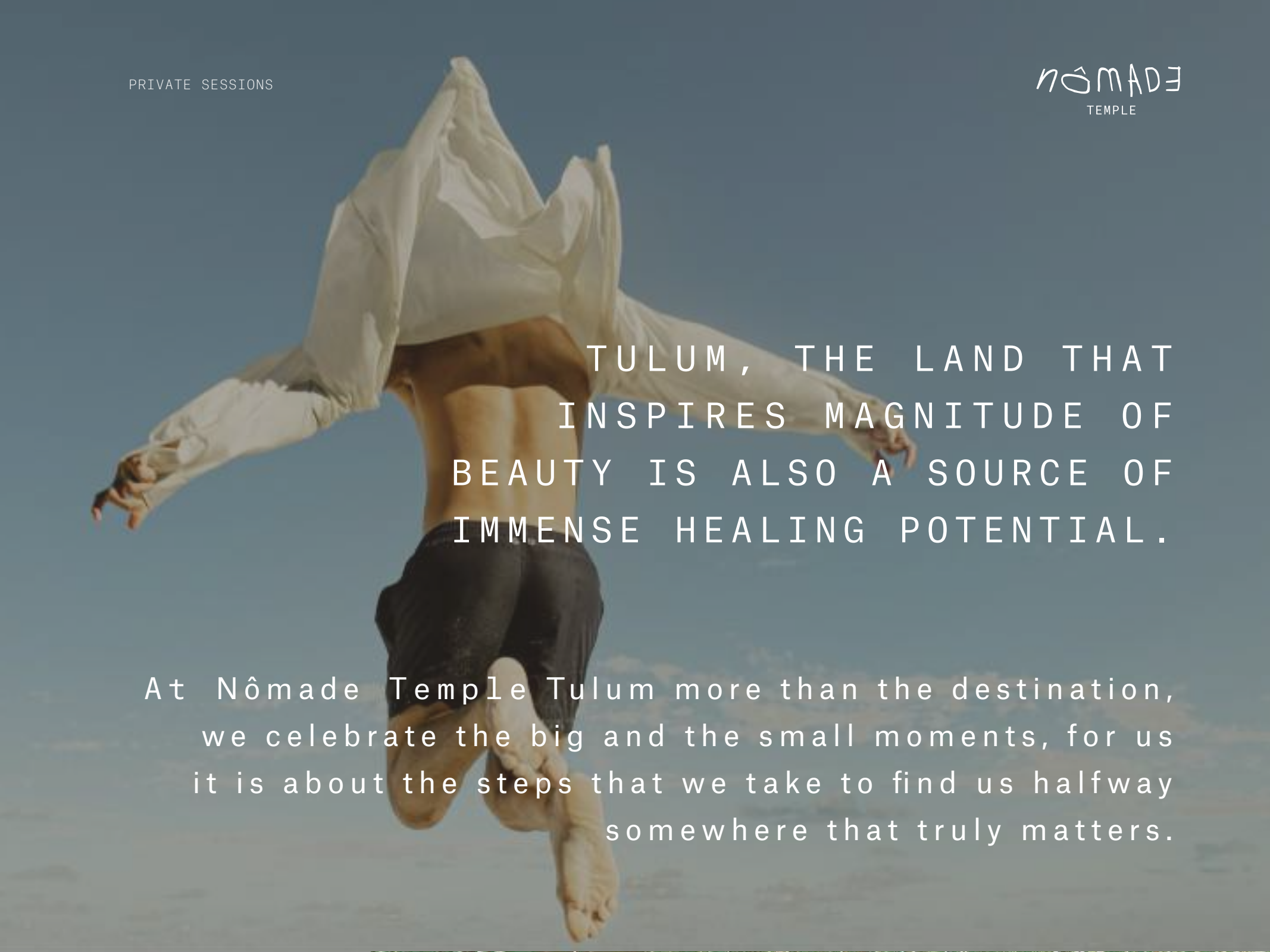


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TULUM, THE LAND THAT  
INSPIRES MAGNITUDE OF  
BEAUTY IS ALSO A SOURCE OF  
IMMENSE HEALING POTENTIAL.

At Nômade Temple 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.

# FACING INWARDS

LET THE JOURNEY DESIGNERS CURATE, GUIDE AND SUPPORT YOU THROUGHOUT YOUR STAY.

