



Nômade Life Tulum

SCHEDULE

Weekly Program

MON	10:00 Vinyasa Yoga 11:30 Somatic Release Exercises 17:00 Temazcal Ceremony
TUE	08:00 Ashtanga Yoga 10:00 Qi Gong 17:00 Magic Sharing Circle 19:30 The Creative Family: Nômade Movie Nights
WED	08:00 Kundalini Yoga 10:00 Pilates 17:00 Organic Beauty Series: Chapter 3: Need a Gut Reset?
THU	08:00 Yogasanas 10:00 Vinyasa Yoga 11:30 Agua Magica 18:00 Gratitude Tent Takeover: Laugh Lab

RESERVE :
journeydesign@nomadetulum.com



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Weekly Program

FRI	<p>10:00 Vinyasa Yoga 11:30 Clarity Breathwork 17:00 The Creative Family: Cacao Ceremony</p>
SAT	<p>10:00 Vinyasa Yoga 13:00 The Creative Family: Ice Bath Challenge 19:30 The Creative Family: Sacred Fire Mayan Storytelling Nights</p>
SUN	<p>10:00 Vinyasa Yoga 11:30 The Creative Family: Painting & Crafts Creations 18:00 Sound Healing</p>

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