


PRIVATE SESSIONS

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TULUM, THE LAND THAT
INSPIRES MAGNITUDE OF
BEAUTY IS ALSO A SOURCE
OF IMMENSE HEALING
POTENTIAL.

At Nômade Tulum more than the destination, we celebrate the big and the small moments, for us it is about the steps that we take to find us halfway somewhere that truly matters.

TRAVELING WITHIN

LET THE JOURNEY DESIGNERS CURATE YOUR JOURNEY FOR YOU.

To encourage a deep yet gentle experience, honoring our simple human complexities and our unique individuality. Nômade Tulum offers private consultations before arrival or on-site with our journey designers' team.

For questions or inquiries, you can find us at our Wellness Desk in front of the Gratitude Tent, reach us at our direct contact.

[BOOK YOUR PRIVATE CONSULTATION](#)

EXPLORE OUR SESSIONS

FORMA

CHANGING

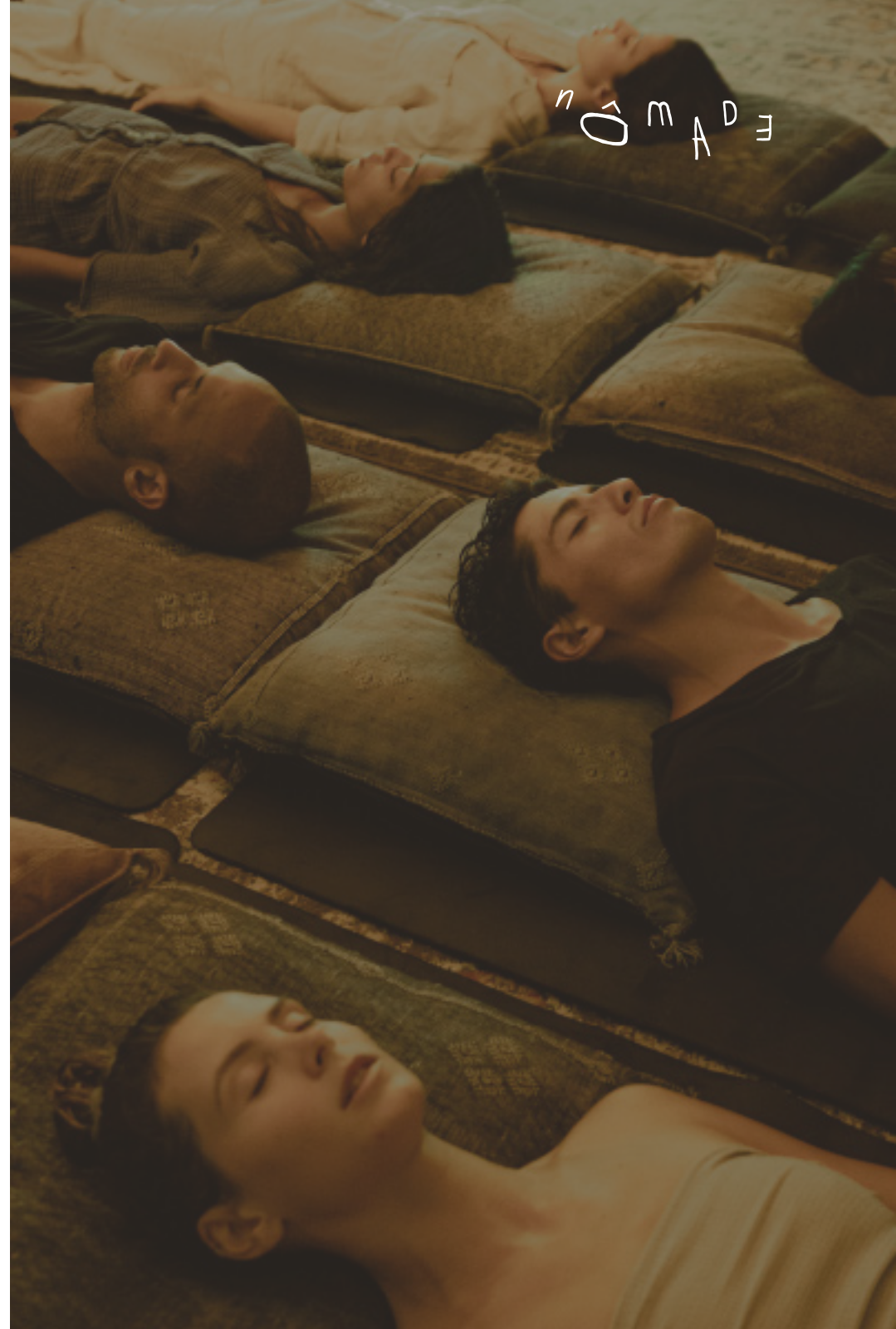
For whenever you feel ready to move,
create more space or just shake stagnation.

