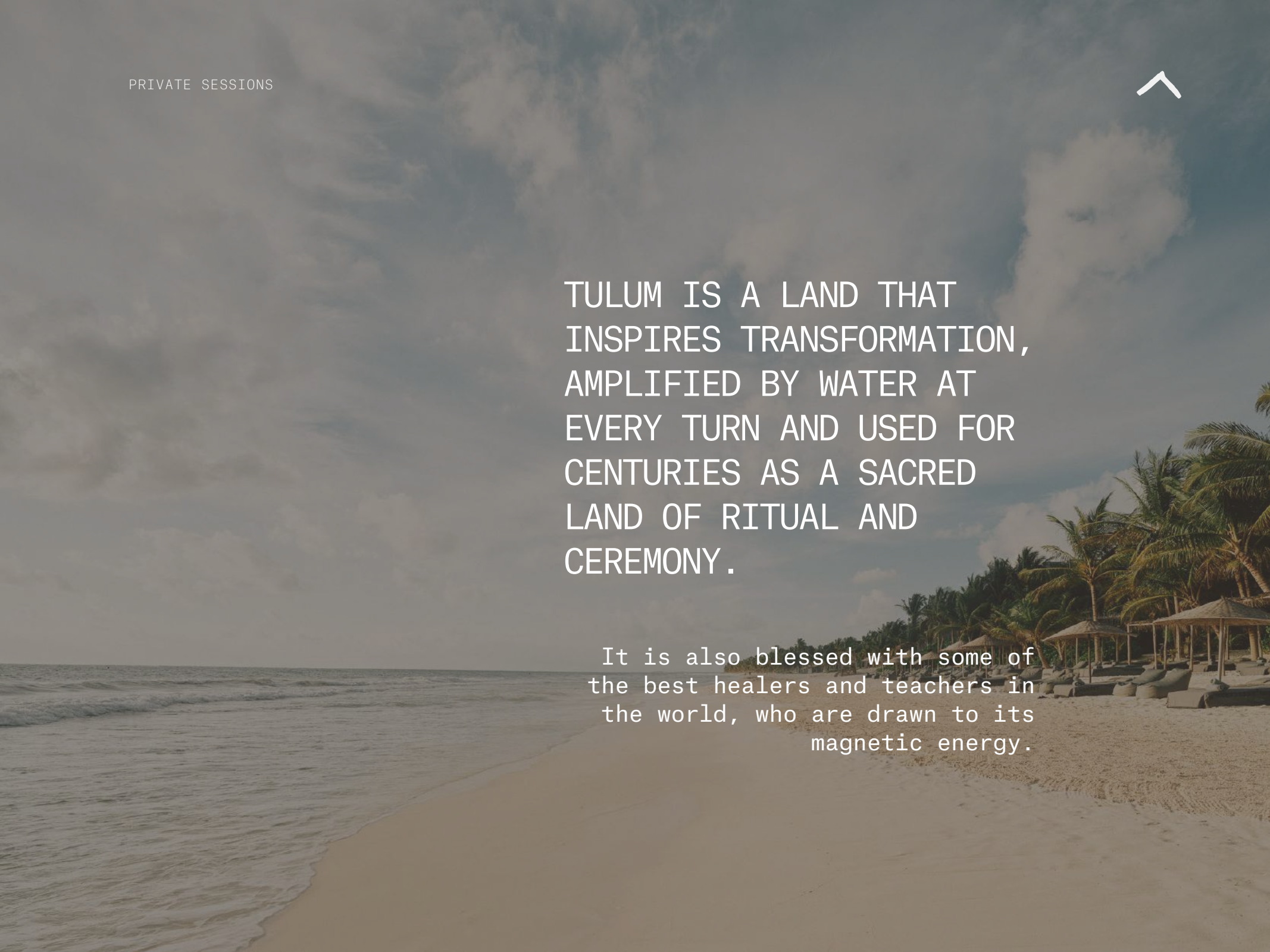
NÔMADE TULUM

PRIVATE SESSIONS

FOR JOYFUL HEALING



TULUM IS A LAND THAT INSPIRES TRANSFORMATION, AMPLIFIED BY WATER AT EVERY TURN AND USED FOR CENTURIES AS A SACRED LAND OF RITUAL AND CEREMONY.

