With Daniela Lievano

5 Biohacks to Support Body and Mind Every Day.

OCT 21ST

18:00HRS @GRATITUDE TENT



## NEW MOON: THE CLAY CEREMONY With Maria Agustina & Lula

A space for us, a connection through clay, wellness and community.

OCT 21ST

17:00HRS @MARE'ZIA

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## TENT TAKEOVER: DETOX DONE RIGHT: WHY ORDER MATTERS FOR REAL HEALING With Sue

Discover the safe, step-by-step process to cleanse the gut, liver, lymphatic system, parasites, and heavy metals, all while supporting your body's redox balance to prevent detox crashes and sustain vitality.

OCT 23RD

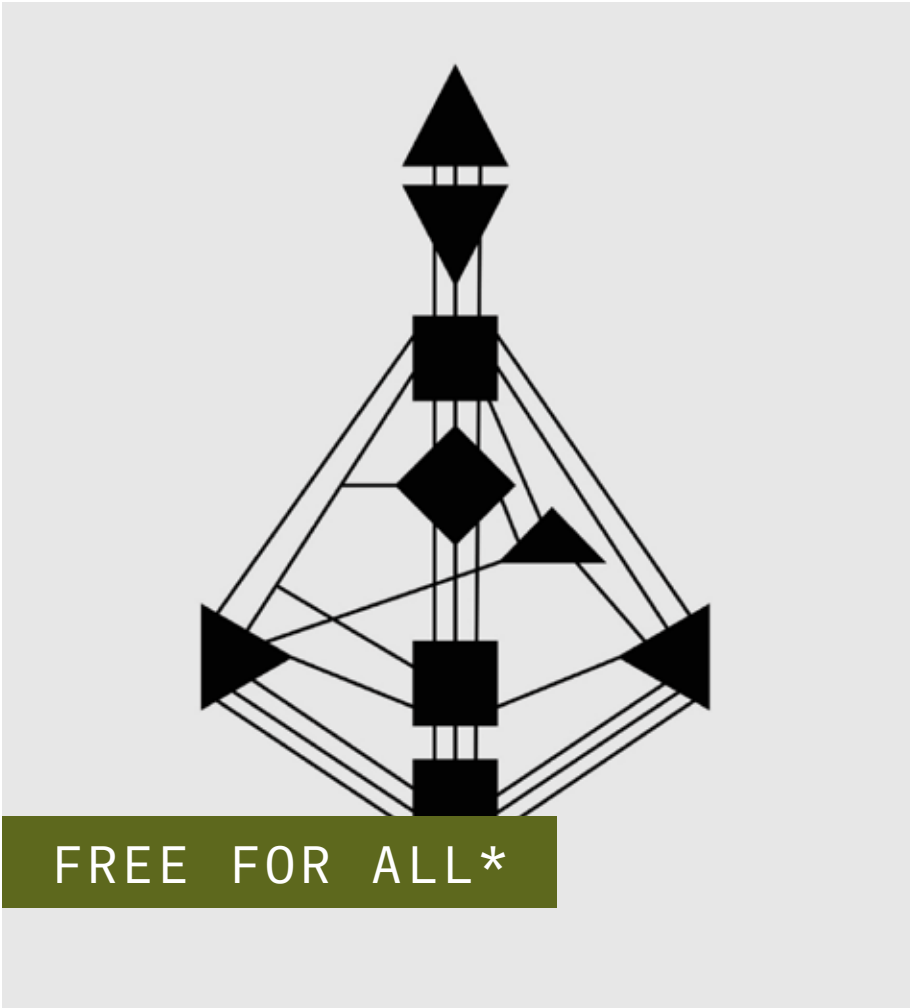
18:00HRS @GRATITUDE TENT

## OCEAN TALKS: HUMAN DESIGN With Jennifer

It combines elements of astrology, the I Ching, quantum physics, and the study of body centers. It explores your personal type, decision-making strategy, and life purpose, providing insights into how you naturally operate and interact with the world.

