



INWARDNESS

MAY HOLBOX PROGRAM

NO
30
DEAD

INWARDNESS

May Program



A journey back to yourself
— a pause to connect within.

A time to reflect, observe,
and tend to the relationship
you hold with your own being.
By creating space for
awareness and growth, free
from outside noise, you begin
to listen more closely to your
thoughts, your body, and your
own internal rhythm.

FULL PROGRAM

INWARDNESS ——— HIGHLIGHTED ACTIVITIES



YOGA MYSORE with Paulina

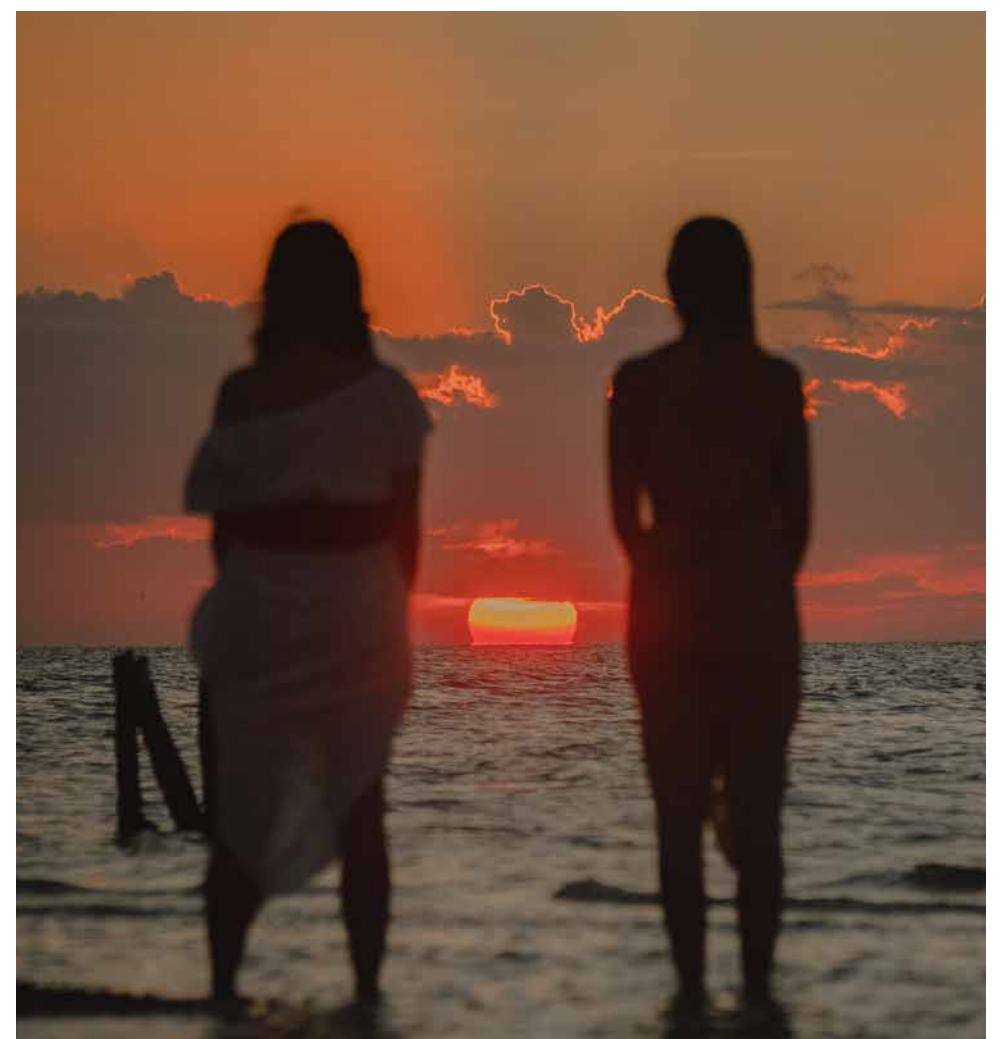
A space where your practice unfolds at your own pace, with gentle guidance and presence. A place to deepen, explore, and grow from within.

MAY 4TH
8:30HRS @GRATITUDE TENT

STRESS RELEASE with Laura

Through mindful breath, deep relaxation, and nervous system soothing, the body is invited to release accumulated tension, supported by the calming sounds of the ocean and the warmth of the setting sun.

