

Residency

# NICO ANDONAKIS

The Protocol Recode

Nico is a transformational coach specializing in CO2 tolerance and Primal Moves, known as "The Protocol Guy." He exemplifies daily discipline and inspires others to adopt mindful, consistent practices in breathwork and movement to build mental and physical strength.

February 3rd to 8th, 2025



## **WHAT IS THE PROTOCOL RECODE?**

A transformative journey that aligns mind and body through science backed tools, empowering you unlearn limits, recode your beliefs and embody your highest potential.

## **THE FOUR PILLARS OF PROTOCOL RECODE**

CO2 Tolerance and Navigation

Claiming Your Physicality

Food Mastery

Energetics Work

“Nico believes true health comes from a strong mind and body, training students to build mental resilience and physical strength to reach their full potential...”



The Protocol Recode  
Schedule

# NICO ANDONAKIS

February 3rd to 8th, 2025

FEB 3RD	Talk: what is the protocol recode?	5:00 PM
FEB 4TH	Primal Moves	11:30 AM
FEB 5TH	Alchemy REWIRE CO2 Breathwork	11:30 AM
FEB 6TH	Primal Moves	11:30 AM
FEB 7TH	Primal Moves & Breathwork (the protocol)	11:30 AM
FEB 8TH	Primal Moves & Breathwork (the protocol)	11:30 AM





## CLASSES

**Movement class - Duration: 60 minutes**

PRIMAL MOVES™ is a bodyweight movement method designed to cultivate body awareness, strength, mobility and excellent muscle tone through quadrupedal movements and dynamic physical maneuvers that replicate the locomotive characteristics of animals. It emphasizes non-linear, multi-joint movements that enhance joint stability, balance, and flexibility, promoting a harmonious mind-body connection.



## PRIVATE SESSIONS

**Primal Moves 1-on-1 or Small Private Group Session (up to 4 people):** A focused, in-depth session exploring Primal Moves with an emphasis on inversions and managing inertia, tailored to each client's movement ability. 60 minutes.

**In-Person Protocol Recode:** You will have the opportunity to start Nico's 3-month coaching program with three private 90 min in-person sessions, followed by continued support and guidance online. This approach ensures a solid foundation for your transformation journey, equipping you with the tools, techniques, and mindset shifts needed to succeed throughout the program.

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RESERVE