

NOMADE

TEMPLE

# BLUE HEALING SUMMER

AUGUST HOLBOX PROGRAM

# BLUE HEALING SUMMER

## August Program



Our hotel invites a deeper connection to water, offering moments shaped by the sea. On Holbox Island, you can experience practices such as Agua Mágica—a massage performed in water—yoga, ice baths, and ceremonies. Paddle along quiet shores, witness bioluminescence, or observe whale sharks in their natural habitat.

Holbox is a place to slow down, observe, and engage with the surrounding landscape in a way that is intentional and present. Each encounter with water becomes an opportunity to reflect and reconnect, grounded in the experience of being immersed in the elements.

# FULL PROGRAM

BLUE HEALING SUMMER ——— HIGHLIGHTED ACTIVITIES



## AGUA MAGICA with Cuno

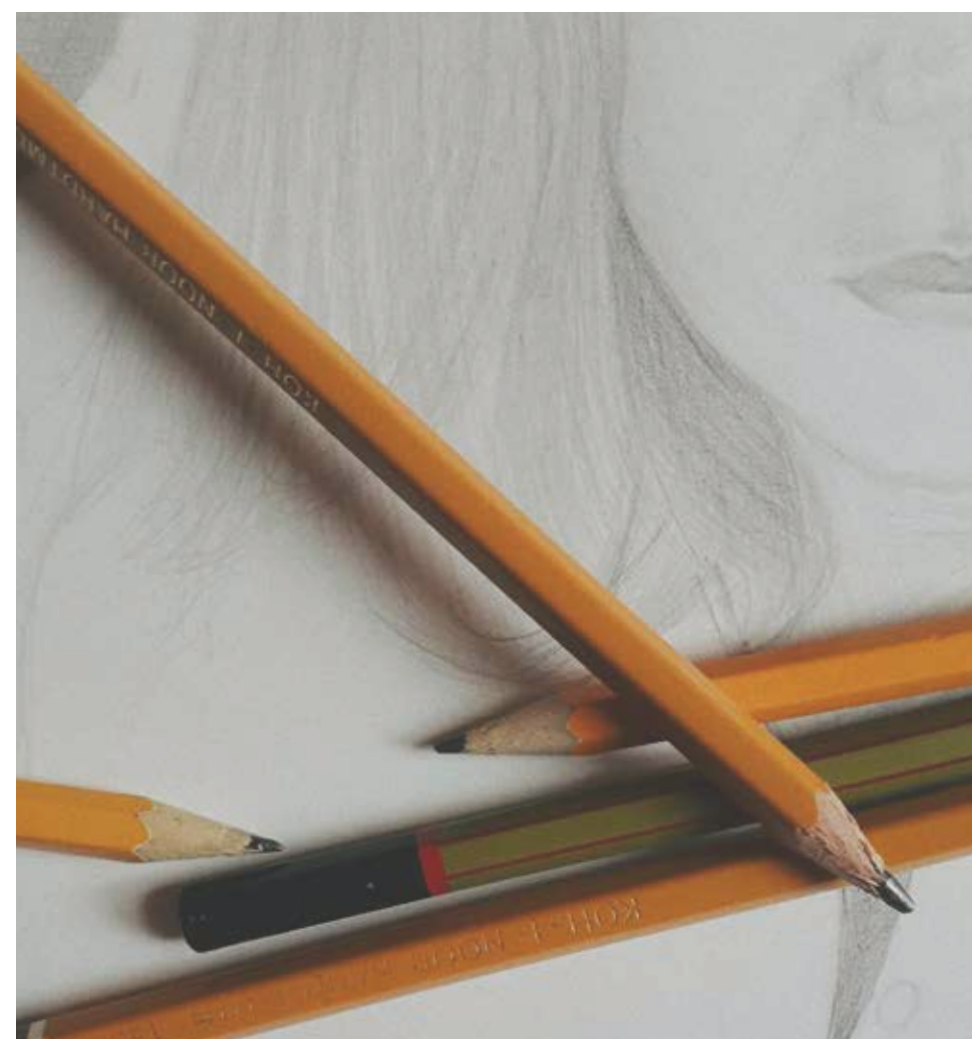
As you float in the water, you feel held, your nervous system reset, and you experience deep relaxation.

EVERY MONDAY - 17:00HRS  
EVERY SATURDAY - 10:00HRS  
AT POOL

## DRAWING JAM with Cuno

Drawing Jam is a relaxed, creative session where you're invited to sketch a live model in a supportive, pressure-free environment. No experience is required—just curiosity and a willingness to explore. It's an open space to connect with your creative process.

AUGUST 5TH & 12TH - 17:00HRS  
AT GRATITUDE TENT



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for details and pricing [Wellness@nomadeholbox.com](mailto:Wellness@nomadeholbox.com)

# FULL PROGRAM

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## FLAMINGO BIKE RIDE with Dali

