



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 The Energetics of Love 19:30 Music Live Set

RESERVE:
wellness@nomadeholbox.com



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SCHEDULE

Weekly Program

FRI	08:30 Stretching Flow 18:30 Psychedelic Breathwork 19:00 Sunset Gathering 19:30 Live Music
SAT	08:30 Body Sculpt 16:30 Agua Magica 18:30 Cacao Sharing Circle 19:30 Live Music
SUN	08:30 Restorative Yoga 13:00 Open Market Community 16:30 Live Music 18:30 Lucid Dreaming Sound Journey

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