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BREATHWORK OFFERINGS

We offer breathwork sessions in our regular schedule, yet a private session allows us to explore deeply, addressing hidden barriers and not so clear emotions. This experience is fully customized and guided toward your own Aspirations.

60-min or 90-min sessions





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WATER THERAPIES

Held in the water, this movement therapy is transformational. This floating, water massage-dance helps us return into a flow state, leading to an enhanced sense of tranquility as the neocortex brain response to stress switches off.

This session is recommended for restoring inner balance, especially from stress and insomnia, as well as healing mother wounds, and fears of the water.

90 min sessions

AGUA MAGICA

is also available for couples and groups.

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FRESH VISION

When the time has come for a deeper understanding
of who you are within your path.

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SOUL READING

This session is designed to help you reconnect with yourself on a deep level, exploring key aspects of your inner world. Together, we'll work through areas such as inner child healing, past experiences, and family dynamics. Using energy healing techniques, we'll identify and release patterns or blocks that may be holding you back. This session is ideal for moments when you feel stuck or disconnected.

75 min session / Requires specific date, place, & time of birth.

HUMAN DESIGN

A Human Design session offers a personalized exploration of your unique energy blueprint, combining elements of astrology, the I Ching, chakras, and quantum physics. It explores your energy type, decision-making strategy, and life purpose, providing insights into how you naturally operate and interact with the world.

75 min session / Requires specific date, place, & time of birth.





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GENE KEYS

A Gene Key session offers a profound opportunity to reflect on the core aspects of your life through the lens of I Ching, Human Design, and Gene Keys. This approach provides a framework for understanding the challenges you face, the unique gifts you possess, and the master abilities that can emerge from your experiences.

By contemplating themes such as prosperity, purpose, and personal growth, the session reveals how your life's patterns hold the potential for transformation. Through this insight, you gain a deeper understanding of your journey, empowering you to unlock your true potential and live with greater clarity and alignment.

75-min session / requires specific date, place, & time of birth.

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SOMATIC-SUBCONSCIOUS RESET

A two-hour session focused on releasing trapped body trauma, emotional stress, and recurring patterns that influence your well-being. By integrating the techniques of Theta Healing and somatic breathwork, this session delves into the root beliefs and emotional charges stored in the body.

Through this approach, the session offers an opportunity to uncover and address deep-seated patterns, providing space for transformation and healing on both physical and emotional levels.

120-min session



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ASTROLOGY - SUN & NATAL CHARTS

An astrology reading allows us to delve into the depth of the positioning of the stars and planets at the time you were born. A full reading will provide insights not only into the planets that dominate your life but also into each of the houses or "rooms" in which you develop throughout your lifetime. This is a great opportunity to explore deeply or to gain basic knowledge of astrology.

75 min session / requires specific date, place, & time of birth

TAROT READINGS

Tarot readings offer metaphorical forms, drawings, and shapes that allow our subconscious to be guided into finding the answers that we are looking for. Whether you are feeling unclear about your next steps or just having a thought that needs more clarity or connection within your emotions, a tarot reading offers a vehicle for gaining insights.

75 min session





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RUNES READINGS

Runes are a timeless Norse oracle used for guidance and insight, with each symbol carrying a unique meaning and energy. The session combines old primitive knowledge with modern coaching and astrological insights to offer tailored readings that bring clarity, alignment, and a relevant approach to today's world.

75-min session.

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HIGHER LOVE

When you are ready for guidance in love,
sexuality and relationships

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INTO ME SEE - COUPLE'S SESSION

In a relationship, every couple needs time to readdress new ways and patterns of communicating from a heart-centered space. This two-hour session is designed not only to provide insights but also to develop new tools for connecting and communicating within the relationship and partnership. Additionally, it offers guidance on re-stimulating and reigniting those fundamental aspects of connection that are essential to a thriving relationship.

120 min session.



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ENERGY

When you want to renew natural flow
of vitality and inspiration.

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REIKI & ENERGY BALANCING SESSION

Energy healing comes in different forms. Through Reiki, a traditional Japanese system, the facilitator will channel universal energy into your body. At the same time, with the intention of rebalancing your chakras and energetic circuits, they will use various crystals to reactivate and realign your natural energy flow.

75 min session

SOUND HEALING

Sound healing uses specific tones and vibrations from each instrument to create a connection through sound, guiding the mind and, in turn, the emotions. Some instruments have the ability to quiet the brain, leading to a deeper state of relaxation and reflection. This practice offers a ceremonial space to relax, disconnect, and potentially gain future insights.

