

WEEKLY PROGRAM

DECEMBER 15TH - 21ST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30	RENEW & ALIGN YOGA @ Shala	ASHTANGA YOGA @ Shala	KUNDALINI YOGA @ Shala	YOGASANAS @ Shala	ASHTANGA INSPIRED @ Shala	VINYASA YOGA @ Shala	DYNAMIC & FLOW YOGA @ Shala
09:00	VINYASA YOGA @ Yään	PILATES @ Yään	PILATES @ Yään	PRANIC MEDITATION @ Yään	VINYASA YOGA @ Yään	YIN YOGA @ Yään	YIN YOGA @ Yään
11:30	CLARITY BREATHWORK @ Shala		PRANIC MEDITATION @ Shala	BIODYNAMIC BREATHWORK @ Shala	AGUA MAGICA @ Pool	ANIMAL FLOW @ Shala	TIBETAN YOGA SOLSTICE SESSION @ Shala
13:30						*RECOVERY ICE BATH @ Shala	
16:00	*TEMAZCAL CEREMONY @ Temazcal						
17:00		* IKEBANA WORKSHOP (FLOWER ARRANGEMENT) @ Kuu Ju	*FUTURE HAT LAB @ La Popular		*CACAO CEREMONY @ Shala		
18:00				TENT TAKEOVER: PRACTICAL FENG SHUI SERIES @ Gratitude Tent			* GONG SOUNDBATH @ Gratitude Tent
19:00	SACRED FIRE @ Fire Pit	SACRED FIRE @ Fire Pit	SACRED FIRE @ Fire Pit	SACRED FIRE @ Fire Pit	SACRED FIRE @ Fire Pit	SACRED FIRE @ Fire Pit	SACRED FIRE @ Fire Pit
19:30							STARGAZING @ Fire Pit

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.