MAY 8TH & 22ND
18:30HRS @SUNSET DECK



Please check with our Journey Designers
for details and pricing Wellness@nomadeholbox.com

FULL PROGRAM

INWARDNESS ——— HIGHLIGHTED ACTIVITIES



AGUA MAGICA with Cuno

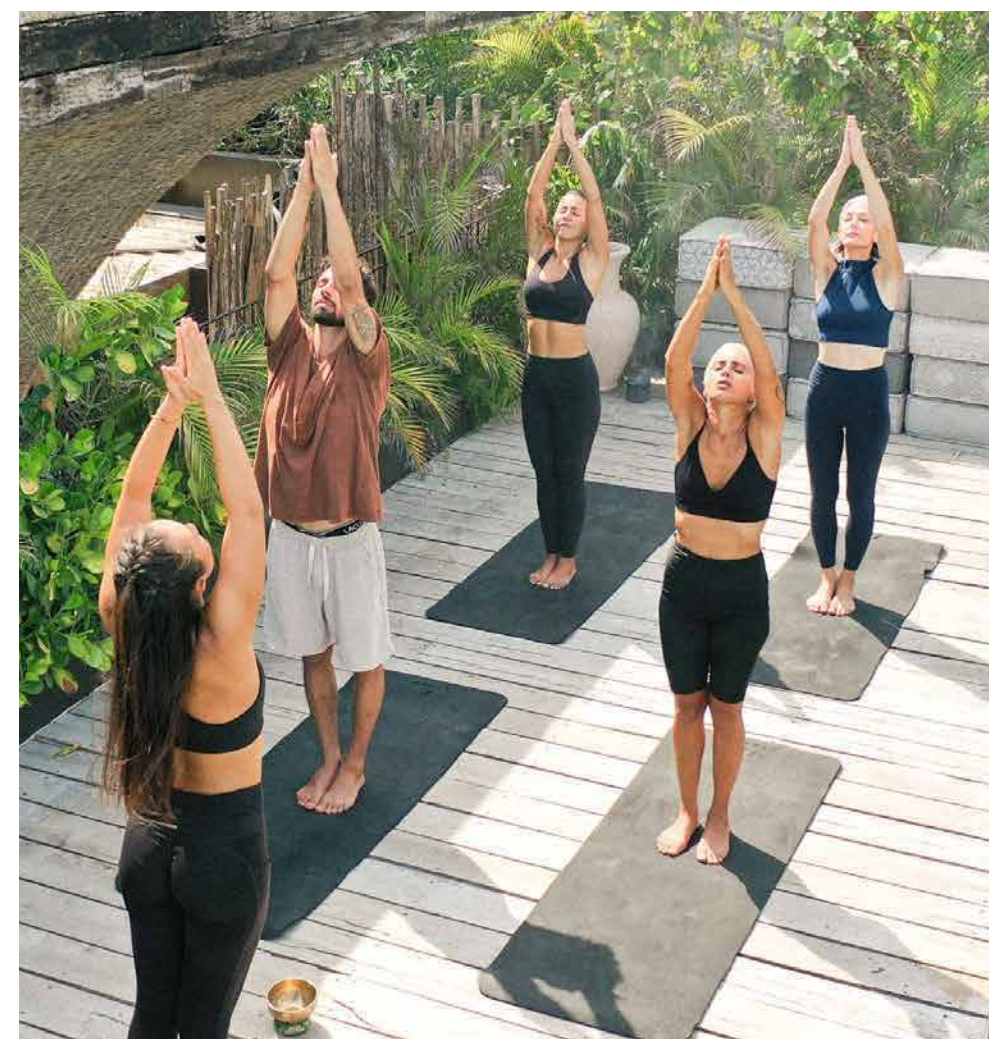
As you float in the water, you feel held, your nervous system reset, and you experience deep relaxation.

MONDAY & FRIDAY
17:00HRS @POOL

HATHA YOGA MASTERCLASS with Marytere

A session where movement meets stillness in a slow, intentional flow. Reconnect with breath, balance, and the quiet strength that lives within.

