

A man and a woman are running through shallow ocean waves. The man is on the left, seen from the back, wearing brown swim trunks. The woman is on the right, seen from the side, wearing a black one-piece swimsuit and sunglasses. They are both splashing through the water, which is a light greenish-blue color. The sky is a pale blue with some white clouds. The overall mood is energetic and refreshing.

HOLBOX LIT

OCTOBER HOLBOX PROGRAM

NOMADE

TEMPLE

HOLBOX LIT

OCTOBER PROGRAM



As the quietest season settles over Holbox, the island invites you to slow down and immerse yourself in a reading escape designed for inspiration and reflection. With fewer distractions and a gentler rhythm, this is the perfect time to catch up on the books you've been meaning to read, spark creativity, and reconnect with yourself. Journaling prompts support introspection, offering a space for personal insight—and, if you feel inclined, the chance to share your thoughts with others.

FULL PROGRAM

HOLBOX LIT ——— HIGHLIGHTED ACTIVITIES



THE POWER OF INNER STORYTELLING

The stories we tell ourselves shape how we live, feel, and connect. This session creates space to notice the inner narratives guiding you, and to gently shift them toward clarity and authenticity. Through reflection, writing, and embodied practice, you'll discover how to realign your story with the self you wish to live.

OCTOBER 2ND

17:30 HRS @GRATITUDE TENT

RETROCOGNITION FOR CREATIVITY

This session opens a pathway to past impressions stored in the subconscious, using them as fuel for inspiration. By accessing memory beyond the present moment, you'll uncover forgotten details, sensations, and symbols that can spark new ideas and expand your creative flow.

OCTOBER 7TH

17:00 HRS @GRATITUDE TENT



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

FULL PROGRAM

HOLBOX LIT ——— HIGHLIGHTED ACTIVITIES



DRAWING JAM

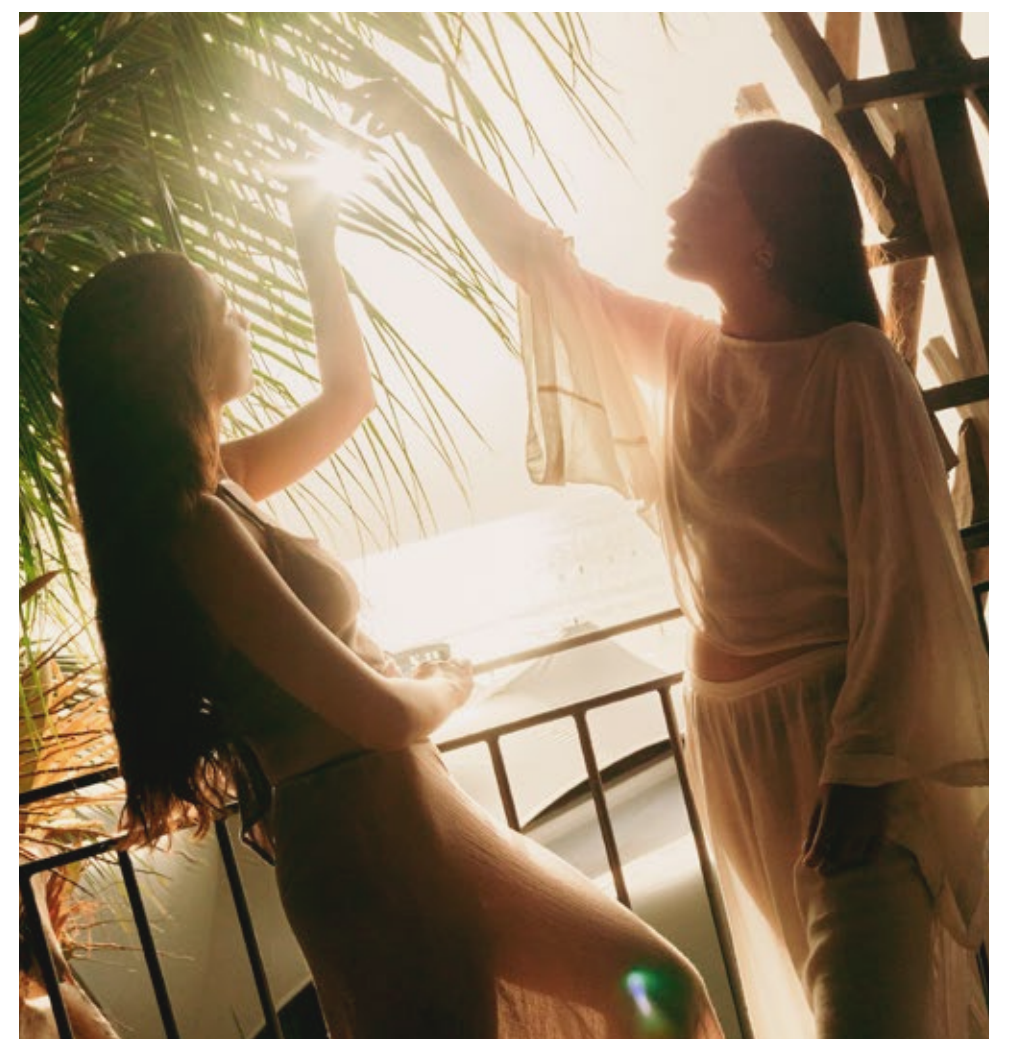
A relaxed and creative space to explore drawing with a live model—no experience needed. This session invites playful expression and observation, offering a fun way to connect with creativity in a supportive, judgment-free environment.