It is also blessed with some of the best healers and teachers in the world, who are drawn to its magnetic energy.

OUR INNER JOURNEY

LET OUR EXPERTS CURATE FOR YOU

To encourage a deep yet gentle experience where you receive the most value, we offer private consultations pre-arrival or on-site with our journey designers' team, who will explore your desires and intentions and then recommend the sessions and therapists that suit you best.

We recommend doing this before you arrive or at the very beginning of your stay, so we may curate the best journey for you.

For questions or inquiries, you can find us at our Wellness Desk in front of the Gratitude Tent, or at our direct contact.

BOOK YOUR PRIVATE CONSULTATION

TRANSFORMATION

When you are ready for inner freedom,
trauma release and reconnection.

PRIVATE BREATHWORK OFFERINGS

We offer breathwork sessions in our regular schedule, yet a private session allows you to explore more deeply, addressing hidden barriers and emotions. This experience cultivates a profound sense of liberation and connection within a thoughtfully curated and nurturing environment.

75 min sessions

BIODYNAMIC BREATHWORK

A method that combines movement with breath, to bring greater freedom and embodiment and is recommend for built-up emotions, lingering trauma and stress release.

PSYCHEDELIC BREATHWORK

Our Psychedelic session invites you to delve deep into unique inner landscapes, discovering the most authentic aspects of yourself. Encounter personal transformation, emotional release, and an enhanced connection to both yourself and the world around you.

BEYOND BREATHWORK

Embark on a transformative session that nurtures and aligns with your inner self.

"Beyond breathwork" combines guided visualization, pranayama exercises and a fusion of nose and mouth breathing.

Release toxins, boost your immune system and release physical and emotional stress just by breathing.

This journey leads participants into a profound state of oneness, fostering a deep connection with the self.

PLEASURE BREATHWORK

In this session, hypnosis and breathwork intertwine in a dynamic and participatory manner. Navigate the currents of delight as you unlock the potential to kindle your sensual and sexual energy. Liberate yourself from subconscious constraints, tapping into your erotic potency and achieving a sense of sexual completeness.

PRIVATE SESSIONS

WATER THERAPIES

Held in the water, this movement therapy is a deep transfor- mational journey, unlocking long held blocks and a return to flow-state, leading to an enhanced sense of relaxation as the neo-cortex switches off.

This session is recommended for restoring inner balance, especially from stress and insomnia, as well as healing mother-wounds, trauma and any fear of the water. Each session is unique and individually tailored to you. Many describe the feeling of returning home, a deep state of relaxation and the release of physical and emotional blockages.