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](#)

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# CHANGING

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

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## BREATHWORK OFFERINGS

The pace, depth, and manner of breathing affect us at a chemical and emotional level. Explore the space needed to let restricted feelings and emotions surface. Move beyond the threshold of comfort and access a grounded post-emotional state.

**60min or 90min**



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## AGUA M Á G I C A

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**

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## VOICE ACTIVATION

Plenty of our blockages come from our difficulties in communication. This session works on your self-expression and channeling air through the respiratory system, accessing spaces in our lungs, belly, and throat. It may move stagnant emotions, liberating through the voice.

**60 min**



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# GAINING CLARITY

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.

**60 min**

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## HUMAN DESIGN

A personalized 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**

**Requires specific date, place, & time of birth.**

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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**

**Requires specific date, place, & time of birth.**

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## 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**



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## COMPASSIONATE INQUIRY

Inspired by Gabor Maté's work, this practice uses therapist mirroring to reveal subconscious patterns that shape behavior from a place of awareness and understanding, in connection with the body.

**75 min**

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## MEDITATION

Whether you are cultivating visualization, contemplation, or focus, this practice helps develop stillness and spaciousness. Quiet the mind and listen to yourself without judgment.

**60 min**



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## SOMATIC - SUBCONSCIOUS RESET

A two-hour session focused on releasing stored physical tension, emotional stress, and recurring patterns that influence overall well-being.

By integrating Theta techniques and somatic breathwork, this session explores the underlying beliefs and emotional charges held in the body.

Through this approach, the session offers an opportunity to identify and address long-standing patterns, creating space for physical and emotional clarity.

**90 min**

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# BREAK THROUGH YOUR LIMITATIONS

Get clarity on the unconscious programs and patterns that are blocking your life. You will be guided through a combination of internal journeying, emotional release, mindset coaching, and embodiment practices. A clear and supportive space is held for you to release what needs to leave your heart. You will learn personalized tools to stabilize your breakthrough long after the session ends.

**90 min**



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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 revisit how they communicate and understand each other. This two-hour session is designed to offer insight and develop practical tools for connection and communication within the partnership. It also provides guidance on reactivating key aspects of relational closeness that support a healthy and engaged relationship.

**90min**

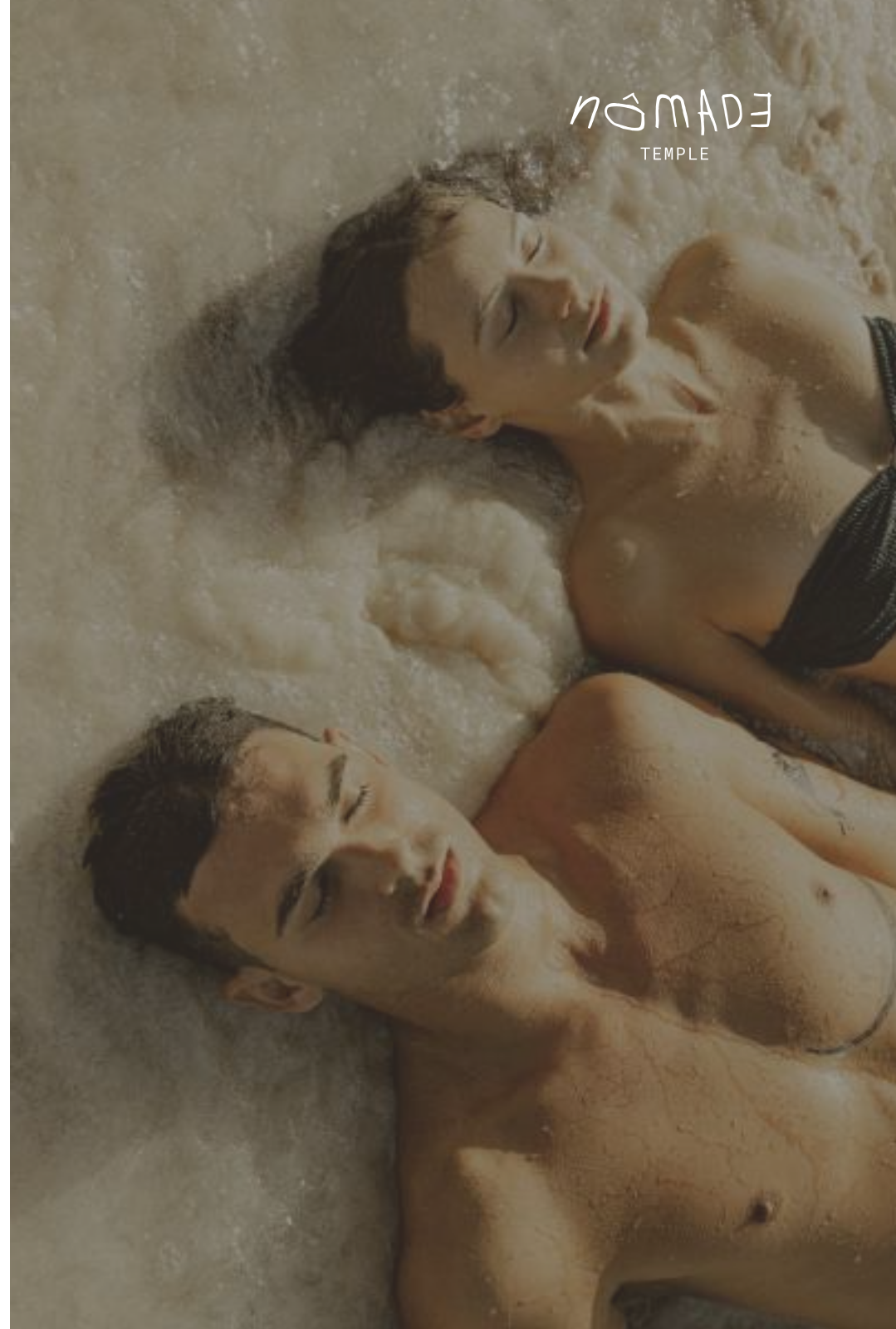
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## PRESENCE AND CONNECTION - COUPLE'S SESSION

