


PRIVATE SESSIONS

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TULUM, THE LAND THAT
INSPIRES A MAGNITUDE
OF BEAUTY, IS ALSO A
SOURCE OF IMMENSE
HEALING POTENTIAL.

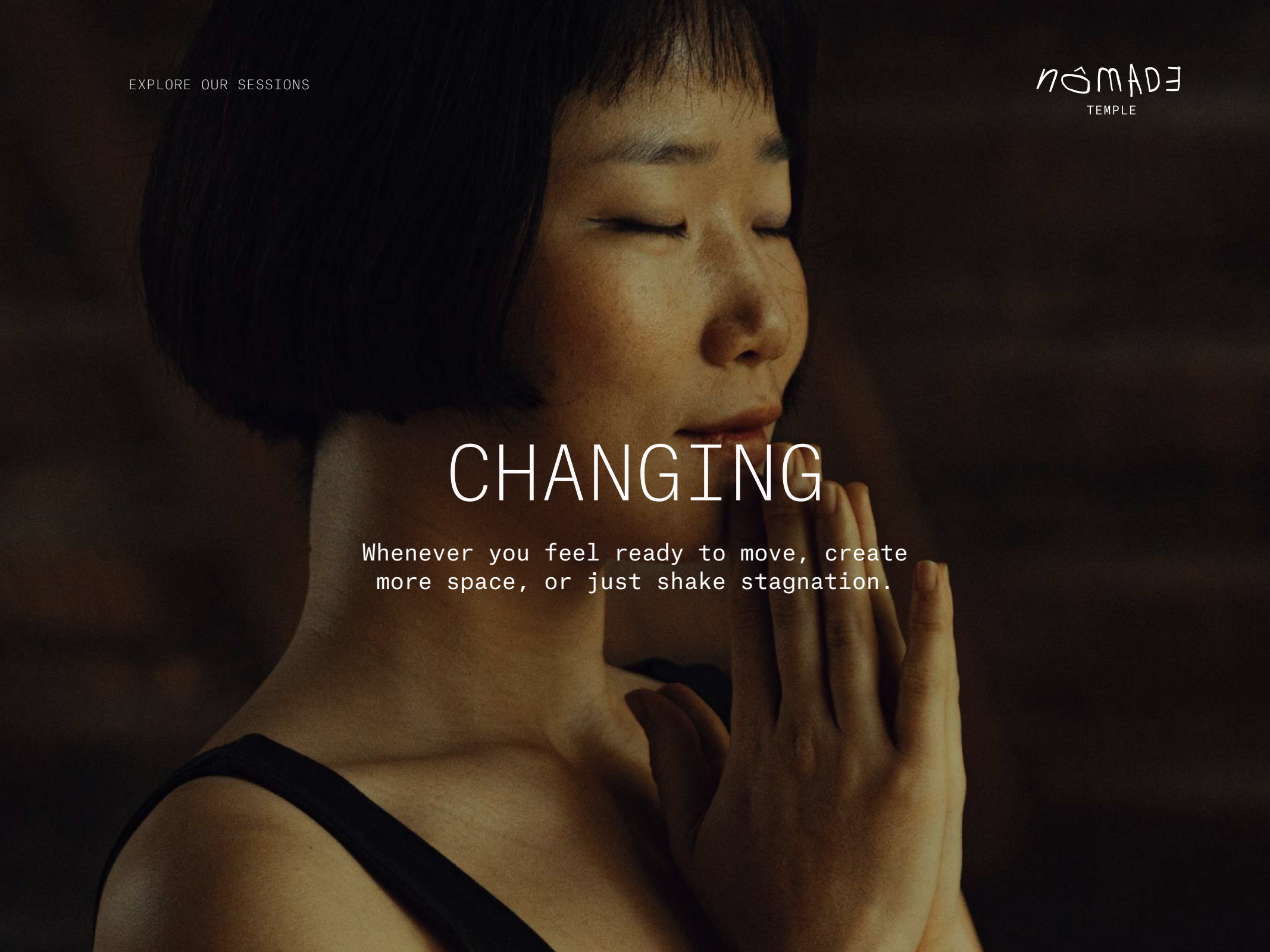
At Nômade Temple Tulum, more than
the destination, we celebrate the
big and the small moments; for us,
it is about the steps we take to
find ourselves halfway somewhere
that truly matters.