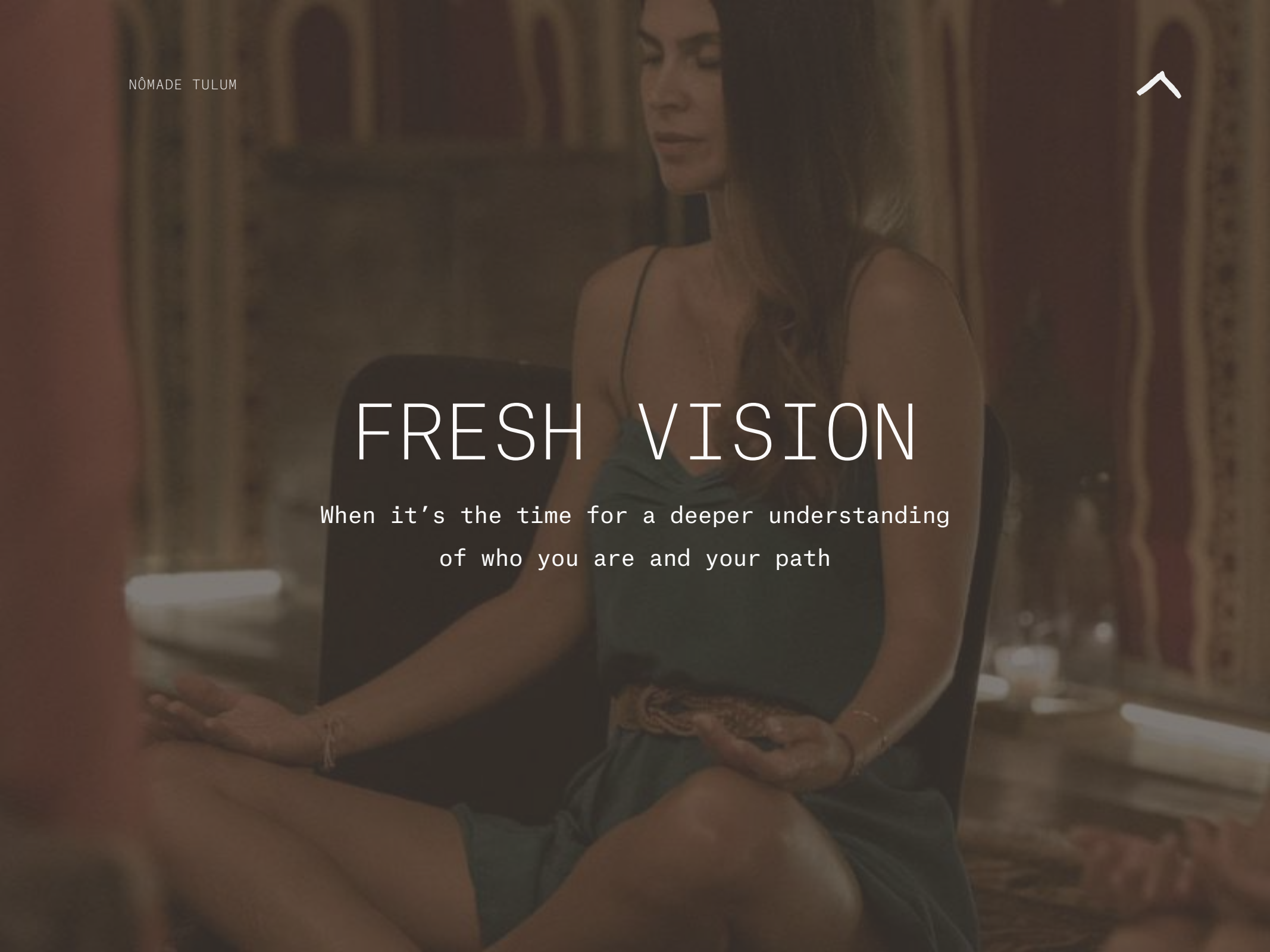
75 min sessions

AGUA MAGICA

Group Sessions

Immerse yourself in our signature group class, Agua Mágica, where you'll discover a unique approach to connecting with the wisdom and healing essence of water. Feel the sensation of being gently held, inducing a state where the neocortex gently disengages, allowing the release of attachments, expectations, emotional blockages, and the conventional sense of time and space. It cultivates deep relaxation, presence, and profound connection.

75 min sessions



FRESH VISION

When it’s the time for a deeper understanding of who you are and your path

SOUL READING

Experience a one-of-a-kind ability to tap into your essence and connect with the core of your being. Through this transformative session, explore various facets of the soul, delving into inner child healing, past experiences, ancestral ties, and familial connections. Engage in energy healing and the transformation of outdated codes to eliminate hindrances and pave the way for a new journey. This offering is suggested for times when you sense a lack of direction, purpose, or an inner yearning to reconnect with your authentic self.

75 min session

HUMAN DESIGN

This reading unveils advanced insights, offering a comprehensive understanding of your designated role in this lifetime, encompassing innate talents, gifts, and challenges. Human Design intricately weaves together ancient systems like the I-Ching, Astrology, and the chakra system, transforming them into a personalized tool for self-discovery.

