

BONDING SEASON  
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IMMERSIVE  
JOURNEY  
WOMB WISDOM

MARCH  
THURS 5TH  
TO MON 9TH

nomade  
TEMPLE



# NATALIA CHAPARRO

Honor the traditions and practices of women. Be part of a collective where bonding, health, and community are the foundations of a prosperous lifestyle.

Natalia Chaparro is a wellbeing facilitator devoted to reconnecting women with the wisdom of the feminine body. Blending movement, nutrition, hormonal health, yoga, and embodied spiritual practice, she guides women to honor their bodies as sacred temples and reclaim their creative power with sovereignty and presence.

IMMERSIVE JOURNEY

WOMB

WISDOM

NATALIA CHAPARRO

### **THE WOMB WISDOM**

*MAR 5TH | 18:00 HRS | AT GRATITUDE TENT*

Our womb holds the divine memory of all that has been created. Within that sacred space, we carry medicine. In our cycles and through our hormonal changes, we can access the healing powers of the divine feminine.

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### **EMBODYING SHAKTI/SHIVA**

*MAR 6TH | 8:30 HRS | AT SHALA*

#### **SHAKTI, THE DIVINE FEMININE**

Connection, sensation, manifestation, the magnetic, cyclic force that moves life into form.

#### **SHIVA, THE SACRED MASCULINE**

Presence, clarity, discernment, and the grounding stillness that gives direction and coherence. Together, they reveal that creation arises not from chaos or control, but from the living conversation between awareness and attention, movement and stillness, becoming and being.

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### **TOH CIRCLE: HONEY & CLAY MAYAN WISDOM**

*WITH MARIA ELENA*

*MAR 6TH | 11:30 HRS | AT TEMAZCAL*

Gain understanding through sensation of the use of traditional elements on the journey of self-care, the Mayan way.

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### **SHIVA/SHAKTI**

*MAR 6TH | 17:00 HRS | AT GRATITUDE TENT*

Sacred masculine and sacred feminine as energies that coexist within all of us.

## EMBODYING THE SACRED LOVER

MAR 7TH | 8:30 HRS | AT SHALA

The one who knows embodied joy as a path to deeper meaning. A practice to honor desire as commitment, a guiding force that leads us toward meaning in all things. Through movement, we celebrate being alive, engaging the senses with intention.

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## HERBAL BATH *WITH MONICA*

MAR 7TH | 11:30 HRS | AT SHALA

A calming bath infused with a carefully chosen blend of herbs, flowers, citrus, and spices becomes an ally, creating support for emotional healing and cleansing.

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## THE SACRED LOVER

MAR 7TH | 17:00 HRS | AT GRATITUDE TENT

In this workshop, we will dance and explore the sacred lover archetype.

We will learn how anatomy holds the capacity to experience divine pleasure and how being in delight expands creativity.

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## EMBODYING THE SACRED FEMININE

MAR 8TH | 8:30 HRS | SHALA

The Feminine moves through women's bodies as rhythm and change, revealing itself in cycles, transitions, and the process of becoming.

This is a practice to dance and sense the creative force as it lives within us... fertile, sensual, expressive, and nurturing, emerging through the body as a form of embodied expression.

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## WOMEN'S TEMAZCAL WITH JIMENA

MAR 8TH | 11:30 HRS | TEMAZCAL

Come together in this sacred ritual of purification along with fellow women.

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## REVEALING THE SACRED FEMININE

MAR 8TH | 17:00 HRS | AT SHALA

We will explore the main transitions and sacred events the women's body goes through: puberty, postpartum, perimenopause, and menopause. Each transition includes hormonal and metabolic shifts and divine powers that are expressed.

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## STAY WITH US - FULL PACKAGE

### INCLUDES:

Exclusive savings on our Refundable Rate based on length of stay:

**12% BENEFIT ON STAYS OF 2 NIGHTS**

**15% BENEFIT ON STAYS OF 3 NIGHTS**

**20% BENEFIT ON STAYS OF 4 NIGHTS OR MORE**

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Special wellbeing programming blending workshops and classes in nutrition, movement, hormonal health, yoga, and embodied spiritual practice.

Daily breakfast at Macondo.

Booking window from February 18 to March 08. Subject to availability. Taxes and service fees not included. Refundable rate.

WOMB WISDOM SPECIALS (MXN)	GUESTS	VISITORS	LOCALS
Full Package	2660	5320	4500
Shiva Shakti Full Day	855	1900	1615
The Sacred Lover Full Day	855	1900	1615
The Sacred Feminine Day	855	1900	1615
Embodiment Sessions	Complimentary	570	485
Honey & Clay: Mayan Wisdom	855	990	840
Herbal Bath	855	990	840
Women's Temazcal	855	990	840
Afternoon Classes	Complimentary	570	485
Private Sessions	3900	3900	3315

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