TRAVELING WITHIN

LET THE JOURNEY DESIGNERS CURATE AND GUIDE YOU ON YOUR SOJOURN OR EXPLORATION.

To encourage a deep yet gentle experience, honoring our simple human complexities and individuality, Nômade Temple Tulum offers private consultations before arrival or on-site with our journey designers team.

BOOK YOUR PRIVATE CONSULTATION



EXPLORE OUR SESSIONS

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CHANGING

Whenever you feel ready to move, create
more space, or just shake stagnation.


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BREATHWORK

We offer breathwork sessions in our regular schedule, but a private session allows us to dive deeply, addressing hidden barriers and unclear emotions. This experience is fully customized and guided based on your own intention.

60-min or 90-min sessions





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WATER THERAPIES

Float and be held in the water. This movement therapy recalls our experience in the womb, and the massage-dance helps us return to a state of ease, as the neocortex response to stress switches off.

This session is recommended for relieving stress and insomnia, as well as addressing mother wounds and fear of the water.

90 min sessions

AGUA MAGICA

Is also available for couples and groups.

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VOICE ACTIVATION

Plenty of our blockages come from our difficulties in communication. This session works on your self-expression and channeling air through the respiratory system, accessing spaces in our lungs, belly, and throat. It may move stagnant emotions, liberating through the voice.

EMBODIMENT ACTIVATION

Whether you would like to connect more with your feminine energy, reinforce how to stand your ground, or other goals, employ the body to navigate the movements which will guide you toward embodying your intention.



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GAINING CLARITY

When the time has come for a clear understanding
of where you are on your path, take the next step.

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SOUL READING

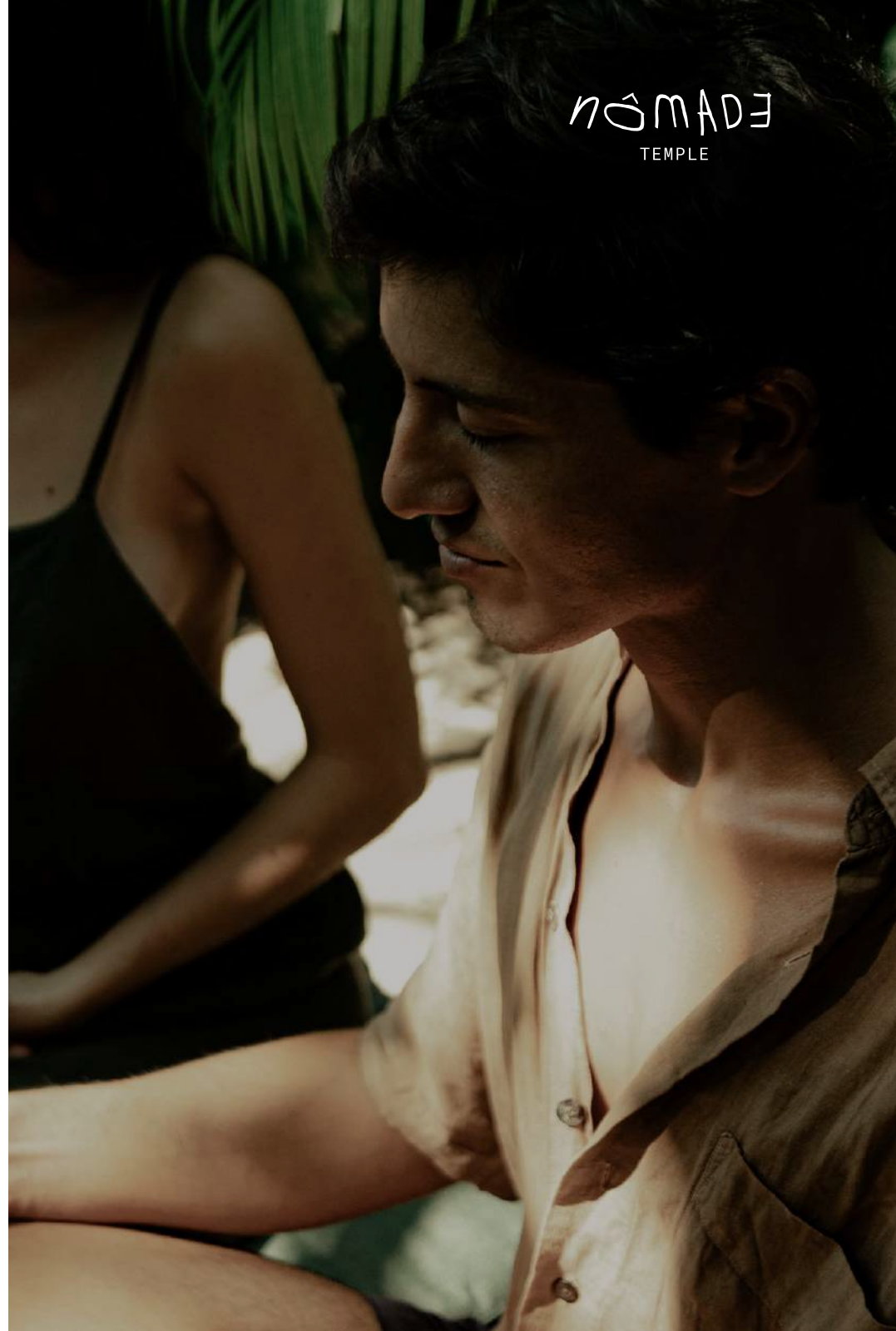
This session is designed to help you reconnect with yourself, exploring key aspects of your inner world. Together, we'll work through areas such as inner child healing, past experiences, and family dynamics. Using guided healing techniques, we'll identify and release patterns or blocks that may be holding you back.


