



Nômade Life Tulum

SCHEDULE

Weekly Program

MON	<p>08:00 Functional HIIT 10:00 Vinyasa Yoga 11:00 BioDynamic Breathwork 18:00 Healing Earth: A Ceremony of Restoration and Connection</p>
TUE	<p>08:00 Vinyasa Yoga 10:00 Pilates 11:00 Clarity Breathwork 17:00 Full Moon Temazcal Ceremony 19:00 Sacred Fire</p>
WED	<p>08:00 Kundalini Pranayama 10:00 Vinyasa Yoga 11:00 Somatic Release Exercises 17:00 Ocean Talks: Ayurveda Workshop 19:00 Sacred Fire</p>
THU	<p>08:00 Yogasanas 10:00 Pranic Meditation 11:00 Agua Magica 18:00 Gratitude Tent Takeover: Constelations & Gestalt 19:00 Sacred Fire</p>

RESERVE :
journeydesign@nomadetulum.com



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FRI	<p>08:00 Animal Flow 10:00 Vinyasa Yoga 11:00 BioDynamic Breathwork 17:00 Cacao Ceremony 19:00 Sacred Fire</p>
SAT	<p>08:00 Accoustic Yoga 08:00 Human Garage: Transforming Trauma World Tour 10:00 Vinyasa Yoga 17:00 Sound Healing 19:00 Sacred Fire 19:30 Stargazing</p>
SUN	<p>08:00 Ashtanga Yoga 10:00 Qi Gong 11:00 Clarity Breathwork 13:00 Family Ice Bath Challenge 15:00 Sandy Art for Kids 16:30 Running and Moving Fun Games 19:00 Sacred Fire</p>

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