

WEEKLY PROGRAM

APR 15TH - 21ST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	BODY WEIGHT BLAST @ Beach	VINYASA @ Shala	PRIMAL MOVEMENT @ Shala	YOGASANAS @ Shala	FUNCTIONAL HIIT @ Beach	ACCOUSTIC YOGA @ Shala	ASHTANGA YOGA @ Shala
09:00					PRANIC MEDITATION @ Yään	PRANIC MEDITATION @ Yään	PRANIC MEDITATION @ Yään
10:00	BIODYNAMIC BREATHWORK @ Gratitude Tent	CLARITY BREATHWORK @ Gratitude Tent	KUNDALINI YOGA @ Shala	BIODYNAMIC BREATHWORK @ Gratitude Tent	CLARITY BREATHWORK @ Gratitude Tent	CONTEMPORARY MOVEMENT @ Shala	KIDS: FACE PAINTING ANIMAL EXPRESSION @ Shala
	VINYASA YOGA @ Yään	HATHA YOGA @ Yään	VINYASA YOGA @ Yään	VINYASA YOGA @ Yään	HATHA YOGA @ Yään	VINYASA YOGA @ Yään	QI GONG @ Yään
11:30				AGUA MAGICA @ La Popular Pool			
13:00						ICE BATH CHALLENGE @ Shala	
17:00	*TEMAZCAL CEREMONY @ Temazcal		RECOVERY: ANTI GRAVITY LAB @ Shala		*CACAO CEREMONY @ Shala		*SOUND HEALING @ Yään
18:00		HUMAN DESIGN & RELATIONSHIPS WORKSHOP @ Gratitude Tent		AS ABOVE SO BELOW: MEDITATION PRACTICE & GROUP ACUPUNCTURE @ Gratitude Tent			
19:00	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	SACRED FIRE @ FirePit	
19:30							STARGAZING @ Firepit

 NOMADE TULUM
  BE TULUM
  NOMADE FAMILY



Temazcal Ceremony \$35USD | Cacao Ceremony \$25USD | Sound Healing \$25USD* | Ocean Talks \$40USD

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.