75 min session. Requires specific date, place, and time of birth.

HUMAN DESIGN

A Human Design session offers a personalized exploration of your blueprint, combining elements of astrology, the I Ching, and quantum physics. It analyzes your type, decision-making strategy, and life purpose, providing insights into how you naturally operate and interact with the world.

75 min session. Requires specific date, place, and time of birth.



A hand with several rings is pointing at a tarot card laid out on a light-colored, textured surface. To the left of the hand, there is a small, light-colored ceramic vase containing dried flowers, a large, smooth, light-colored stone, and a small wooden bowl containing a dark, possibly incense, substance. The background is a soft, out-of-focus grey.

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ASTROLOGY SUN & NATAL CHARTS

Delve into the positioning of the stars and planets at the time you were born. A full reading will provide insights not only into the planets that influence your life but also into each of the houses or “rooms” (aspects of life’s experience that we develop throughout our lifetime). This is an opportunity to gain an understanding of astrology and the personal impact it has on you.

75 min session. Requires specific date.

TAROT READINGS

Navigate metaphorical forms, archetypes, colors, and shapes that open our subconscious mind to search for the answers we are looking for.

75 min session

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BREAK THROUGH YOUR LIMITATIONS

Get clarity on the unconscious programs and patterns that are blocking your life. You will be guided through a combination of internal journeying, emotional release, mindset coaching, and embodiment practices. A clear and supportive space is held for you to release what needs to leave your heart. You will learn personalized tools to stabilize your breakthrough long after the session ends.

90-min session

MUSCLE TESTING

Through this technique, and by listening to the answers the body gives us, we pinpoint the specific blocks affecting your well-being, behavior, and goals.

Once identified, a cold laser is applied to specific acupuncture points and meridians to support the release of these negative cellular imprints that have been stressing the body, while reinforcing healthier beliefs aligned with your goals.



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HIGHER LOVE

When you are ready for guidance in love,
sexuality, and relationships.

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PRESENCE & CONNECTION COUPLE'S SESSION

Experience unity within yourself and with your partner. Explore your fondness with the other. Harmonize through shared embodied awareness practices.

120 min session

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ENERGY FLOW

When you feel like renewing your natural vital
rhythm and inspiration.

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ENERGY BALANCING SESSION

Through different guided techniques, the facilitator will channel universal energy for you with the intention of rebalancing your energetic circuits, while using various crystals to reactivate and realign your natural rhythm.


75 min session

SOUND HEALING

This sound therapy uses the unique tones and vibrations of each instrument to create a connection, calming the mind and allowing emotions to surface, leading to a state of relaxation and reflection. This practice offers a ceremonial space to relax, disconnect, and potentially gain future insights.

75 min session



A person with dark hair, seen from the back and side, is sitting on a white mat and playing a large, circular gong. They are holding four mallets with pink, fuzzy heads. The gong is mounted on a wall and has a dark, textured rim. The background is a light-colored wall with some blue lines.

