



INWARDNESS

MAY HOLBOX PROGRAM

NO
DEAD
LIFE

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

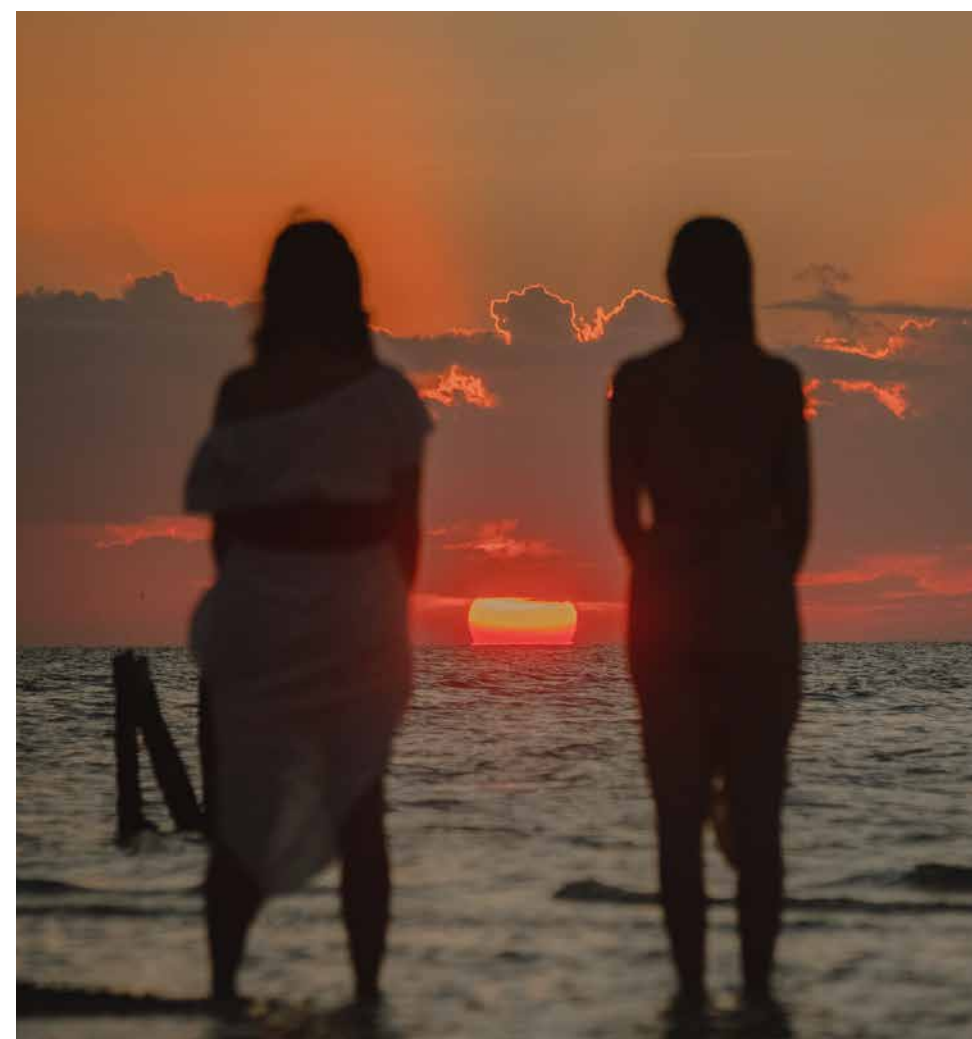
A space where your practice unfolds at your own pace, with gentle guidance and presence. A place to deepen, explore, and grow from within.

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

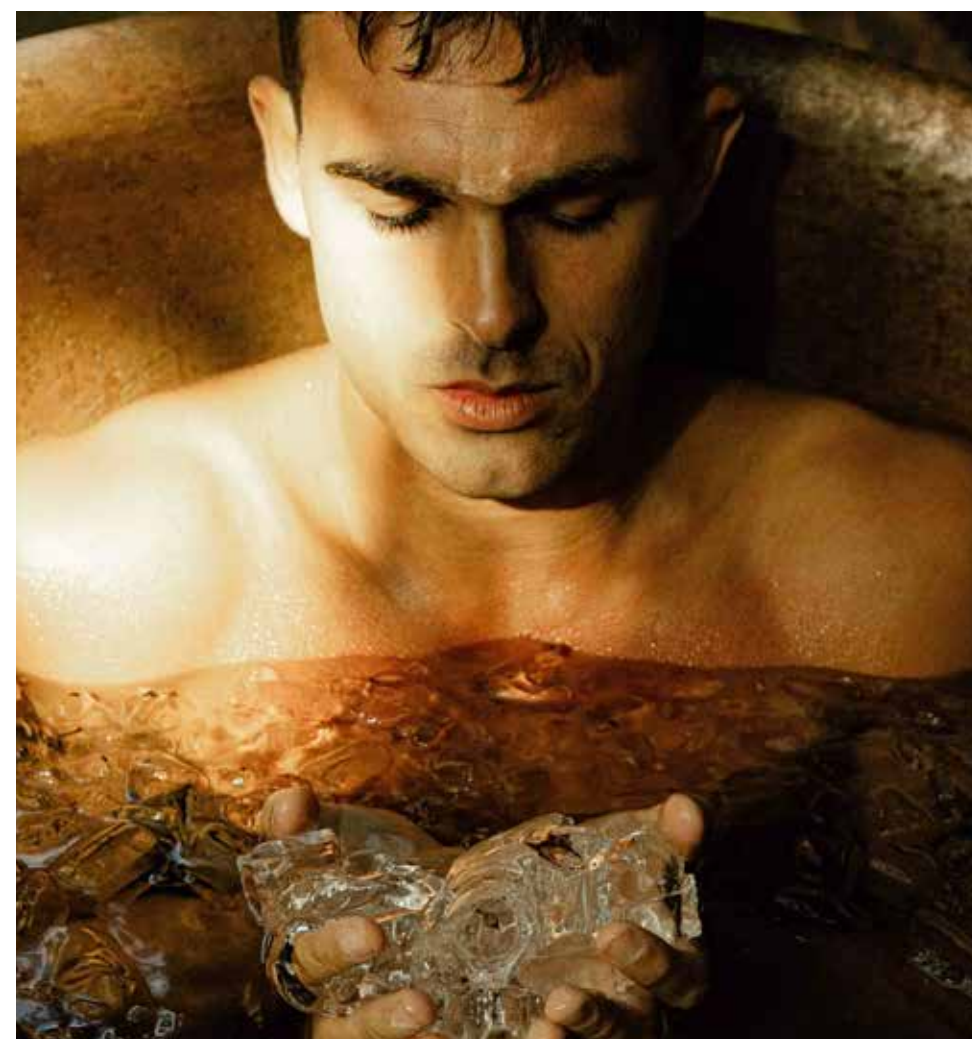
As you float in the water, you feel held, your nervous system reset, and you experience deep relaxation.

