

# WEEKLY PROGRAM

MAR 18TH - 24TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	ASHTANGA YOGA @ Shala	VINYASA @ Shala	PILATES @ Shala	VINYASA @ Shala	MORNING JOG & RESET @ Beach Golem	ACCOUSTIC YOGA SESSION @ Shala	ASHTANGA YOGA @ Shala
09:00	MORNING MEDITATION @ Yään	PRANIC MEDITATION @ Yään	MORNING MEDITATION @ Yään	MEDITATION SESSIONS @ Yään	PRANIC MEDITATION @ Yään	MORNING MEDITATION @ Yään	MEDITATION SESSIONS @ Yään
10:00	BEYOND BREATHWORK @ Shala	SOMATIC RELEASE EXERCISES @ Shala	KUNDALINI @ Shala	BIODYNAMIC BREATHWORK @ Gratitude Tent	KUNDALINI @ Shala	BIODYNAMIC BREATHWORK @ Gratitude Tent	CONTEMPORARY MOVEMENT @ Shala
	PILATES @ Yään	HA-THA YOGA @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään	QI GONG @ Yään	VINYASA YOGA @ Yään	PILATES @ Yään
11:30						AGUA MAGICA @ La Popular Pool	HOMEOPATHY WORKSHOP @ NEST
13:00							FAMILY: ICE-BATH SESSIONS @ Shala
14:30							FAMILY: HAND PAN MUSIC LESSONS @ Shala
17:00	*TEMAZCAL CEREMONY @ Temazcal	TOOLS, FOR CONNECTED PARENTING @ Gratitude Tent			CACAO CEREMONY @ Shala		SOUND HEALING @ Gratitude Tent
17:30					OCEAN TALKS: CREATIVITY AND EXPRESSION AS PRESENCE PRACTICE @Maresias		
18:00				TENT TAKEOVER: THE BRIDGE BETWEEN SCIENCE & SPIRITUALITY @ Gratitude Tent			SACRED SONGS-DREAM WEAVING @ Firepit
19:30			STARGAZING @ Firepit	SPRING EQUINOX CEREMONY @ Firepit			

 NOMADE TULUM  BE TULUM

**\*Temazcal Ceremony \$35USD | Cacao Ceremony \$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.