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GONG SOUND BATH

The gong's complex harmonic and non-harmonic tones help reset the body's stress response by producing low-frequency sound waves that travel through the body, creating vibrations that resonate with muscles, bones, and organs. These frequencies work to stimulate the nervous system, improve blood circulation, release stored tension, and restore the circadian rhythm.

BINAURAL BEATS MEDITATION WITH HEADPHONES

This vibrational space is designed to create a focused experience through ambient brainwave entrainment. Using a combination of binaural beats and isochronic tones, the session guides brainwaves into low Alpha and Theta states, which are associated with relaxation and meditation.

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GRATITUDE RITUAL

Pay homage to the elements and acknowledge the local land. Focus on the expansion of the heart and visualize the reasons you have to be grateful today. This ceremony can be curated to celebrate birthdays, anniversaries, and special occasions.

GONG FU TEA CEREMONY

Using the properties of the tea leaves, ease into a state of calm. Let the soft, organic movements of the facilitator permeate your awareness. Taste the tea with your senses of smell, texture, and sight. This atmosphere helps you to ground and gain focus.



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TRADITIONAL MAYAN EXPERIENCES

When it's time for renewal, rituals,
and a return to the roots.

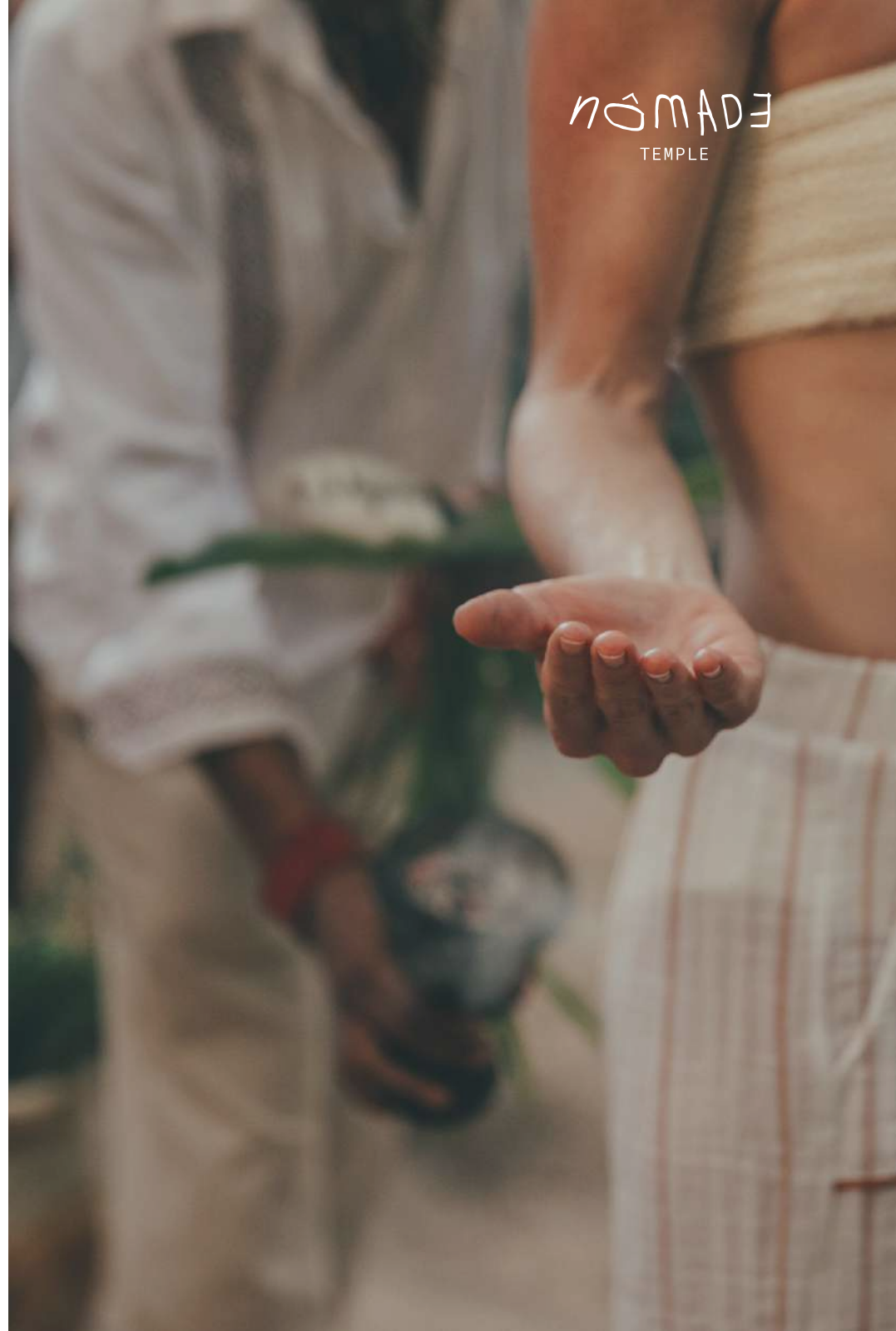
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ANCESTRAL MEXICAN CLEANSE

