

A photograph of a person in a hot spring, holding a silver tuning fork. Another person's head is visible in the foreground, partially submerged in the water. The water is a light greenish-blue color. The person holding the tuning fork is wearing a blue swimsuit. The background is a blurred view of the hot spring and surrounding landscape.

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



Please check with our Journey Designers
for details and pricing 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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FULL PROGRAM

BLUE HEALING SUMMER ——— HIGHLIGHTED ACTIVITIES



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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FULL PROGRAM

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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

BLUE HEALING SUMMER

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