



Nômade Life Tulum

SCHEDULE

Weekly Program

MON

10:00 Vinyasa Yoga
11:30 Agua Magica
17:00 Temazcal Ceremony

TUE

08:00 Ashtanga Yoga
10:00 Qi Gong
17:00 Magic Sharing Circle
19:30 The Creative Family: Nômade
movie Nights

WED

08:00 Hatha Yoga
10:00 Pilates
17:00 Ocean Talks: Qi Vitality and Life Force

THU

08:00 Kundalini Yoga
10:00 Pranic Meditation
18:00 Gratitude tent takeover: Human Design
Workshop

RESERVE :

journeydesign@nomadetulum.com



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SCHEDULE

Weekend Program

FRI	<p>10:00 Vinyasa Yoga 11:30 Clarity Breathwork 17:00 Cacao Ceremony</p>
SAT	<p>10:00 Vinyasa Yoga 13:00 Ice Bath Challenge 16:00 Family Connet Adventures</p>
SUN	<p>10:00 Vinyasa Yoga 11:30 Herbs & Roses Sacred bath for women's 18:00 Sound Healing</p>

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