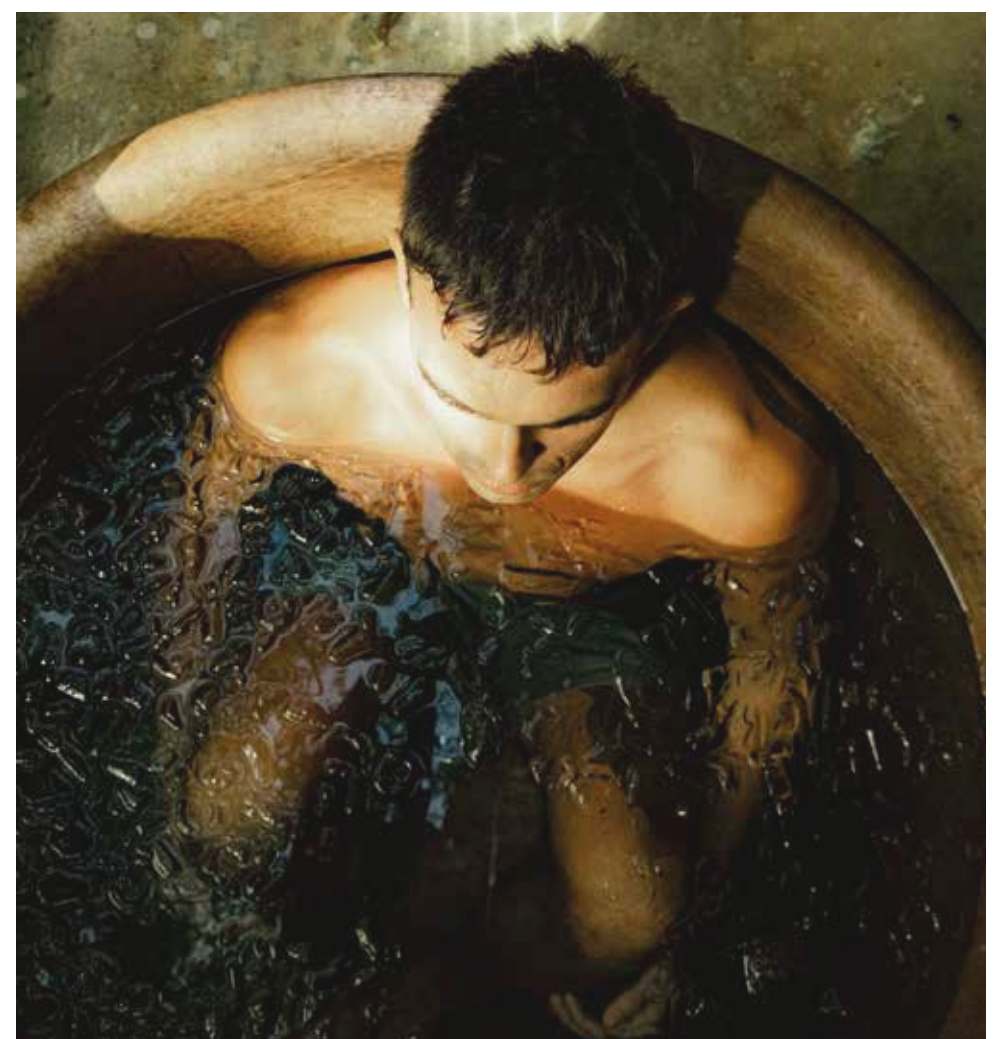
This guided ride leads to Punta Coco, where flamingos gather in their natural habitat. The experience blends cycling with mindful birdwatching and a short meditation by the water. Known as mindful birding, it's an opportunity to slow down, observe with presence, and connect with the rhythms of the natural world.

EVERY SUNDAY - 7:30HRS  
AT BIKE STATION

## ICE BATH with Cuno

Cold immersion in our copper ice bath supports circulation, recovery, and focus. Guided by trained practitioners, the session combines breath control and cold exposure to build physical and mental resilience.

AUGUST 12TH & 26TH - 12:30HRS  
AT GRATITUDE TENT



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## CERAMIC & WINE with Javier

A sensory and social experience. Mold with your hands, sip some wine and meet new people!

AUGUST 15TH & 29TH - 17:00HRS  
AT LA POPULAR

## CACAO CIRCLE with Zeltzin

This session invites you to explore cacao as a tool for reflection and connection. Through shared intention, sound, scent, and touch, participants engage the senses and observe what arises during a guided group experience.

AUGUST 15TH - 17:00HRS  
AT NEST



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## STEREO BINAURAL MEDITATION

with Oscar & Laura

Stereo Binaural Meditation is a headphone-guided experience that uses layered sound frequencies to support brainwave entrainment and deep mental relaxation. Designed to promote focus, stability, and nervous system regulation, this session helps guide the mind into meditative states where rest and clarity naturally emerge.

AUGUST 7TH & 28TH - 17:00HRS  
AT GRATITUDE TENT

## MAYAN CEREMONY

with Zeltzin

This traditional ceremony honors the wisdom of the Mayan cosmovision through the salutation of the four elements—earth, water, fire, and air—and the cardinal directions. Guided by ancestral practices, the ritual creates a space for connection, gratitude, and alignment with the natural forces that support life and stability.

AUGUST 8TH - 17:00HRS  
AT NEST



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## INTUITIVE TAROT with Laura

This session offers a reflective space to explore current emotions, patterns, and questions through the lens of the tarot. Rather than focusing on predictions, the cards are used as tools for insight and clarity—guided by intuitive interpretation and open conversation.

AUGUST 14TH - 17:00HRS  
AT GRATITUDE TENT

## POP UP MARKET

Join us at our pop-up market, where local artistry meets eclectic charm, accompanied by melodious music, tasty food, and the soothing waves of the blue ocean.

AUGUST 16TH FROM 16:00HRS  
AT LA POPULAR



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## NÔMADE TEMPLE HOLBOX ANNIVERSARY

Join us to celebrate the anniversary of Nômade Temple Holbox, our tribute to nature and to an island that is becoming a recognized jewel in the Yucatán Peninsula.

We will celebrate in the true Nômade way through music, local food, and wellness—an authentic gathering with special moments connected to the ocean.

Come celebrate with us!

AUGUST 22ND FROM 17:00HRS  
AT LA POPULAR

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