MAY 10TH
8:30HRS @GRATITUDE TENT



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FULL PROGRAM

INWARDNESS ——— HIGHLIGHTED ACTIVITIES



LUCID DREAMING SOUND JOURNEY with Aleksei & Laura

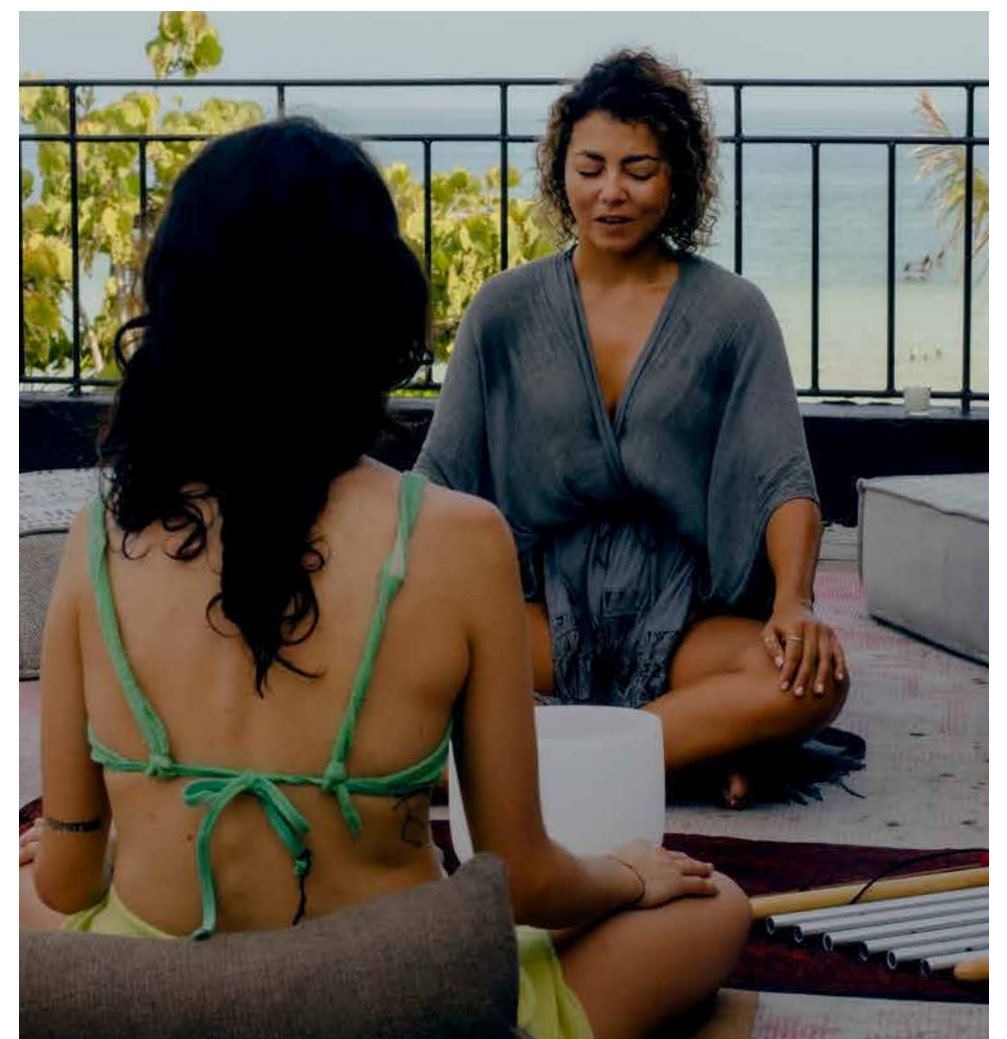
Explore lucid dreaming and ambient music through binaural beats that guide brainwaves into Alpha and Theta states. A session blending sound work and mindful breathing to deepen subconscious awareness.

MAY 11TH & 25TH
19:15HRS @GRATITUDE TENT

MEDITATION WORKSHOP with Laura

Rooted in Buddhist techniques, the session gently explores breath, awareness, and presence, inviting a deeper connection to inner stillness and clarity.

MAY 15TH & 29TH
18:30HRS @GRATITUDE TENT



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FULL PROGRAM

INWARDNESS ——— HIGHLIGHTED ACTIVITIES



HEALTHY SPINE MASTERCLASS with Aleksei

This session supports spinal health while nurturing a deeper connection to your body's natural rhythm and resilience.

MAY 24TH
8:30HRS @GRATITUDE TENT

BEACH YOGA & PRANAYAMA with Aleksei

The session invites a strong, energizing flow that builds heat, focus, and inner resilience. Through breath-driven movement and grounded intensity, the practice becomes a space to expand strength and awaken vitality from within.

MAY 25TH
7:30HRS @BEACH



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