

NOMADE
TEMPLE

REPLENISH & RESTORE

SEPTEMBER HOLBOX PROGRAM

REPLENISH & RESTORE

September Program



Burnout is a sign that your body's systems have been working overtime, leaving you fatigued and depleted. Our curated wellness program is designed to restore balance without the stress of planning—an all-inclusive blend of beachside serenity, mindful movement, and therapeutic treatments where every detail is cared for.

Whether you crave solitude or connection, you can move at your own pace, allowing your body and mind to fully reset in a setting that nurtures lasting recovery.

FULL PROGRAM

REPLENISH & RESTORE ——— HIGHLIGHTED ACTIVITIES



SELF-MASSAGE with Cuno

A guided session designed to teach simple, effective techniques to relieve tension in key areas: neck, shoulders, back, and feet. Using gentle pressure and mindful movement, you'll learn how to release tightness, improve circulation, and create moments of daily relaxation.

SEPTEMBER 2ND, 16TH & 30TH - 17:00HRS
AT GRATITUDE TENT

SADHU BOARD HEALING with Aleksei

A gentle introduction to the ancient practice of Sadhu board therapy, thoughtfully offered on the beach for first timers. Through mindful standing on the board's subtle pressure points, the session encourages release of emotional tension stored in the fascia, induces endorphin-driven relaxation, and supports a deeper sense of presence and mental clarity.

SEPTEMBER 10TH & 24TH - 17:00HRS
AT THE BEACH



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

FULL PROGRAM

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DETOX BREATHWORK with Laura

A soft doorway into the power of the breath, created especially for beginners. Guided practices support detoxification of both body and mind by releasing tension, oxygenating the system, and inviting emotional clarity. The pace is accessible and unhurried, allowing space to reconnect with yourself while experiencing the cleansing and calming effects of conscious breathing.

SEPTEMBER 4TH & 18TH - 17:30HRS
GRATITUDE TENT

FULL MOON CEREMONY with Zeltzin

Rooted in Mayan traditions, this gathering honors the full moon as a moment of reflection, release, and renewal. Through guided practices, intention setting, and connection with the natural rhythms of the island, you are invited to let go of what no longer serves you and embrace clarity, balance, and alignment.

SEPTEMBER 7TH - 17:00HRS
AT NEST



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AGUA MÁGICA 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 THE POOL

STRESS RESET with Laura

A class to calm your nervous system, release tension, and restore balance. With simple breathwork, mindful movement, and journaling, you'll leave feeling lighter, clearer, and more grounded.

SEPTEMBER 11TH & 25TH - 17:30HRS
AT GRATITUDE TENT



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THE RESTORE WORKOUT with Sayde

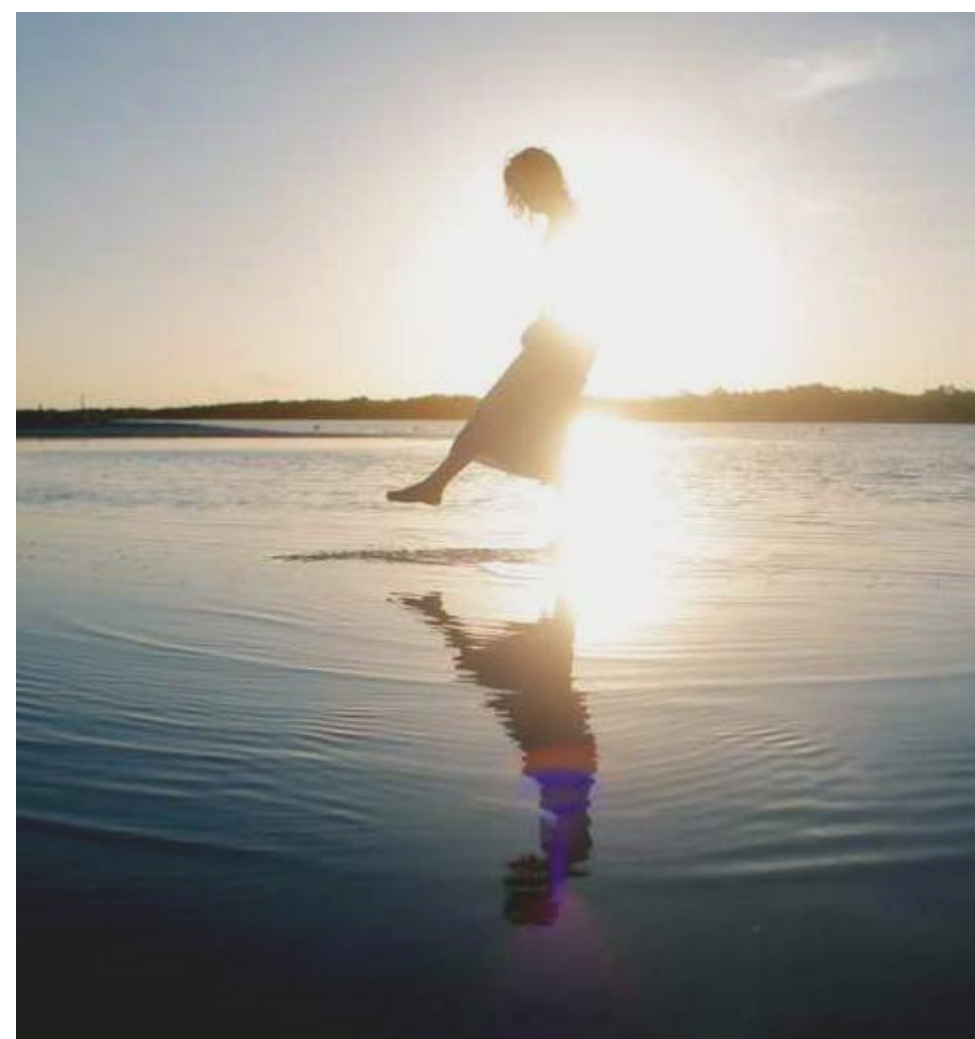
A dynamic and powerful bodyweight workout by the sea. Designed to release tension, build functional strength, and restore balance through mindful movement and breath. Leave feeling lighter, stronger, and deeply recharged.

EVERY SATURDAY - 8:00HRS
AT SUNSET DECK

EQUINOX CEREMONY with Zeltzin

The equinox marks the balance of day and night, honored through a ceremony rooted in Mayan traditions. Guided meditative practices align body, mind, and spirit with the natural rhythms of the season, while reflection invites release, renewal, and a deeper sense of harmony. A grounding and transformative experience by the sea.

SEPTEMBER 21ST - 17:30HRS
AT NEST



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ICE BATH

with Cuno

Cold water immersion in a copper bath supports faster muscle recovery, boosts circulation, and triggers endorphin release to reduce stress and enhance mood. Copper naturally promotes antimicrobial benefits, supports skin health, and amplifies the restorative effects of the sea, creating a revitalizing experience.

SEPTEMBER 9TH & 23RD - 12:30HRS
GRATITUDE TENT

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