Experience unity within yourself and with your partner. Explore your connection with one another. Harmonize through shared embodied awareness practices.

**120min**

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# ENERGY FLOW

When you feel like renewing your natural  
vital rhythm and inspiration.

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## 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**



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## GONG SOUND 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.

**75 min**

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## 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**

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## GONG FU TEA CEREMONY

Using the properties of the tea leaves, ease into a state of calm. Let the soft, organic movements of the facilitator permeate your awareness. Taste the tea with your senses of smell, texture, and sight. This atmosphere helps you to ground and gain focus.

**75 min**

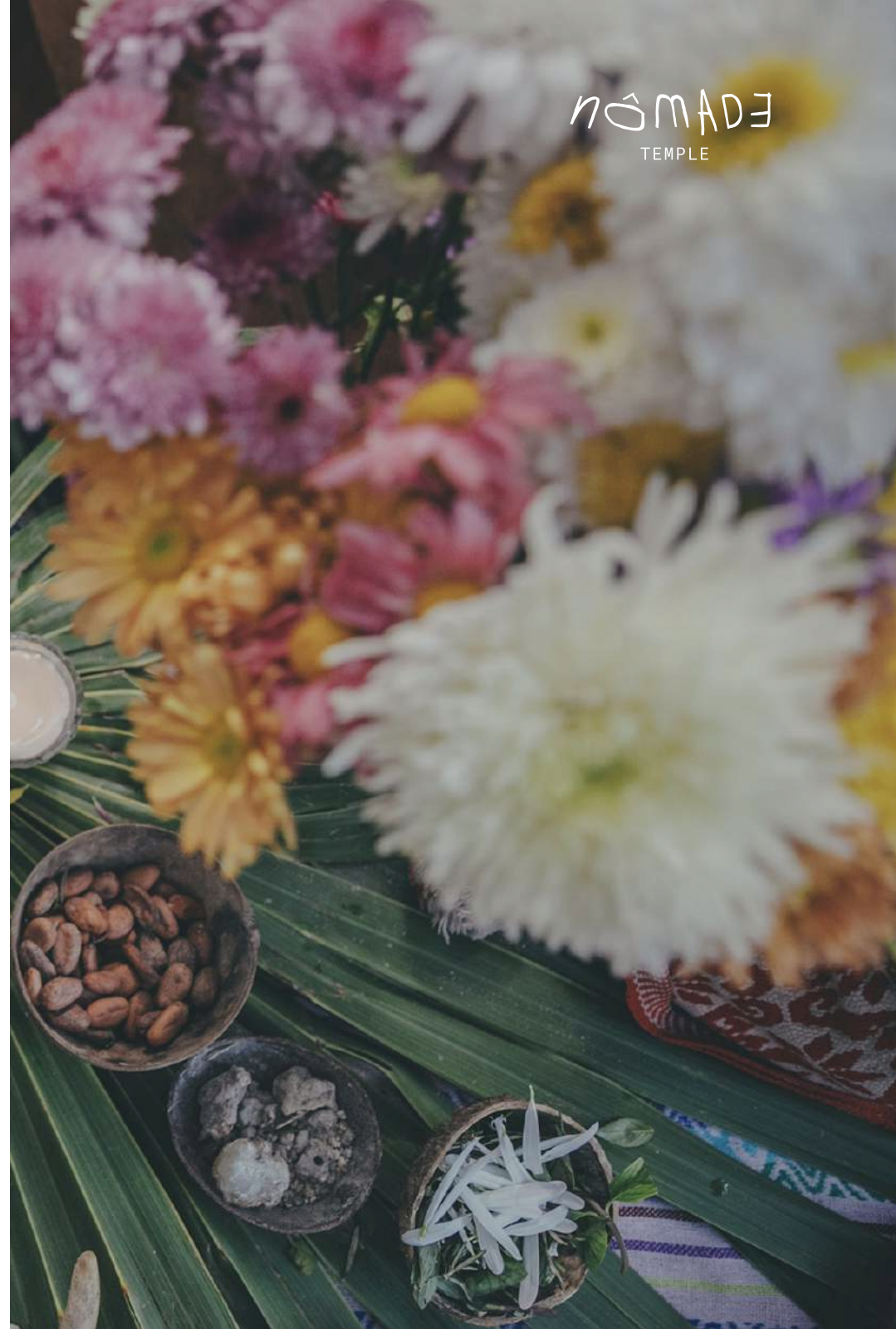
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## GRATITUDE RITUAL

Cultivate a clear intention and a sense of appreciation. Recognize and amplify the beauty that lies within. Through sound, herbs, and guided visualization, you will be led through a ceremony that invites reflection and respect for Mother Earth, supporting a grounded connection to the land and the elements.