Gain profound insights into the mechanics of your mind, shedding light on the reasons behind your actions. This information acts as a clearing for the soul, guiding you on a path aligned with your authentic purpose.

75 min session / * needed specific date, place & time of birth

MAYAN ASTROLOGY

Embark on a journey to discover your talents, your challenges and the dynamics in which they play out in your life. In this personalized reading, you'll be guided through the Tzolkin calendar, a mystical piece of ancient Mayan astrology, to discover the energy of your galactic archetype through the lens of the Mayan cosmovision. As the Mayans knew well, to live with other beings is to live with the mountains, the oceans, past and future, stars and galaxies for our place in the universe is only as strong as our bonds to every living and non-living thing. The reading closes with a guided meditation to anchor the energy of your signature into your being.

75 min session / * needed specific date, place & time of birth

PRIVATE SESSIONS

CREATIVE CLARITY

What would your life look like if you knew how to unlock your greatest potential? Welcome to your subconscious, which neuroscience tells us is shaping 95% of your current reality. In this session, you will learn how your subconscious really works and how the belief patterns you hold can be your best friend, or worst enemy. Combining neuroscience with energy techniques, we release the specific limiting blocks and beliefs that are hindering your ability to act with clarity. In this session you will learn a series of powerful practices to take home and use each lunar cycle, putting you in the driving seat of conscious creation, your love life, your career and finances.

UPGRADE YOUR RELATIONSHIPS

How do you create the relationship of your dreams? In this 75 minute session, we will work with your core beliefs around love and partnership, creating new pathways in your somatic body for how to attract and create a higher love. This session is tailored to support you if you are single and ready for a new relationship, healing from heartbreak, or stuck in unhealthy patterns in your current partnership. Lola combines somatic practices with neuroscience to transform your experience of Love, for your best and highest good.

ASTROLOGY - SUN & NATAL CHARTS

Explore the impact of your birth chart on your life. This session involves mapping planets and zodiac signs at your birth, offering actionable tools to harness astrological energies. Gain a deeper understanding of yourself, not just through insights but through practical practices aligning you with your unique astrological makeup.