This 60-minute traditional Mexican cleanse has been used for generations to relieve stress, restore focus, and bring a sense of calm.

The process involves burning copal incense, known for its purifying properties, and brushing herbs over the body (“rameado”) to refresh and stimulate the senses. An egg is then used to absorb built-up tension and negative influences, a practice rooted in the belief that it helps restore vitality.





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TEMAZCAL CEREMONY

The Temazcal is a traditional ceremony designed to cleanse the body and reconnect with nature. Also known as the Mayan Sweat Lodge, it uses heat, steam, and the elements to reset the body.

In this two-hour ceremony, the heat and steam support physical detoxification, while the environment fosters mental clarity and emotional release. Through songs and prayers, it promotes restoration and renewal.

120 min session

CEREMONY OF UNION

Guided by the Mayan guardians of this land, establish a bond at an energetic level with your partner. Make the offering at the altar and receive the blessings of native traditions.

60 min session

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CACAO CIRCLE

Cacao, known by the Mayans as "the water that runs through the heart," has long been used to awaken creativity and enhance awareness.

This ceremony with live music invites you to connect with your heart, mind, and surroundings. Guided by personal intention and fostering gratitude, it offers a grounding experience.

60 min ceremony




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OPTIMIZATION

For when you want to enhance your
potential.



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EPIGENETIC SCAN TEST

A hair sample provides detailed information about your epigenetic state. Learn about nutrition and environmental factors that may be affecting your system. Use the latest science to recalibrate your wellness with this new information.

LONGEVITY BY DESIGN - A BIOHACKING JOURNEY

In addition to discovering your Epigenetic Map, the facilitator helps you create a wellness protocol based on your results and intention, guiding you toward a more efficient lifestyle.

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YOGA, MOVEMENT + FITNESS

For building muscle, supporting detox, or
developing your practice.

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PHYSICAL TRAINING

Build strength and endurance with a class combining calisthenic and yoga-inspired movements. Challenge your body with progressions and regressions of targeted exercises.