**60 min**

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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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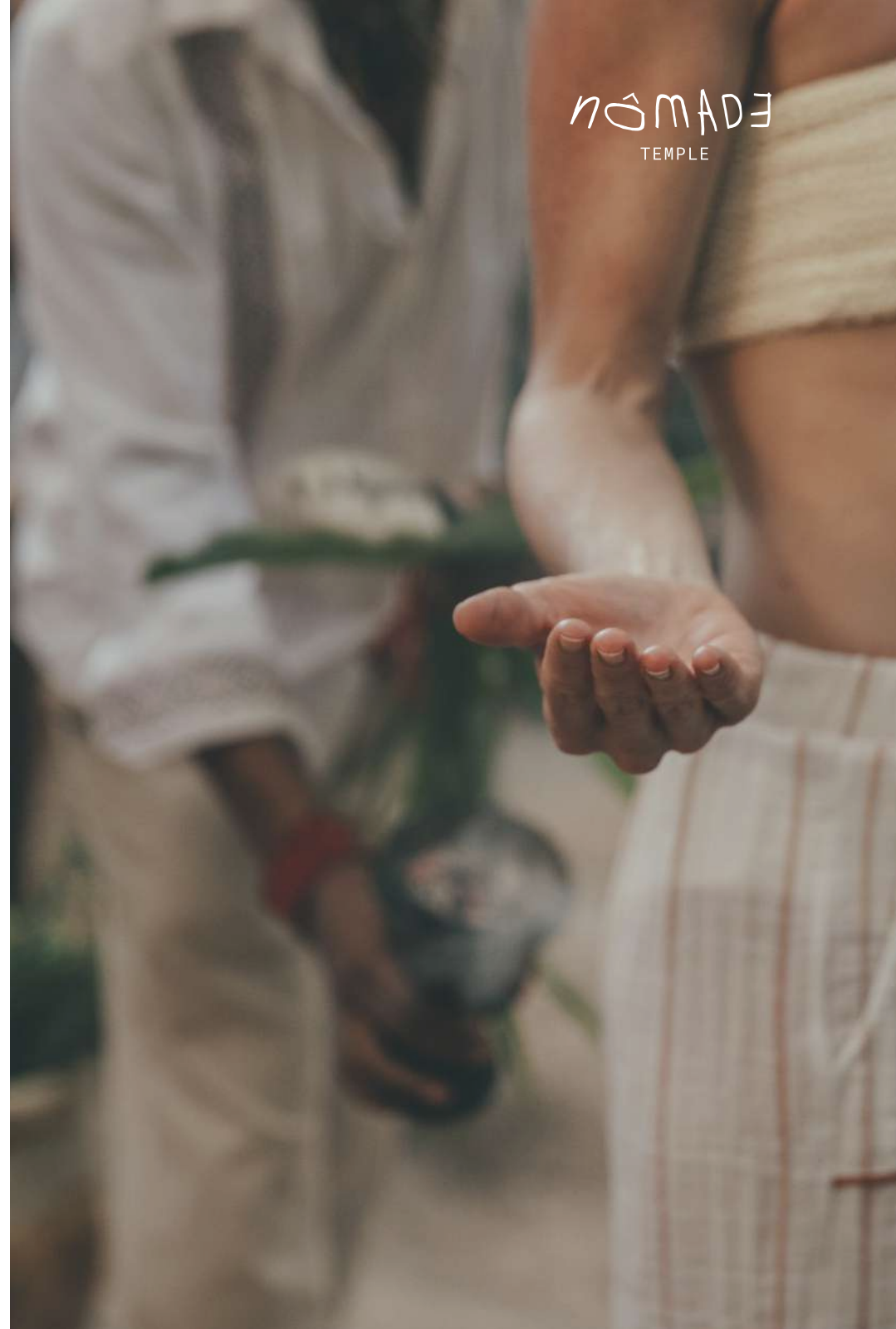
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## ANCESTRAL MEXICAN CLEANSE

This 60-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.

**60 min**



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## 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**



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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.

**60 min**



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## HERBAL BATH CEREMONY

This session offers a calming herbal and flower bath designed to help you relax and connect more deeply with yourself. Using warm water infused with a carefully selected blend of herbs, flowers, and citrus prepared by Maria to meet your needs, the bath promotes relaxation, supports emotional well-being, and encourages a renewed sense of clarity.

**60 min**

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# OPTIMIZATION

For when you want to enhance your potential.

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## LONGEVITY BY DESIGN - A BIOHACKING JOURNEY

In addition to discovering your Epigenetic Map, the facilitator helps you create a wellness protocol based on your results and intention, guiding you toward a more efficient lifestyle.

**60 min**

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## EPIGENETIC SCAN TEST

A hair sample provides detailed information about your epigenetic state. Learn about nutrition and environmental factors that may be affecting your system. Use the latest science to recalibrate your wellness with this new information.

**60 min**

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## ICE BATH