75 min session / * needed specific date, place & time of birth

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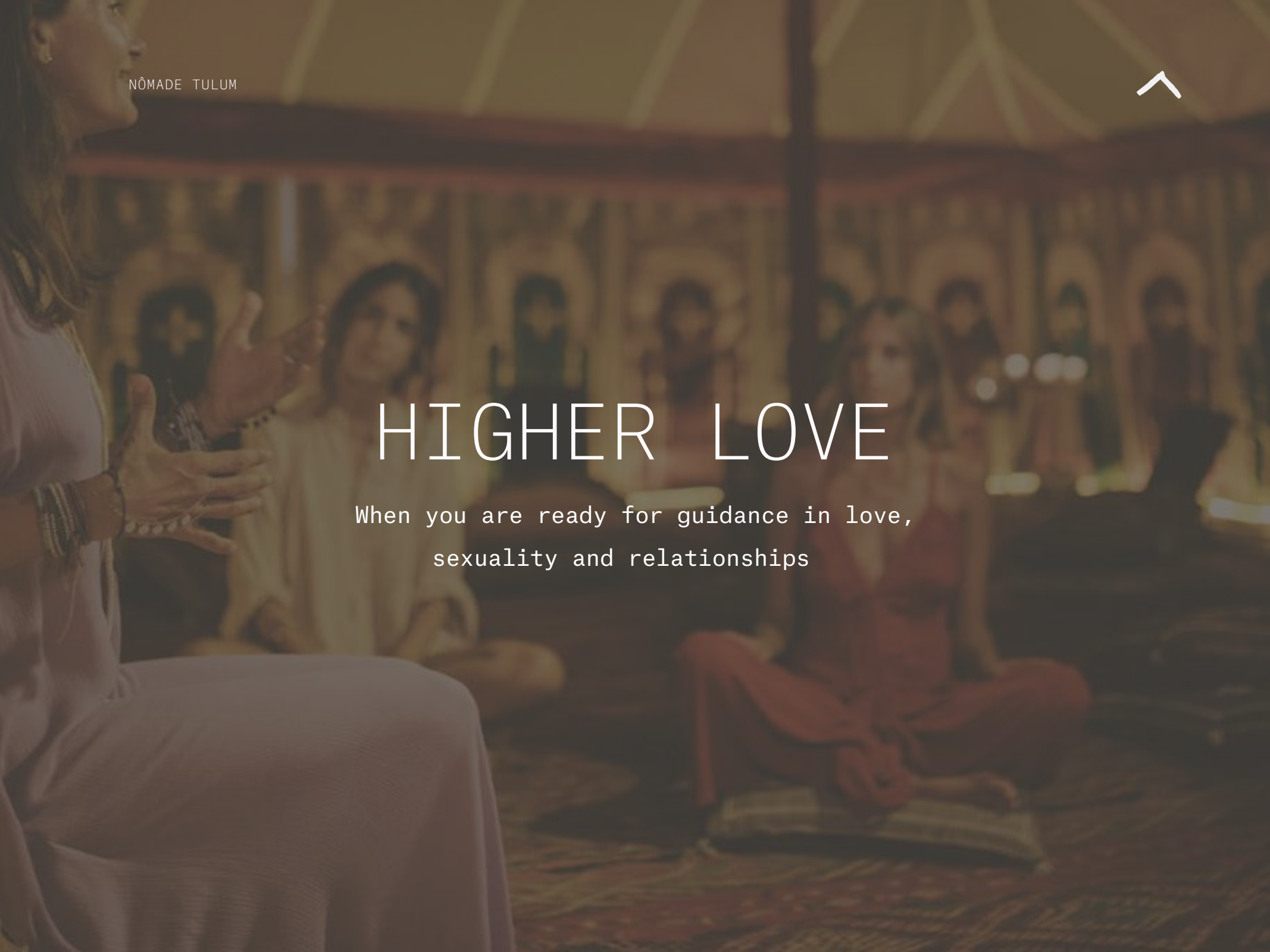
TAROT

Dive into a Tarot and Oracle Deck Reading for profound insights and guidance on the prevailing energies shaping your life. Clear blockages, discover transformative hacks, and unlock your most authentic, fulfilled self.

Ideal if you're navigating confusion, feeling stuck, or seeking direction and transformation in specific aspects of your life.

75 min session



HIGHER LOVE

When you are ready for guidance in love,
sexuality and relationships

BONDING INITIATION FOR COUPLES

In this immersive 2 hour session, Bibi Brzozka will combine ancient wisdom and powerful connective practices to deepen intimacy and restore sensual and sexual connection. The premise is to activate the “circle of energy” allowing you to exchange and balance energy with your partner, connecting at various levels of intimacy. In this way opening the space to plant the seed of a full hearted energetic love bonding wave. This session ultimate allows partners to connect in a more authentic way, exploring new phases of relation, and re establishing intimacy and togetherness. (This session is done fully clothed).

INTIMATE ECSTASY

In this 1.5-hour session Taryn Zeya will guide you and your partner through a series of breathwork & somatic practices inspired by ancient philosophy that celebrates the union of mind, body, and spirit. It is an invitation to experience the beauty and ecstasy of intimate moments as a couple, unifying your desires, intentions, and love in a harmonious and blissful union.

SEXUALITY DISCOVERY

This is a 1 hour sexuality discovery session with sex coach Julieta Chiara personally tailors an intimate, safe space to help guide you on seeking clarity in navigating the realms of sexuality. This can include exciting topics such as physical & emotional pleasure, exploring the possibilities of BDSM and kink, enhancing communication in intimate relationships, or bolstering confidence in embracing sensual exploration. Through insightful discussions, personalized exercises, and actionable advice, you will be empowered to embrace your authenticity, cultivating a newfound sense of self-assuredness and liberation in your intimate journey. This session can be for singles, couples, or groups.

ENERGY

When you want to shift heaviness, relax the nervous system and flow into a high vibration...