OCTOBER 14TH & 28TH 17:00 HRS @GRATITUDE TENT

EMOTIONAL BODY RELEASE

This session uses mindful somatic movements to reconnect body and mind, helping to release unresolved emotions and tension held in the body. Explore how trauma and chronic stress—from past injuries or daily pressures—impact your nervous system, and discover practical tools to let go through movement, breath, and gentle touch. Each session supports clarity and ease in both body and mind.

OCTOBER 17TH & 31ST 11:30 HRS @GRATITUDE TENT



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FULL PROGRAM

HOLBOX LIT ——— HIGHLIGHTED ACTIVITIES



DREAMWAVE SOUND JOURNEY

Immersed in waves of sound, this journey invites you to drift into a state between wakefulness and dreaming. Layered vibrations from crystal bowls, chimes, and deep resonant tones quiet the mind, release tension, and open space for inner imagery to arise. A restorative experience that leaves you grounded yet inspired.

EVERY SUNDAY

17:30 HRS @GRATITUDE TENT

EAT FOR YOUR BODY TYPE

In this session, explore how natural foods, herbs, and lifestyle practices can support your mind, body, and soul. Learn to identify your personal needs and gain practical tools to improve wellness in areas like stress, digestion, sleep, energy, and overall balance.

OCTOBER 18TH

11:30 HRS @GRATITUDE TENT



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FULL PROGRAM

HOLBOX LIT ——— HIGHLIGHTED ACTIVITIES



AGUA MÁGICA

In our signature experience, Agua Mágica, you will be introduced to how to connect with the knowledge and restorative qualities of water in a new way. Experience what it feels like to be held weightless in the water, where the neocortex switches off, releasing attachments, expectations, emotional blockages, and your sense of time and space.