Experience the effects of cold exposure on your nervous system, influencing areas from circulation to sleep patterns. Athletes often use ice baths for recovery, altering fluid dynamics and reducing inflammation. This session integrates breathwork, cold exposure, and mindset techniques.

**75min**



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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

Build strength and endurance with a class combining calisthenic and yoga-inspired movements. Challenge your body with progressions and regressions of targeted exercises.

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

**60 min**

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## PRIVATE YOGA CLASS

Choose from various yogic practices: Kundalini, Ashtanga, Hatha, Vinyasa, Yin Yoga, and Acroyoga. Focus your mind and move through a personal practice with individual guidance. Customized asana sequences and breathing practices are designed to strengthen your connection with your physical and emotional bodies.

**60 min**

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# THE CREATIVE

For when you feel the calling for personal expression. Integrate your process through art.

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## CLAY & P L A Y

Explore the art of ceramics, where you'll shape and mold clay by hand.

**90 min**

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## AQUARELA DREAMWORLD

A space to connect with nature, where watercolor becomes a bridge between what we see outside and what we feel within.

**90 min**



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# NÔMADE TULUM


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.



FOR MORE  
INFORMATION  
OR BOOKING  
A SESSION :

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

 [journeydesigner@nomadetulum.com](mailto:journeydesigner@nomadetulum.com)

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