CRYSTAL HEALING & LIGHT ACTIVATION

Crystals are amongst the most perfect embodiments of sacred geometry in thie £D world. The crystal is a neutral object whose inner structure exhibits a crystalline state of perfection and balance that contains ancient knowledge in an extremely high vibration. When the human mind comes into contact with this vibration it raises consciousness and opens the higher chakras, and when a crystal is placed on the body, it encourages the body to match the higher frequencies.

During this crystal session, you will experience a crystal healing, where crystals are positioned to bring balance and healing, activated not only with healing energy, but also with light, amplfy- ing the healing properties in a very pure way.

75 min session

SOUND HEALING

Sounds can change the rhythms of brain waves, heartbeat and respiration, affecting health on all levels and promoting a direct connection to the universal forces outside of oneself. In this private ceremony, the application of sound waves is achieved with various sacred instruments, such as gongs, crystals and Tibetan bowls that will unburden the mind.

75 min session

THAI YOGA MASSAGE

Thai massage is a healing art designed to open the channels and let run the energy freely through the body. Held on the floor, Oceane combines her approach to wataflow with thai massage, guiding the body to flow in moevement with soft touches, working on the enegies to rebalance the physical, mental and emotional bodies. This approach allows you to enter in a state of deep relax- ation. Live sound instruments and aromatherapy are used to enhance the process.

75 min session

REIKI SESSION

Reiki healing is the simplest and yet powerful form of energy healing. Wind down your nervous system and discover the deepest state of relaxation for your body and mind. In this private session, you are guided into a deep state of connection with the loving earth and universal healing energy. Your spirit guides are also asked to join the space to assist in your healing. This is a safe space to clear what you are ready to let go of as you are held with so much support. Jane Lyon uses the power of her hands and sacred intuitive touch to begin to clear and flow energy like an ocean wave of heat through your body to release stuck energy. She activates and opens all seven chakras to spin in congruence through your central channels with ease. This session will leave you feeling deeply blissed out and clear - as if you are awaking to a brand-new body with more light and more space to breathe.

75 min session

GONG BATH

Connect to Theta and Delta Brainwaves to experience deep relaxation and restoration of your natural circadian rhythms. Experience the frequencies of the Gong and Tibetan bowls to atune yourself and achieve altered states of awareness within the creative mind.

DIVINE WONDER

Divine Wonder Sessions are powerful transformation sessions that work on many levels, across the physical, emotional, psychological and spiritual planes. Each session is unique, tailored to what most benefits you in the present moment. Sessions can interweave a combination of akashic clearing, ancestral healing, decommissioning outdated programs and beliefs, activations, releasing blocked stagnant energy and harmonizing the body's energy systems through healing trauma. The purpose of these sessions is to bring you into soul alignment with a sense of great clarity and coherence, activating the 5D energetic system, which is essential to embodying Heart Consciousness.

You will receive whatever information and tools you need to assist you in your personal evolution.

ACUPUNCTURE

Our acupuncture sessions offer a unique approach rooted in Classical Chinese Medicine, where the understanding of channel theory transcends the limitations of focusing solely on primary channels. In these sessions, we harness the power of all complementary channels to diagnose and treat not only physical pathologies but also address emotional and psycho-spiritual aspects of well-being. This comprehensive approach ensures a holistic healing experience.

During your session, you will experience a grounded palpation technique and reflex hara (belly diagnosis), allowing your body to respond instantly to changes. This real-time feedback empowers you to feel the benefits and transformations as they unfold. Our sessions are centered on compassion and free from judgment, recognizing the complexities of contemporary lifestyles. We embrace a non-dogmatic perspective, respecting individual choices and lifestyles as we work together towards your optimal health and balance.

75 min session

TRADITIONAL MAYAN EXPERIENCES

When it's time for rebirth, rituals and a return to the roots of it all

TEMAZCAL CEREMONY

The Temazcal, an age-old ceremony, has served communities for centuries as a means to connect with ancestors, detoxify the body, and initiate a joyful rebirth through the elements. Also recognized as a Mayan Sweat Lodge, this authentic healing tradition in Mexico blends alchemy with nature and intertwines songs with prayers. By its inherent nature, the Temazcal acts as a portal, purifying the body, mind, and spirit in a transformative two-hour ceremony—a captivating and powerful experience ideal for sharing with loved ones, family, and friends.

