

WEEKLY PROGRAM

APR 22ND - 28TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	FUNCTIONAL HIIT @ Beach	VINYASA YOGA @ Shala	KUNDALINI PRANAYAMA @ Shala	YOGASANAS @ Shala	ANIMAL FLOW @ Beach	ACCOUSTIC YOGA @ Shala	ASHTANGA YOGA @ Shala
						HUMAN GARAGE: TRANSFORMING TRAUMA WORLD TOUR @ La Popular	
10:00	VINYASA YOGA @ Yään	PILATES @ Yään	VINYASA YOGA @ Yään	PRANIC MEDITATION @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään	QI GONG @ Yään
11:00	BIODYNAMIC BREATHWORK @ Gratitude Tent	CLARITY BREATHWORK @ Gratitude Tent	SOMATIC RELEASE EXERCISES @ Gratitude Tent	AGUA MAGICA @ La Popular Pool	BIODYNAMIC BREATHWORK @ Gratitude Tent		CLARITY BREATHWORK @ Gratitude Tent
13:00							ICE BATH CHALLENGE @ Shala
15:00							SANDY ART FOR KIDS @ La Popular
16:30							RUNNING AND MOVING FUN GAMES @ La Popular
17:00		*FULL MOON TEMAZCAL CEREMONY @ Temazcal	OCEAN TALKS: AYURVEDA WORKSHOP @ Maresias 2nd Floor		*CACAO CEREMONY @ Shala	*SOUND HEALING @ Gratitude Tent	
18:00	HEALING EARTH: A CEREMONY OF RESTORATION AND CONNECTION @ FirePit			GRATITUDE TENT TAKEOVER: CONSTELATIONS & GESTALT @ Gratitude Tent			
19:00		SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit
19:30						STARGAZING @ Firepit	

NOMADE TULUM
 BE TULUM
 NOMADE 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.