OCT 28TH

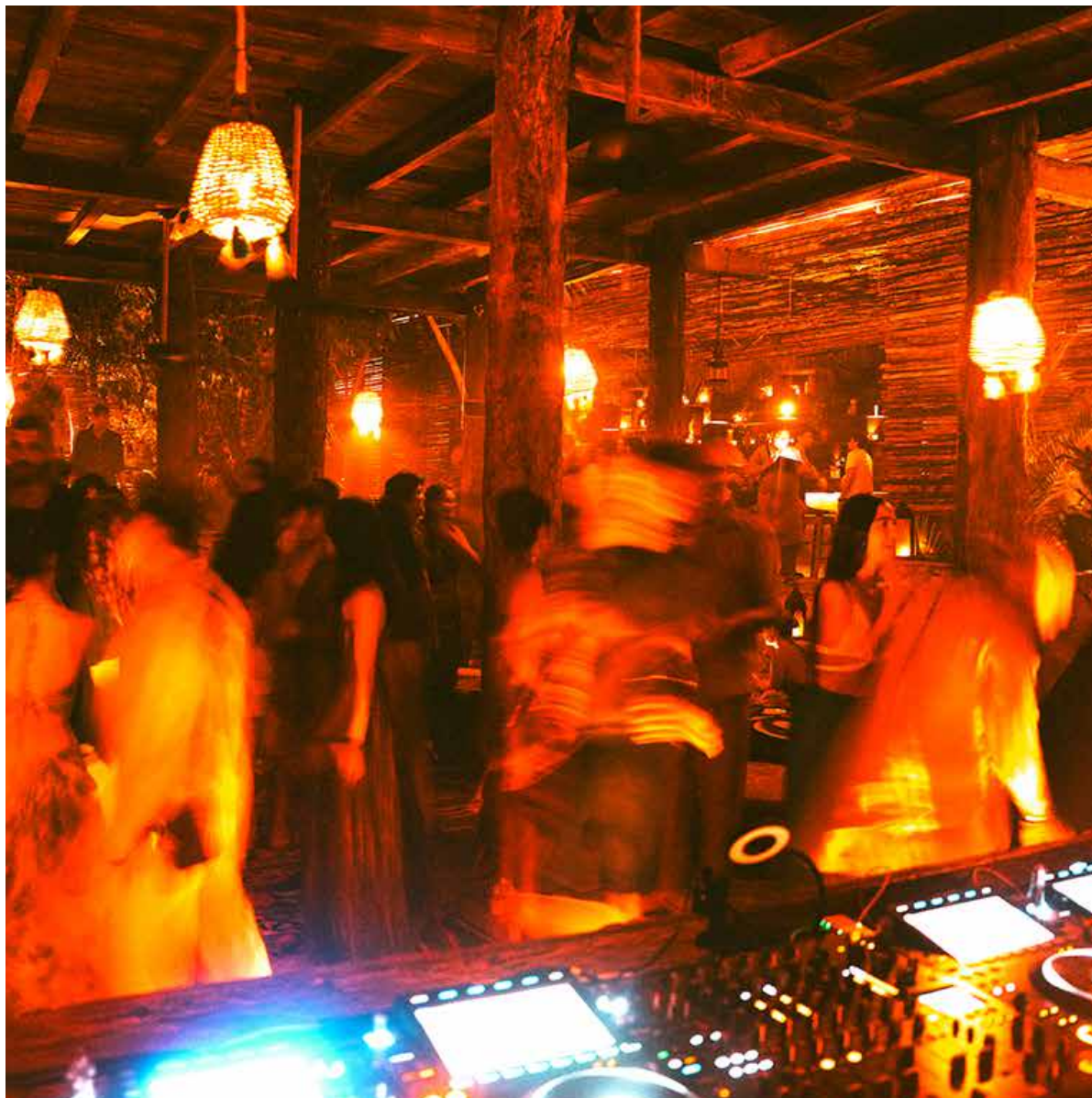
17:00HRS @MARE'ZIA





# FULL PROGRAM

OCTOBER ————— MUSIC P R O G R A M



## ORIGINS

A celebration of Tulum's spirit through music, sensuality, and community. Immerse yourself in an experience that connects the senses and honors Tulum's cultural roots.

