

NOMADE
TEMPLE

BLUE HEALING SUMMER

JULY HOLBOX PROGRAM

BLUE HEALING SUMMER

July 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

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.

JULY 15TH & 29TH
12:30HRS AT GRATITUDE TENT



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for details and pricing Wellness@nomadeholbox.com

FULL PROGRAM

BLUE HEALING SUMMER ——— HIGHLIGHTED ACTIVITIES



WATER SOUND HEALING

with Cuno & Aleksei

Experience how water serves as a medium for sound and vibration while floating in the pool.

EVERY WENESDAY - 17:00HRS
AT POOL

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.

JULY 17TH & 31ST - 17:00HRS
AT GRATITUDE TENT



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MUDRAS MEDITATION with Ola

Explore the mudras—hand gestures that represent feminine qualities such as intuition and receptivity. Through a meditative practice accompanied by storytelling inspired by Indian cosmology, deepen your connection to creative expression and awareness.

JULY 4TH - 17:00HRS
AT GRATITUDE TENT

ACRO YOGA with Ola

Play & Learn yoga poses in pairs!

JULY 5TH - 8:00HRS
AT GRATITUDE TENT



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LUCID DREAMING SOUND JOURNEY with Aleksei & Laura

Explore states of rest through sound, breath, and guided visualization. This one-on-one session uses ambient music and binaural rhythms to support clarity, reflection, and awareness through deep listening and intentional rest.

EVERY SUNDAY - 17:30HRS
AT GRATITUDE TENT

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.

JULY 12TH - 10:00HRS
JULY 20TH & 27TH - 7:30HRS
AUGUST 3RD - 11:00HRS
AT BIKE STATION



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YIN & THAI MASSAGE with Ola

Yin & Thai Massage blends breath, movement, and partner-assisted stretches to support connection and trust. Through giving and receiving touch, participants release tension and engage in focused, non-verbal communication.

JULY 6TH - 9:00HRS
AT GRATITUDE TENT

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.

JULY 8TH & 22ND - 17:00HRS
AT GRATITUDE TENT



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MANIFESTATION WORKSHOP with Laura

This session offers practical tools and guided exercises to help clarify intentions and align thoughts, emotions, and actions with your goals. Through visualization, journaling, and breathwork, you'll explore ways to support focused and intentional outcomes.

JULY 10TH & 24TH - 17:00HRS
AT GRATITUDE TENT

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.

JULY 11TH - 17:00HRS
AT NEST



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GONG BATH with Zeltzin

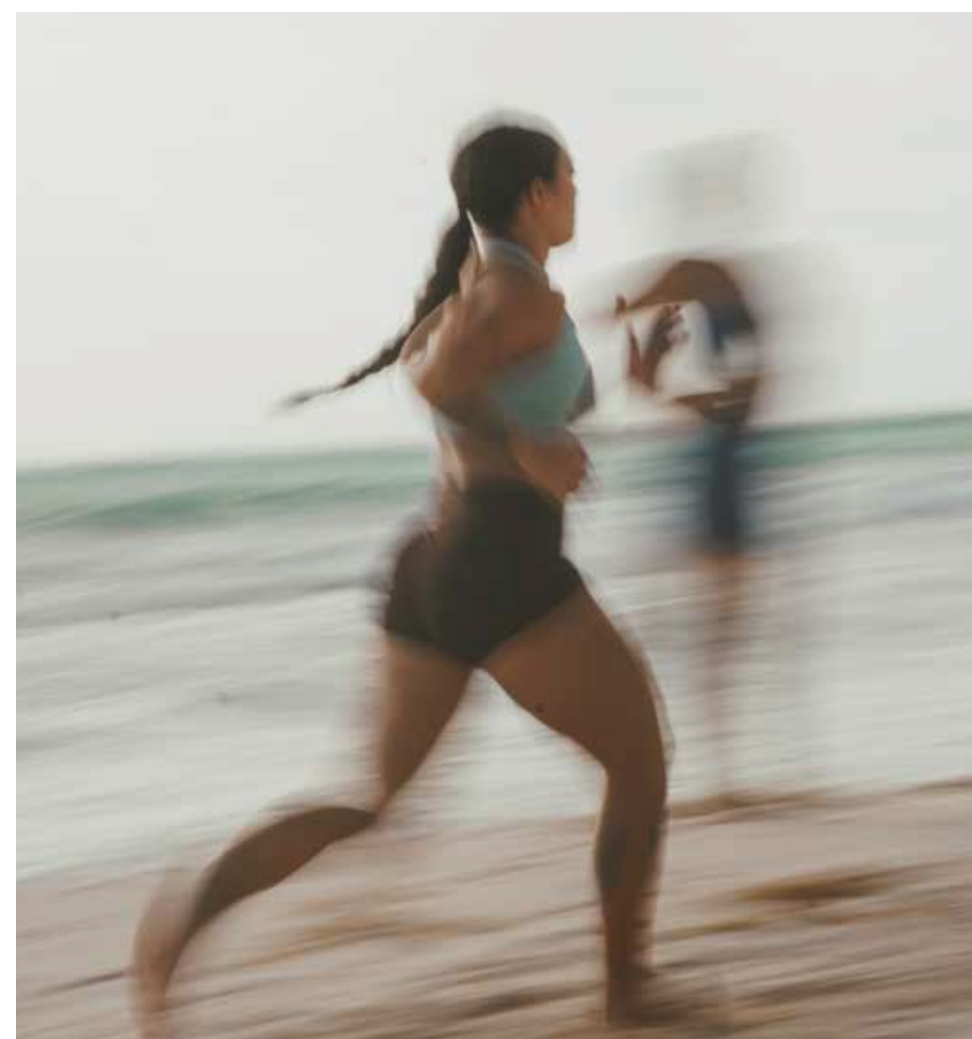
The sound of the gong guides the body and mind into deep rest. Its sustained tones help quiet mental activity, calm the nervous system, and support release, offering a way to reset and reconnect with inner stillness.

JULY 18TH - 17:00HRS
AUGUST 1ST - 17:00HRS
AT GRATITUDE TENT

BODYWEIGHT WORKOUT with Sayde

Stay active without overexertion. This session combines strength, cardio, core, and mobility work, adapted to your level. Maintain stability, build strength, and support mindful movement.

EVERY SATURDAY - 8:00HRS
AT SUNSET DECK



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DÍA FUERA DEL TIEMPO with Zeltzin

This ceremony honors the “Day Out of Time” in the Mayan calendar—a pause outside the linear calendar to reflect, release, and reset. The experience includes guided intention-setting, silence, and symbolic offerings, while honoring the four elements and directions through a collective altar.

JULY 25TH - 17:00HRS
AT NEST

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