

WEEKLY PROGRAM

RENEW & ALIGN YOGA	8:30
VINYASA YOGA	9:00
CLARITY BREATHWORK	11:30
TEMAZCAL CEREMONY	16:00
SACRED FIRE	19:00

MONDAY

DECEMBER 15TH

ASHTANGA YOGA	8:30	
PILATES	9:00	
IKEBANA WORKSHOP (FLOWER ARRANGEMENT)	17:00	
SACRED FIRE	19:00	

TUESDAY

DECEMBER 16TH

KUNDALINI YOGA	8:30
PILATES	9:00
PRANIC MEDITATION	11:30
FUTURE HAT LAB	17:00
SACRED FIRE	19:00

WEDNESDAY

DECEMBER 17TH



FREE FOR ALL
ACTIVITIES



ESP/ENG
BILINGUAL

Activities without the (ESP/ENG) label are held in English.

WEEKLY PROGRAM

YOGASANAS	8:30
PRANIC MEDITATION	9:00
BIODYNAMIC BREATHWORK	11:30
TENT TAKEOVER: PRACTICAL FENG SHUI SERIES	18:00
SACRED FIRE	19:00

THURSDAY

DECEMBER 18TH

ASHTANGA INSPIRED	8:30
VINYASA YOGA	9:00
AGUA MAGICA	11:30
CACAO CEREMONY	17:00
SACRED FIRE	19:00

FRIDAY

DECEMBER 19TH



FREE FOR ALL
ACTIVITIES



ESP/ENG
BILINGUAL

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SCHEDULE

WEEKEND PROGRAM

NÔMADE
TEMPLE
TULUM

VINYASA YOGA	8:30
YIN YOGA	9:00
ANIMAL FLOW	11:30
RECOVERY ICE BATH	13:30
SACRED FIRE	19:00

SATURDAY

DECEMBER 20TH

DYNAMIC & FLOW YOGA	8:30
YIN YOGA	9:00
TIBETAN YOGA SOLSTICE SESSION	11:30
GONG SOUNDBATH	18:00
SACRED FIRE	19:00
STARGAZING	19:30

SUNDAY

DECEMBER 21ST

NÔMADE
TEMPLE



FREE FOR ALL
ACTIVITIES



ESP/ENG
BILINGUAL

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