75 min session





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BINAURAL BEATS MEDITATION WITH HEADPHONES

This vibrational container is designed to create a focused experience through ambient brainwave entrainment. Using a combination of binaural beats and isochronic tones, the session guides brainwaves into low Alpha and Theta states, which are associated with relaxation and meditation.

GONG BATH

The gong's complex harmonic and non-harmonic tones help reset the body's stress response, by producing low frequency sound waves that travel through the body, creating vibrations that resonate with muscles, bones, and organs. These frequencies work to stimulate the nervous system, improve blood circulation, and release stored tension.

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ACUPUNCTURE

Our acupuncture sessions offer a unique approach rooted in Classical Chinese Medicine, where the understanding of channel theory transcends the limitations of focusing solely on primary channels. In these sessions, we harness the power of all complementary channels to diagnose and treat not only physical pathologies but also address emotional and psycho-spiritual aspects of well-being.

75 min session

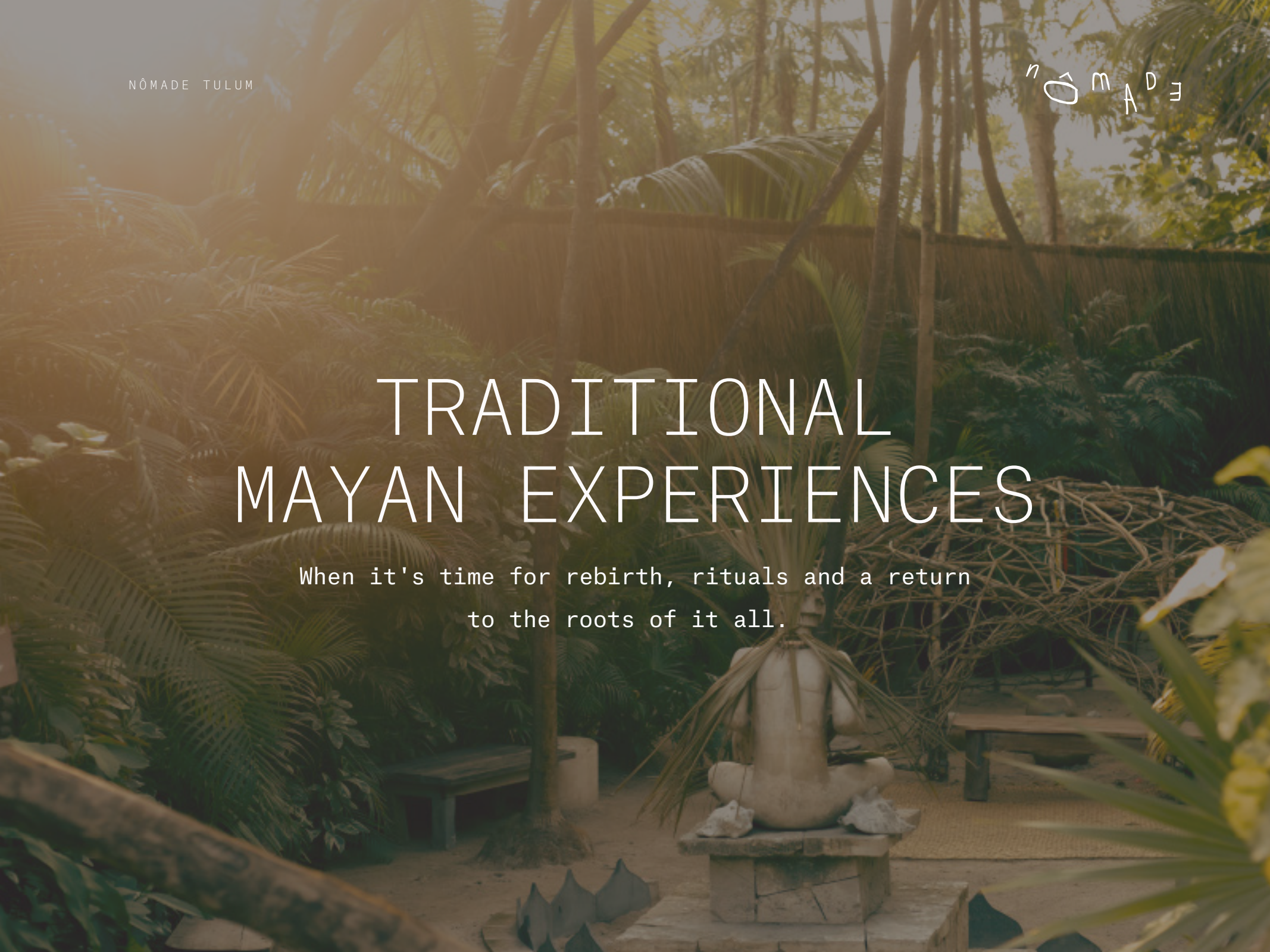


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TRADITIONAL MAYAN EXPERIENCES

When it's time for rebirth, rituals and a return
to the roots of it all.



