

WEEKLY PROGRAM

APRIL 14TH - 20TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	PLAYA FIT CLUB @ La Popular		PLAYA FIT CLUB @ La Popular		PLAYA FIT CLUB @ La Popular		
08:30	VINYASA YOGA @ Shala	ASHTANGA YOGA @ Shala	VINYASA YOGA @ Shala	YOGASANAS @ Shala	KUNDALINI YOGA @ Shala	HATHA YOGA @ Shala	DYNAMIC & FLOW YOGA @ Shala
10:00	YIN YOGA @ Yäan	PILATES @ Yäan	PILATES @ Yäan	PRANIC MEDITATION @ Yäan	VINYASA @ Yäan	YING YOGA @ Yäan	YING YOGA @ Yäan
11:30	AGUA MAGICA @ Pool	BIO- DYNAMIC BREATHWORK @ Gratitude Tent	PRANIC MEDITATION @ Gratitude Tent	LIMINAL BREATHWORK @ Gratitude Tent	PRANAYAM PRACTICE @ Gratitude Tent	ANIMAL FLOW @ Shala	PSYCHEDELIC BREATHWORK @ Gratitude Tent
13:30						*RECOVERY ICE BATH @ Shala	FAMILY SUNDAYS POP UP MARKET @ La Popular
17:00	TEMAZCAL CEREMONY @ Temazcal	*CERAMICS & WINE @ Maresias			SPIRITS ANIMAL MEDITATION @ Gratitude Tent		
18:00				TENT TAKE-OVER: THE WHITE RAVEN METHOD @ Gratitude Tent			*GONG SOUNDBATH @ Gratitude Tent
19:00	SONGS TO THE STARS @ Firepit		SONGS BY THE FIRE @ Firepit	STARGAZING @ Firepit		STARGAZING @ Firepit	

NÔMADE TULUM

BE TULUM

ESP/ENG BILINGUAL

Special activities (*) Please check with our Journey Designers for details and pricing +52 1 984 114 0805
 Activities without the (ESP/ENG) label are held in English.

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.