

WEEKLY PROGRAM

JUL 22ND - 28TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00		ASHTANGA YOGA @ Shala	KUNDALINI YOGA @ Shala	YOGASANAS @ Shala			
10:00	VINYASA YOGA @ Yään	QI GONG @ Yään	PILATES @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään
11:30	SOMATIC RELEASE EXERCISES @ Gratitude Tent			AGUA MAGICA @ La Popular Pool	CLARITY BREATHWORK @ Shala		PAINTING & CRAFTS CREATIONS @ Shala
13:00						ICE BATH CHALLENGE @ Shala	
17:00	*TEMAZCAL CEREMONY @ Temazcal	MAGIC SHARING CIRCLE @ Gratitude Tent	ORGANIC BEAUTY SERIES: CHAPTER 3: NEED A GUT RESET? @ Maresias		*CACAO CEREMONY @ Shala		
18:00				GRATITUDE TENT TAKEOVER: LAUGH LAB @ Gratitude Tent			SOUND HEALING @ Gratitude Tent
19:30		NÔMADE MOVIE NIGHTS @ La Popular				SACRED FIRE MAYAN STORYTELLING NIGHTS @ Firepit	

 NÔMADE TULUM
  BE TULUM
  THE CREATIVE FAMILY

*Temazcal Ceremony \$35USD | *Cacao Ceremony \$25USD

*Sound Healing \$25USD

Guests of Nômade Tulum and Be Tulum can enjoy access to all workshops. Stop by the Journey Designer desk for any assistance in registering or locating our shared event spaces.

