

A photograph of two women floating in water, their eyes closed, suggesting a state of relaxation or meditation. The water is dark and rippling, with light reflecting off the surface. The women are positioned horizontally across the frame, with one slightly above the other.

# BLOSSOMING

MAY PROGRAM

NO  
30  
DEAF



# BLOSSOMING

Friends - Family



What blossoms is not only the flowers, but the seeds we plant in the May of May. This is a time for fertility, for celebrating motherhood, and for honoring the beauty of watching our intentions grow.

In this month of blossoming, we create a space to celebrate—and to consciously choose. To notice what is growing, and what we wish to keep in harmonious balance.

Our programming this month is rooted in practices that help us stay connected to our dreams. And at the same time, to rest, to relax, and to remember the potential we carry when we are truly at ease.



# FULL PROGRAM

BLOSSOMING MAY — WEEKLY CLASSES

## ICE BATH



Cold therapy with our copper ice bath promotes muscle recovery, improves circulation, and enhances mood. Led by experts, it focuses on breath control and resilience, optimizing recovery and performance for athletes and wellness enthusiasts.

MAY 3RD, 17TH, 24TH, 31TH  
13:30 HRS  
@SHALA

## TEMAZCAL CEREMONY



The Temazcal is an ancient Mexican and Mayan steam ceremony for healing, detoxification, and reflection. Using fire, volcanic stones, and water, participants undergo four elemental stages with songs, prayers, and offerings. This tradition promotes physical and mental renewal.

MAY 5TH, 12TH, 26TH  
17:00 HRS  
@TEMAZCAL

## STARGAZING



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 Earth.

MAY 3RD, 10TH, 15TH, 24TH, 29TH  
19:00 HRS  
@FIREPIT

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Please check with our Journey Designers  
for details and pricing +52 1 984 114 0805



# FULL PROGRAM

BLOSSOMING MAY ——— HIGHLIGHTED ACTIVITIES



## TENT TAKE-OVER: THE MOON, OUR EMOTIONAL LANGUAGE

With Clementina Ibáñez

Understand your own emotional language and that of others, so we share ourselves not from emotional need but from a place of enjoyment.

MAY 1ST  
18:00HRS @GRATITUDE TENT

## STUDIO SOUND

with Flamencos

In this special performance, the artists take you on a journey through the rhythms of flamenco, tracing its roots and evolution through powerful musical interpretations and expressive dance.

MAY 2ND  
20:00HRS @MACONDO



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# FULL PROGRAM

BLOSSOMING MAY ——— HIGHLIGHTED ACTIVITIES



## ASTRO DINNER with Federico Andrade

Delicious food in a fun setting. Tune in to the astrological transits and learn more about your own chart.

MAY 2ND  
19:00HRS @MACONDO

## TENT TAKE-OVER: UNLOCK YOUR BODY'S WISDOM THROUGH MUSCLE TESTING with Medeya

A way to communicate with the body to give you biofeedback, recognizing the powerful messages the body sends us.

MAY 8TH  
18:00HRS @GRATITUDE TENT



## BINAURAL FREQUENCIES MEDITATION with Sol

Tune in and embody a state of deep presence and inner calmness, supported by the amplifying properties of minerals and vibrational frequencies.

MAY 9TH  
18:00HRS @GRATITUDE TENT

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# MOTHER'S DAY

Special Weekend

A celebration of the unconditional love, strength, and wisdom shared by mothers. This is a time to honor the bond between mothers, daughters and sons. We'll pamper ourselves, reflecting on the nurturing, sacrifices, and timeless lessons that define motherhood, creating space for connection.

Motherhood is both an honor and the greatest adventure, let's honor it!



# FULL PROGRAM

SPECIAL WEEKEND ——— MOTHER'S DAY



## SELF-CARE: CLAY & SALTWATER with Maite

Permeate yourself with the softness and nurturing qualities of clay, and immerse in the ocean in this renovation ritual.

MAY 10TH  
11:30HRS @BEACH

## RECLAIMING MOTHERHOOD ROLE IN SOCIETY with Lola Holmes

Bring clarity to the key role motherhood has played in shaping history and its pivotal importance in today's modern lifestyle.

MAY 10TH  
18:00HRS @NEST



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# FULL PROGRAM

SPECIAL WEEKEND ——— MOTHER'S DAY



## FAMILY SUNDAY'S: POP UP MARKET

Nômade Pop-Up Market is the perfect time to unwind, enjoy Tulum's local life, music, creative brands, and a beachside space for all-friends, family, and kids. Sunset included!

MAY 11TH & 25TH  
13:00 - 19:00HRS @LA POPULAR

## AGUA MAGICA with Kayla

Float in warm waters, surrender to the swaying that resembles the mother's womb.

MAY 11TH  
11.30HRS @LA POPULAR POOL



## CACAO CEREMONY with Natalia

Share the medicine of cacao and heart openness with your family.

MAY 11TH  
18:00HRS @SHALA



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# FULL PROGRAM

BLOSSOMING MAY ——— HIGHLIGHTED ACTIVITIES



## TENT TAKE-OVER: THE SCHOOL OF INTIMACY With Mary Pili

A journey to your truth, within and beyond the bedroom.

MAY 15TH  
18:00HRS @GRATITUDE TENT

## NÔMADE PRESENTS: CANDLELIT CONCERT SERIES with Namuh

NAMUH is a band based in Tulum, Mexico, blending North African trance and dance music with blues and Middle Eastern influences. Formed by musicians with a shared passion for experimentation, NAMUH stands out for its innovative blend of sounds.

MAY 16TH  
20:00HRS @MACONDO



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# FULL PROGRAM

BLOSSOMING MAY — HIGHLIGHTED ACTIVITIES



## TENT TAKE-OVER: MUDRAS FOR MENTAL CLARITY with Ola

Learn about the transformative power of hand gestures in meditation. Mudras—symbolic hand positions—stimulate nerve endings in the extremities, helping regulate the nervous system, enhance focus, and cultivate a calm, steady breath.

MAY 29TH  
18:00HRS @GRATITUDE TENT

# BLOSSOMING

Please check with our Journey  
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