



Nômade Life Tulum

SCHEDULE

Weekly Program

MON	10:00 Vinyasa Yoga 11:30 Agua Magica 17:00 Temazcal Ceremony
TUE	08:00 Ashtanga Yoga 10:00 Qi Gong 19:00 Nômade Movie Nights
WED	08:00 Kundalini Yoga 10:00 Pilates 18:00 Magic Sharing Circle
THU	08:00 Yogasanas 10:00 Pranic Meditation 18:00 Gratitude Tent Takeover: Water Element Experience - Awakened Dreams

RESERVE :
journeydesign@nomadetulum.com



Nômade Life Tulum

SCHEDULE

Weekend Program

FRI	10:00 Vinyasa Yoga 11:30 Heart Breathwork 17:00 Cacao Ceremony
SAT	08:00 Hatha Yoga 10:00 Vinyasa Yoga 13:00 Ice Bath Challenge
SUN	10:00 Vinyasa Yoga 16:00 Family Connect Adventures 18:00 Sound Healing

RESERVE :
journeydesign@nomadetulum.com