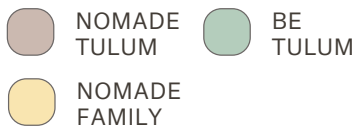


WEEKLY PROGRAM

MAY 27TH - JUN 02ND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	KUNDALINI PRANAYAMA @ Shala	ASHTANGA YOGA @ Shala	VINYASA YOGA @ Shala	YOGASANAS @ Shala	FUNCTIONAL HIIT @ Beach	ACCOUSTIC YOGA @ Shala	ASHTANGA YOGA @ Shala
10:00	VINYASA YOGA @ Yään	QI GONG @ Yään	PILATES @ Yään	PRANIC MEDITATION @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään
11:00	SOMATIC RELEASE EXERCISES @ Gratitude Tent	CLARITY BREATHWORK @ Shala	BIODYNAMIC BREATHWORK @ Gratitude Tent	AGUA MAGICA @ Popular Pool	CLARITY BREATHWORK @ Shala	CONTEMPORARY MOVEMENT @ Shala	BREATH OF LIGHT @ Gratitude Tent
13:00						ICE-BATH CHALLENGE @ Shala	
17:00	*TEMAZCAL CEREMONY @ Temazcal		OCEAN TALKS: ORGANIC BEAUTY SERIES CHAPTER 1: LONGEVITY AND SUPPLEMENTS @ Maresias		*CACAO CEREMONY @ Shala		*SOUND HEALING @ Gratitude Tent
18:00				GRATITUDE TENT TAKEOVER: HOW TO HACK YOUR NERVOUS SYSTEM @ Gratitude Tent			
19:00	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit
19:30						STARGAZING @ Firepit	



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.