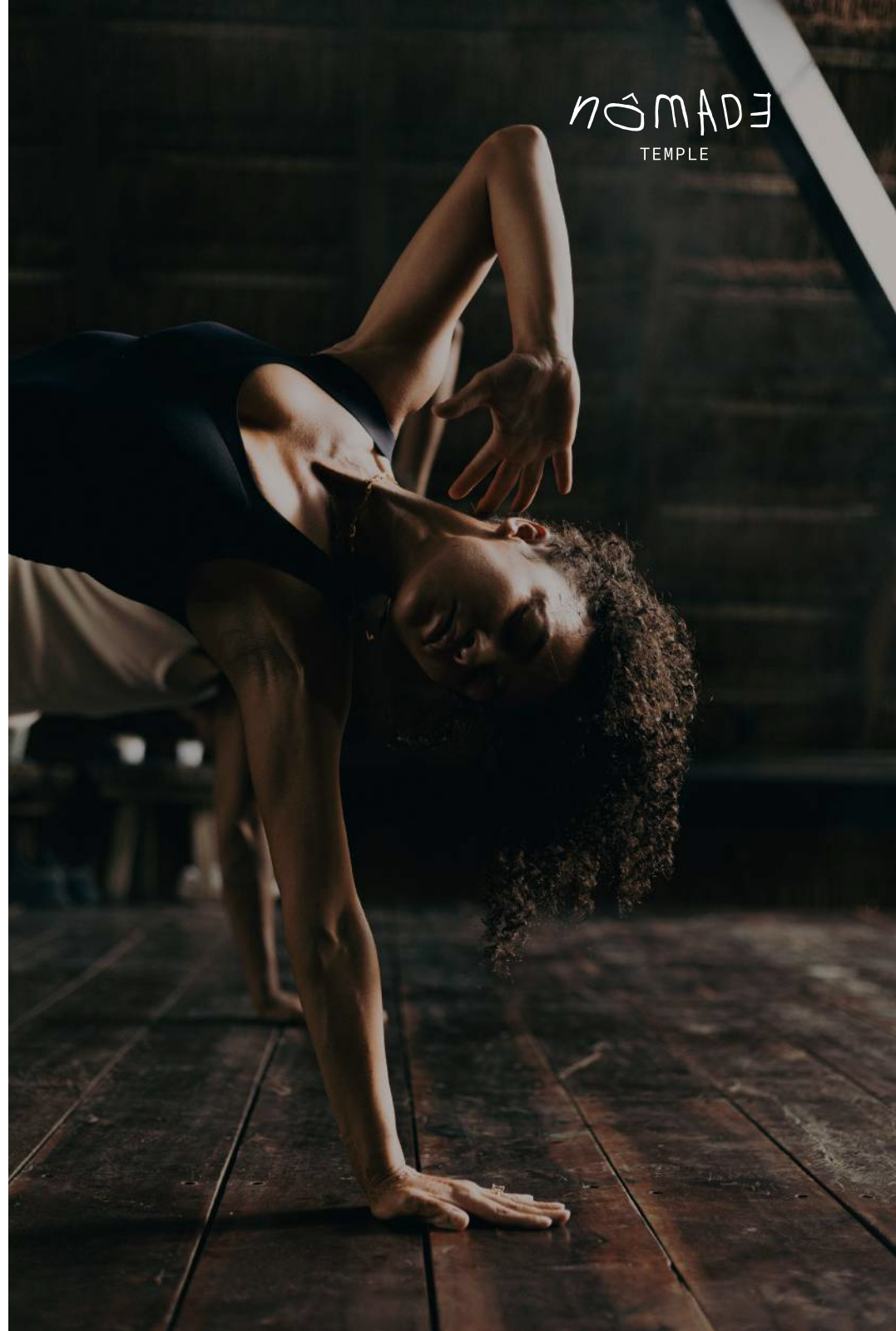
Options include Primal Movement, HIT, Full Body Beach Fitness, and Mat Pilates.


60 min session

PRIVATE YOGA CLASS

Choose from various yogic practices: Kundalini, Ashtanga, Hatha, Vinyasa, Yin Yoga, and Acroyoga. Focus your mind and move through a personal practice with individual guidance. Customized asana sequences and breathing practices are designed to strengthen your connection with your physical and emotional bodies.

75 min session



A man is shown from the chest up, submerged in a large, dark, textured container filled with ice and water. He has a serious expression and is looking down at a piece of ice he is holding in his hands. The lighting is dramatic, with strong highlights on his face and shoulders, and deep shadows in the water and ice.

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ICE BATH

Experience the effects of cold exposure on your nervous system, influencing areas from circulation to sleep patterns. Athletes often use ice baths for recovery, altering fluid dynamics and reducing inflammation. This session integrates breathwork, cold exposure, and mindset techniques.

75-90 min session

CLAY & PLAY

Clay and Play offers two ways to explore the art of ceramics: a hand-building session, where you'll shape and mold clay by hand, or a wheel-throwing session, where you'll learn to center and form your creation on the pottery wheel. Both options can be adjusted for all levels.

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STARGAZING

Astronomy is the study of space, from distant galaxies to the stars and planets. In this private session, Miroslava will guide you through the night sky using a professional telescope, on a beach with no light pollution for optimal viewing.



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At Nômade Temple, we honor change and the complexity of each stage of your path. Wherever you are, it is the right place to be. We are here to help you integrate, guide, and support who you are.



CONTACT US

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FOR MORE INFORMATION OR BOOKING A SESSION:

Please contact our Journey Designers
team to curate and book your sessions.



journeydesigner@nomadetulum.com



+52 984 114 080

[NOMADETULUM.COM](https://nomadetulum.com)