



Nômade Life Holbox

# SCHEDULE

Weekly Program

MON	08:30   Hatha Yoga 16:30   Agua Magica
TUE	08:30   Vinyasa 18:30   Tarot & Numerology Reading
WED	08:30   Ashtanga For Beginners 16:30   Agua Magica
THU	08:30   Power Yoga 18:30   Six Senses Reality 19:30   Music Live Set

RESERVE:  
[wellness@nomadeholbox.com](mailto:wellness@nomadeholbox.com)



Nômade Life Holbox

# SCHEDULE

Weekly Program

FRI	08:30   Stretching Flow 16:30   Agua Magica 19:00   Sunset Gathering 19:30   Live Music
SAT	08:30   Body Sculpt 18:30   Cacao Sharing Circle 19:30   Live Music
SUN	08:30   Restorative Yoga 18:30   Lucid Dreaming Sound Journey

RESERVE:  
[wellness@nomadeholbox.com](mailto:wellness@nomadeholbox.com)