

Weekly Program

FEB 10TH - 16TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	PLAYA FIT CLUB @ La Popular				PLAYA FIT CLUB @ La Popular		
09:00	VINYASA YOGA @ Shala	ASHTANGA YOGA @ Shala	ACCOUSTIC YOGA SESSIONS @ Shala	YOGASANAS @ Shala	KUNDALINI YOGA @ Shala	AUDEO YOGA @ Shala	DYNAMIC & FLOW YOGA @ Shala
10:30	YIN YOGA @ Yään	PILATES @ Yään	PILATES @ Yään	PRANIC MEDITATION @ Yään	VINYASA @ Yään	YING YOGA @ Yään	YING YOGA @ Yään
11:30	LIMINAL BREATHWORK @ Gratitude Tent		AFROBEATS DANCE @ Shala	BIO-DYNAMIC BREATHWORK @ Gratitude Tent	*COUPLE'S HERBAL BATH @ Shala	ANIMAL FLOW @ Shala	PSYCHEDELIC BREATHWORK @ Shala
13:00						*RECOVERY ICE BATH @ Beach	
17:00	SHIBARI: THE ANCIENT ART OF JAPANESE ROPE BONDAGE @ Gratitude Tent	*TEMAZCAL CEREMONY @ Temazcal	OCEAN TALKS: NUMEROLOGY FOR PERSONAL TRANSFORMATION @ Maresias				*SOUND HEALING @ Gratitude Tent
18:00		SONGS TO THE STARS @ Firepit		FULL MOON CEREMONY @ Firepit	*CANDLE LIT CONCERT OF LOVE SERIES @ Macondo	SONGS TO THE STARS @ Firepit	
19:30	STARGAZING @ Firepit			FULL MOONGAZER @ Firepit		STARGAZING: CERES IN THE SUN @ Firepit	

 NÔMADE TULUM
  BE TULUM
  VALENTINE'S SPECIAL

*Temazcal Ceremony \$40USD | *Ice Bath \$20USD | *Sound Healing \$35USD

*Couple's Herbal Bath \$40USD | *Candle Lit Concert of Love Series \$120USD



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.