

NOMADE

TEMPLE

# BLUE HEALING SUMMER

JUNE - AUGUST PROGRAM

# BLUE HEALING SUMMER

June Program

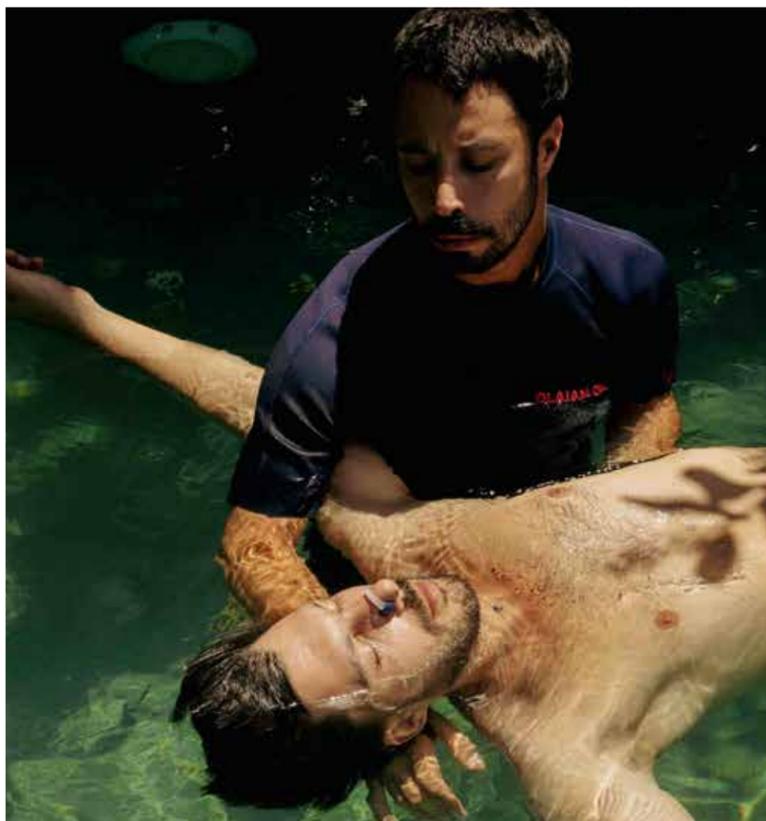


Holbox is one of the most unique destinations in the world, offering unparalleled moments in the most crystalline, clear ocean. From Agua Mágica—a deeply restorative massage performed in water—to paddling along gentle waves, witnessing bioluminescent phenomena, or observing whale sharks, the connection to water here is profound and restorative.

This is an ideal destination for lovers of marine life and biology. Holbox provides the opportunity to encounter extraordinary species and be surrounded by the beauty of nature's most distinct environments. It's a chance to observe and truly become part of the remarkable world shaped by water.

# FULL PROGRAM

BLUE HEALING SUMMER ——— HIGHLIGHTED ACTIVITIES



## AGUA MAGICA 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 POOL

## WATER SOUND HEALING with Cuno & Aleksei

Experience how water acts as a medium for sound and vibrations while floating on the pool.

EVERY WEDNESDAY  
17:00HRS AT POOL



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Please check with our Journey Designers  
for details and pricing [Wellness@nomadeholbox.com](mailto:Wellness@nomadeholbox.com)

# FULL PROGRAM

BLUE HEALING SUMMER ——— HIGHLIGHTED ACTIVITIES



## BODYWEIGHT WORKOUT with Sayde

Stay active, not overexerted. This dynamic session combines strength, cardio, core, and mobility, tailored to your level. Maintain balance, build strength, and foster mindful movement.

EVERY SATURDAY  
08:00HRS AT SUNSET DECK

## SEA BREATHWORK with Laura

By the sea, this guided session uses conscious breathing to support emotional release, regulate the nervous system, and clear the mind. The ocean's rhythm complements the breath, helping the body release tension and reset.

JUNE 12TH & 26TH  
18:30HRS AT BEACH



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## HYPNOSIS FOR EMOTIONAL RELEASE with Krystal

Through guided relaxation and suggestion, this session helps access the subconscious to reduce stress, shift limiting patterns, and improve clarity—offering a practical path for self-inquiry and emotional regulation.

JUNE 13TH  
17:00HRS AT GRATITUDE TENT

## SOLSTICE CEREMONY with Zeltzin

This beach ceremony marks the seasonal shift with a fire offering to release outdated patterns. Through intention-setting and symbolic acts, it creates space for renewal and ends with an offering to the sea, aligning with natural rhythms.

JUNE 20TH  
17:00HRS AT NEST



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## GONG BATH with Zeltzin

The sound of the gong guides body and mind into deep rest. Its sustained tones help quiet mental activity, calm the nervous system, and support release offering a way to reset and reconnect with inner stillness.

JUNE 27TH  
17:00HRS AT GRATITUDE TENT

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