2 hr Ceremony

GRATITUDE CEREMONY

Engage in a ritual deeply rooted in indigenous tradition, tuning into the profound wisdom of the land. This experience is crafted to establish a connection with universal sources emanating from both the Earth and the cosmos. Show reverence to the four directions, pay homage to the elements, acknowledge the local land, embrace ancestral wisdom, and honor both the human and non-human aspects of existence. Tailored for special occasions, this ceremony can be curated to celebrate birthdays or anniversaries.

60 min Ceremony

ENERGY CLEANSE

Given that we are made from the same matter as Mother Earth, utilizing the four physical elements is a way of connecting us back to our roots. Each element has a distinct energy. When in balance they create the ultimate state of harmony. This 80 minute cleanse is focused around alignment, energetic healing, and aligning our 7 chakras by using the transforming power of earth, water, air, and fire.

80 min Ceremony

CACAO CEREMONY

Known by the Mayans as ‘the water that runs through the heart,’ the sacred cacao plant offers benefits of awakening creativity and strengthening awareness. This ancestral tradition gives you an opportunity to connect deeply with heart and mind, the roots of existence, the earth, the cosmos, and the great universe beyond. Set a personal intention to guide the ceremony.

90 min Ceremony

YOGA, MOVEMENT + FITNESS

For that extra support to build fitness, detox it out or go deeper in your practice

PHYSICAL TRAINING

Transform your body and mind, build muscle and burn fat with a unique aesthetics class incorporating calisthenic and yoga inspired movements. Challenge your strength, balance and flexibility with progressions and regressions of targeted move- ments. Options include: Animal Flow, Kickboxing, HIT, Full Body Fitness, t, Sunrise Tai Chi and Mat Pilates.