EVERY MONDAY & FRIDAY

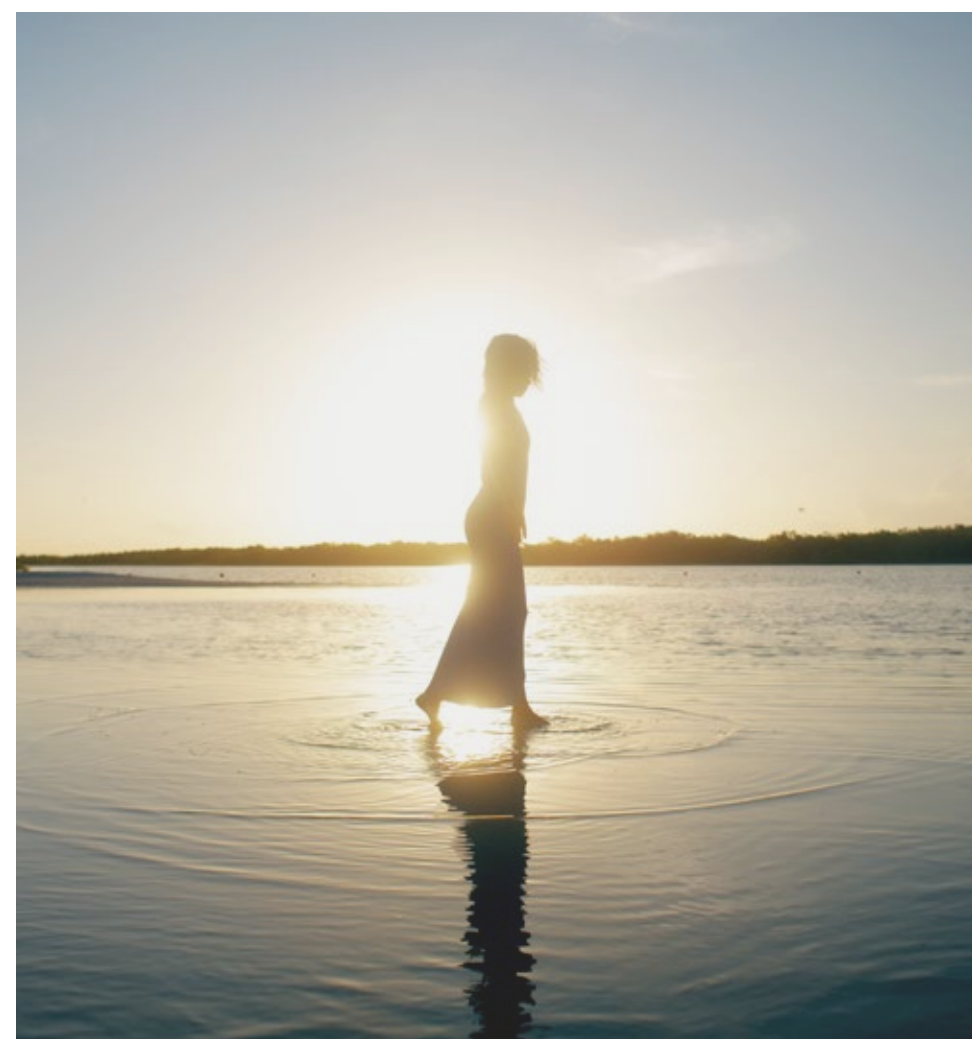
17:00 HRS @POOL

ALIGN WITH YOUR CIRCADIAN RHYTHMS

This session explores the natural cycles of your body to support vitality, focus, and well-being. Through breathwork, gentle movement, and mindful practices, you'll learn to harmonize daily routines with your internal clock, improving sleep, mood, and overall harmony. A practical and restorative approach to living in sync with your natural rhythms.

OCTOBER 23RD

17:30 HRS @GRATITUDE TENT



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FULL PROGRAM

HOLBOX LIT ——— HIGHLIGHTED ACTIVITIES



EFT TAPPING ON STRESS

This session guides you through Emotional Freedom Techniques (EFT) to release tension and reduce stress. By gently tapping on key meridian points while focusing on your emotions, you'll support nervous system regulation, emotional stability, and a sense of calm and clarity. Ideal for those looking to let go of daily stress and reconnect with a sense of ease.

OCTOBER 24TH

11:30 HRS @GRATITUDE TENT

GRATITUDE YOGA NIDRA

This practice explores gratitude as a high-frequency state, guiding you inward through a yoga nidra meditation to reprogram the subconscious, cultivate presence, and anchor a heartfelt sankalpa (intention). Gentle affirmations and a playful hypnotic trigger integrate into daily habits, supporting lasting shifts toward abundance, joy, and love. Combining ancestral knowledge with modern tools, this session helps restore harmony, deepen gratitude, and align with your highest aspirations.

OCTOBER 25TH

11:30 HRS @GRATITUDE TENT



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