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ANCESTRAL MEXICAN CLEANSE

This 30-minute traditional Mexican cleanse is a practical method used for generations to relieve stress, restore focus, and bring a sense of calm.

The process involves burning copal incense, known for its purifying properties, and brushing herbs over the body ("rameado") to refresh and stimulate the senses. An egg is then used as a tool to absorb built-up tension and negative influences, a practice rooted in the belief that it helps restore balance and vitality.

TEMAZCAL CEREMONY

The Temazcal is a traditional ceremony designed to detoxify the body and reconnect with nature. Also known as the Mayan Sweat Lodge, it uses heat, steam, and the elements to cleanse and reset the body.

In this two-hour ceremony, the heat and steam trigger deep physical detoxification, while the environment supports mental clarity and emotional release. The ceremony, which includes songs and prayers, helps restore balance and promote renewal.

It's an impactful experience, ideal for sharing with family and friends, that leaves you feeling lighter, refreshed, and more grounded.

120 min Ceremony





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EMANATE

HERBAL BATH CEREMONY

This session offers a calming herbal and flower bath designed to help you feel relaxed and more in tune with yourself. Using warm water infused with a carefully chosen blend of herbs, flowers, and citrus, selected by Maria to meet your needs, the bath promotes relaxation, supports emotional healing, and encourages a sense of renewal.

90 min Ceremony

GRATITUDE CEREMONY

A ritual deeply rooted in indigenous tradition, tuning into the profound wisdom of the land. This experience is crafted to establish a connection with the sources of Earth and the cosmos. Show reverence to the four directions, pay homage to the elements, acknowledge the local land, and honor both the human and non-human aspects of existence. Tailored for special occasions, this ceremony can be curated to celebrate birthdays or anniversaries.

60 min Ceremony

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CACAO CEREMONY

Cacao, known by the Mayans as "the water that runs through the heart," has long been used to awaken creativity and enhance awareness.

This ceremony with live music invites you to connect with your heart, mind, and surroundings. Guided by personal intention, it offers a grounding and inspiring experience.

90 min Ceremony



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YOGA, MOVEMENT + FITNESS

For that extra boost to build muscle, detoxify,
or take your practice to the next level.

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PHYSICAL TRAINING

Transform your body and mind, build muscle and burn fat with a unique class incorporating calisthenic and yoga inspired movements. Challenge your strength, balance and flexibility with progressions and regressions of targeted movements.

Options include Primal Movement, HIT, Full Body beach Fitness, and Mat Pilates.

60 min session

PRIVATE YOGA CLASS

All our group sessions, taught as privates, with the option to choose from: Kundalini, Ashtanga, Hatha, Vinyasa and Yin Yoga. Surrender thoughts and flow in your body with a personal practice that gives you individual attention. Customized asana sequence and breathing practice are curated to strengthen inner balance, allowing you to polish the connection to your physical and emotional bodies.

75 min session





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FEARLESS

ICE BATH

Experience the dynamic effects of cold exposure on your central nervous system, influencing various aspects from circulation to sleep patterns. Athletes frequently employ ice baths for physical recovery, altering fluid dynamics and reducing inflammation. This session integrates breathwork, cold exposure, and mindset techniques.

75 - 90 min session

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HARMONY OF MIND

When you want to find stillness through
presence and creativity.

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CLAY & PLAY

Clay and Play offers two ways to dive into the art of ceramics: a hand-building session, where you'll shape and mold clay by hand, or a wheel-throwing session, where you'll learn to center and shape your creation on the pottery wheel. Both options provide a fun way to explore your creativity with clay in a private, relaxed setting. (Can be adjusted for all levels).

STARGAZING

Astronomy is the study of the images of space, from distant galaxies to the stars and planets. In this private session, Miroslava will guide you through the night sky using a professional telescope, helping you discover the wonders of the cosmos. Set on a beach with no light pollution, this peaceful setting allows for an unforgettable experience.



W A M A D E

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At Nômade Temple, we honor change and the complexity of each stage of your journey. Wherever you are on your path, it is the right place to be. We are here to help you integrate, guide, and support who you are.




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CONTACTS

FOR MORE INFORMATION OR BOOKING A SESSION:

Please contact our Journey Designers team to curate and book your sessions.

 journeydesigner@nomadetulum.com

 +52 984 114 0805

NOMADETULUM.COM