MONDAY & FRIDAY
17:00HRS @POOL

RECOVERY ICE BATH With Cuno

Cold therapy to reduce inflammation, accelerate recovery, and revitalize the body.

MAY 13TH & 27TH
17:00HRS @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.

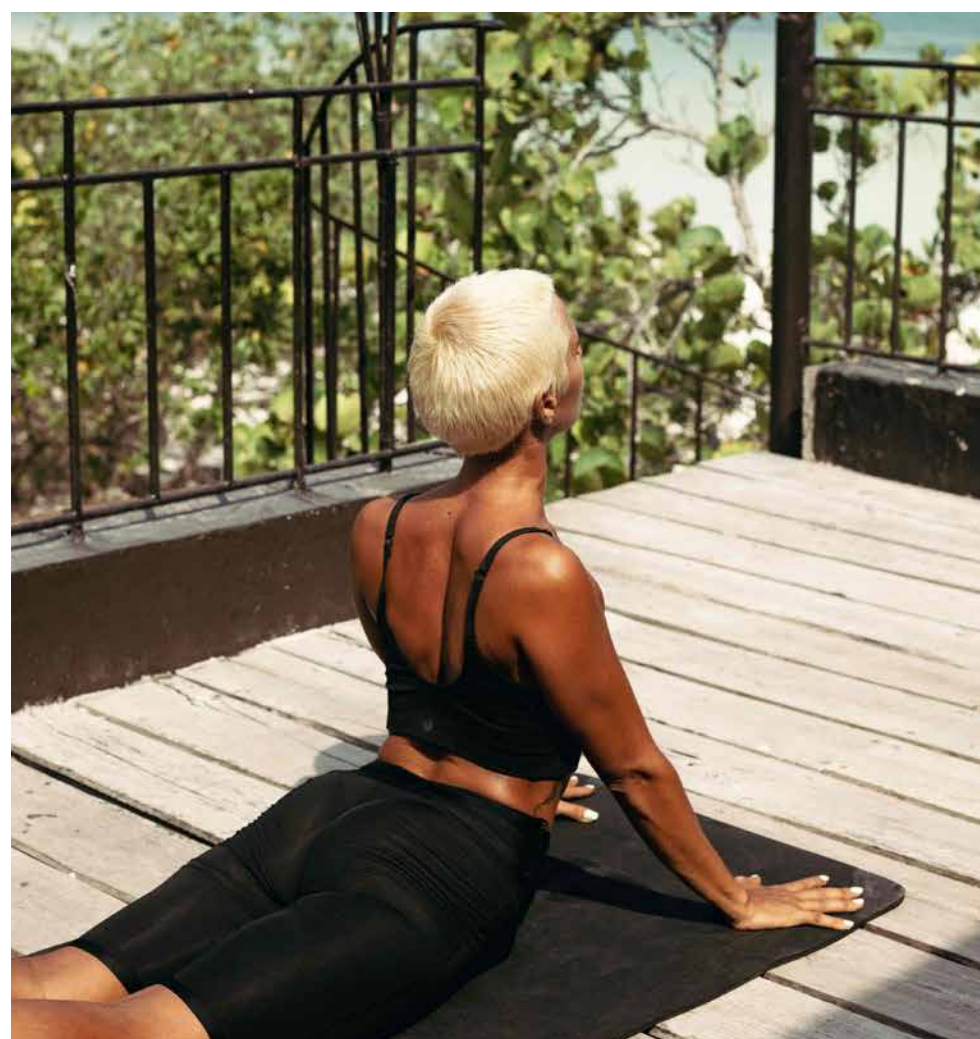
MAY 15TH & 29TH
18:30HRS @GRATITUDE TENT



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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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A woman with short blonde hair, seen from behind, stands on a stone path in a lush tropical jungle. She is wearing a black, backless dress. The scene is bathed in the warm, golden light of a sunset, with the sun low on the horizon, creating a strong lens flare and illuminating the palm trees and dense foliage. The overall mood is serene and contemplative.

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