60 min session

ICE BATH

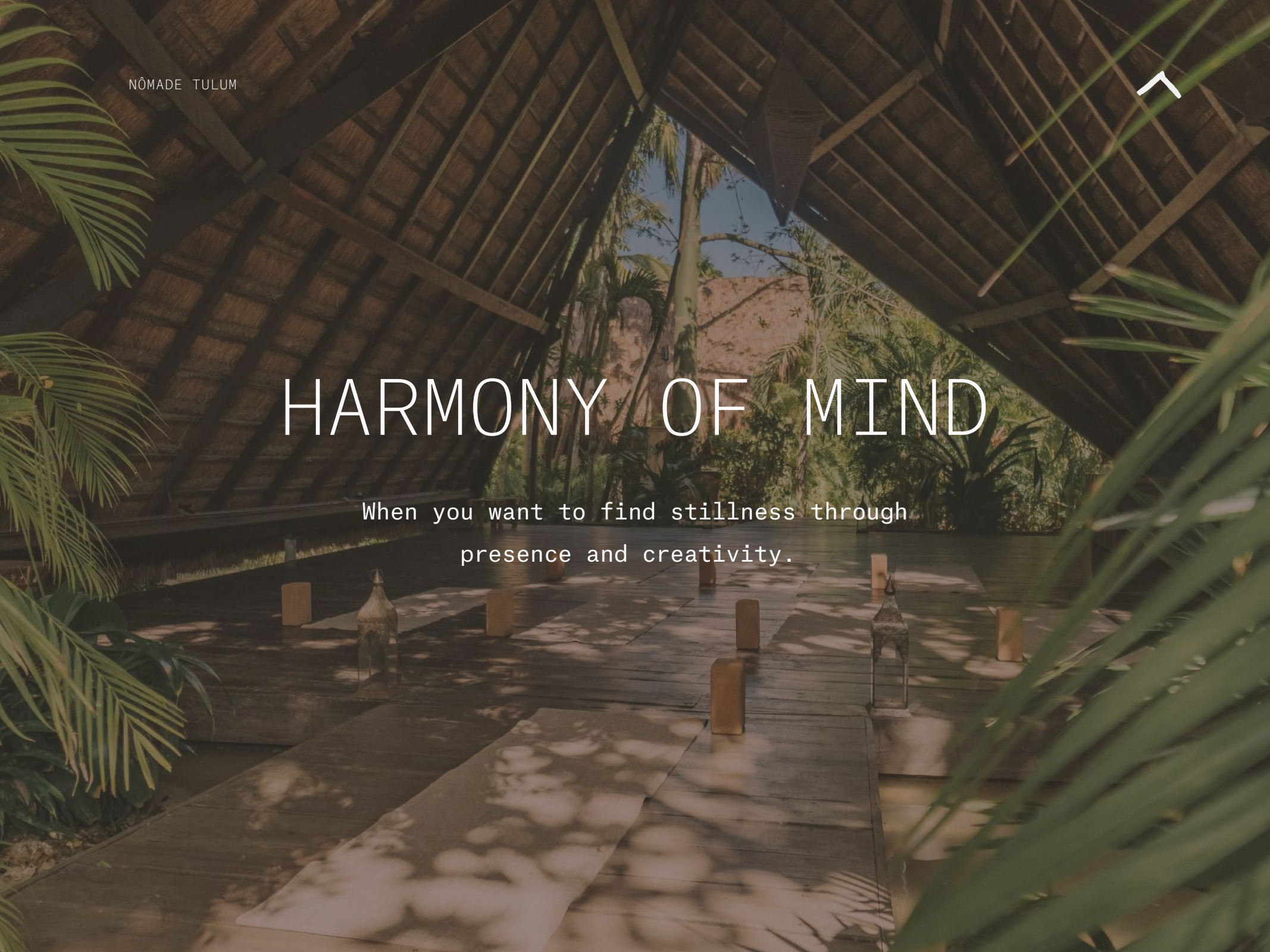
Experience the dynamic effects of cold exposure on your central nervous system, influencing various aspects from circulation to sleep patterns. Athletes frequently employ ice baths for physical recovery, altering fluid dynamics and reducing inflammation. This session integrates breathwork, cold exposure, and mindset techniques, providing a holistic approach for addressing depression and anxiety, or simply gaining better control over your well-being. While some benefits may not be immediately visible, you'll likely feel a heightened sense of energy and alignment with your inner strength.

75 min session

PRIVATE YOGA CLASS

All of our group sessions, taught as privates, with the option to choose from: Kundalini, Ashtanga, Hatha and Yin. Surrender thoughts and flow in your body with a personal practice that gives you individual attention. Customized asana sequence and breathing practice are curated to strengthen inner balance, allowing you to polish the connection to your physical and emotional bodies.

75 min session



HARMONY OF MIND

When you want to find stillness through presence and creativity.

SAMURAI PRIVATE LESSON

This tailored session works through the essential Samurai techniques, exploring your unique element and teaching you how to work with it through movement, breath, sword technique and focus. Combine Samurai ancient philosophy and how to weave into your daily life.

These sessions offer a great opportunity to train with a 16th generation Samurai and Ninja warrior, a rare master, who will teach your life changing techniques from this ancient wisdom.

75 min session

CALLIGRAPHY SESSIONS

Delve into the multifaceted world of a samurai's training, where mastery extends beyond sword techniques to encompass various arts, including calligraphy. In this session, discover Zen Takai's unique calligraphy style, designed to vividly express energy on paper. Gain insights into the utilization and flow of energy, coupled with a teaching approach that harnesses the accidental blurring for practical application. This art form not only deepens your connection to sword usage but also contributes to the enhancement of a samurai's skills and mindset.

NÔMADE TULUM

At Nômade, we curate the wisest and most authentic guides and therapists, drawing from local medicine men and women to leading international talent to inspire and support you along your inner journey of discovering who you truly are, and healing what stands in the way.

FOR MORE INFORMATION OR BOOKING A SESSION:

Please contact our Journey Designers team to curate and book your sessions.

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