EVERY THURSDAY  
19:30HRS @MACONDO  
FREE FOR ALL\*



## FAMILY SUNDAY'S

The sun is high, the water is cool, and the sound is just right. Spend the day poolside with our Nômade friends. 2-for-1 drinks at sunset to close the day

OCT 12TH  
15:00-20:00HRS @LA POPULAR  
FREE FOR ALL\*

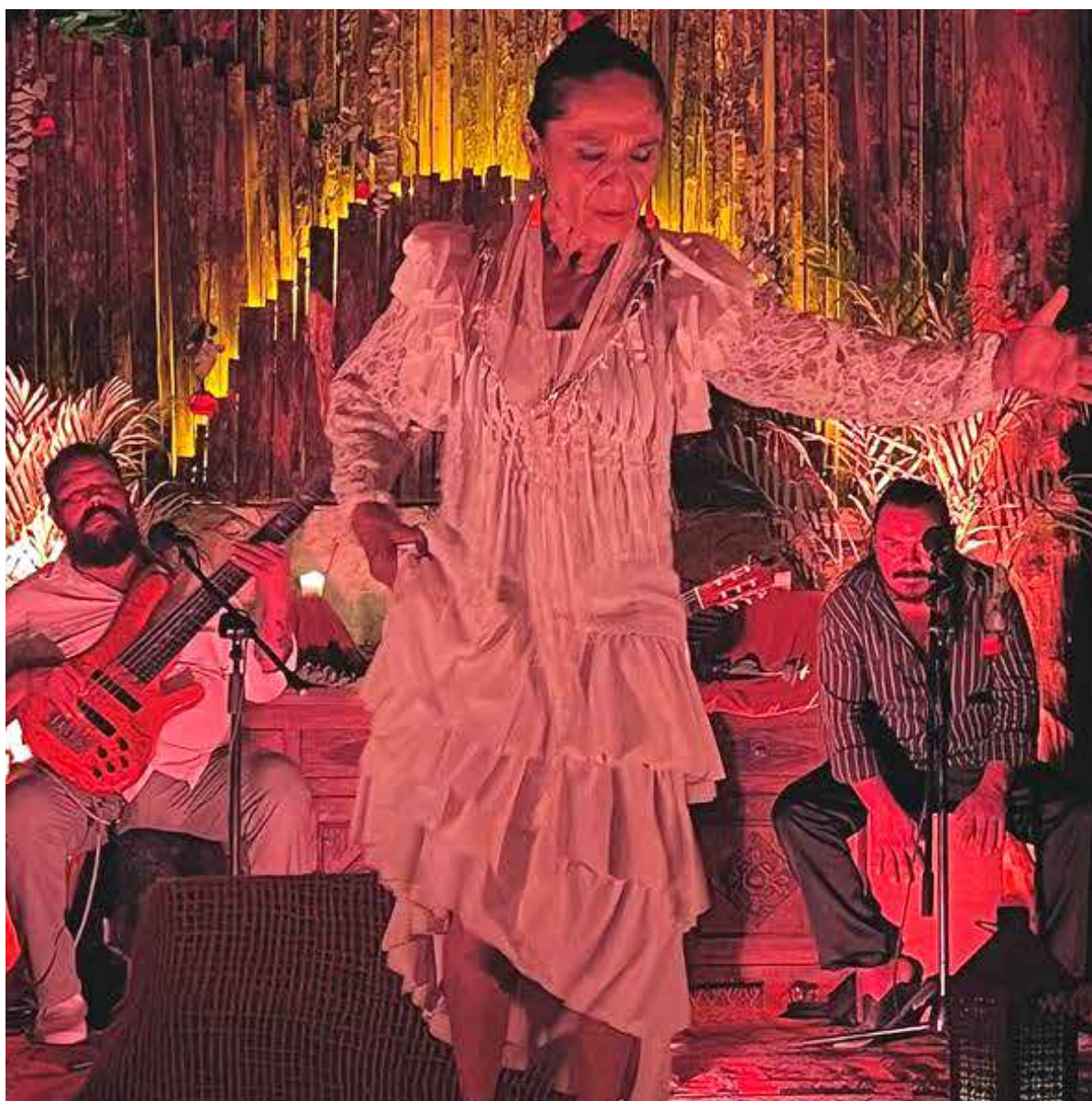
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# FULL PROGRAM

OCTOBER ————— MUSIC P R O G R A M



## LA PLAYA With Flamencos

In this special performance, the artists invite you to explore the rhythms of flamenco, from its origins to modernity, through their musical interpretations and dances of the genre.

OCT 17TH  
19:30HRS @LA POPULAR  
FREE FOR ALL\*



## BE ART: MEZCAL INTERNATIONAL DAY

Art takes many forms, offering us ways to reflect on what we see and feel. Be Art brings together global artists, curated mezcal tastings, artisanal cheese pairings, and international music, creating a moment to be present, share, and celebrate creativity.

OCT 24TH  
19:00-22:00HRS @MARE'ZIA

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