

A photograph of two hands, one from a darker-skinned person and one from a lighter-skinned person, reaching towards each other against a clear blue sky. The hands are positioned to form a triangular shape with their fingers. The text 'I N T O S' is overlaid on the image, with the 'I' and 'U' on the left hand, 'N' in the center, 'T' on the right hand, and 'O' and 'S' on the right hand.

# I N T O S

NOVEMBER HOLBOX PROGRAM

nomade  
TEMPLE



A couple is seen from behind, standing in shallow ocean water. The woman on the left has long, wet, light brown hair and is wearing a thin necklace. The man on the right has short, dark, wet hair. They are both looking out at a person on a surfboard in the distance. The water is a light, hazy blue-green, and the sky is a pale, clear blue. The overall mood is serene and intimate.

# INTO US

NOVEMBER PROGRAM

November invites you to slow down and deepen your connection—with yourself and with your partner. This intimate journey explores the profound link between mind and body, guiding you toward authentic self-expression, freedom, and pleasure. Through curated experiences designed to nurture sensual well-being, you'll discover new ways to embrace desire and deepen intimacy. Perfect for couples and solo travelers alike, this is a time to reconnect, reflect, and indulge in the art of presence.



# FULL PROGRAM

INTO US ————— HIGHLIGHTED ACTIVITIES



## DÍA DE MUERTOS CEREMONY

A ceremony honoring life, transformation, and remembrance. Through music, symbols, and offerings, we pay tribute to those before us and celebrate the ongoing connection between what was and what continues to live within us.

NOVEMBER 1ST

17:00 HRS @NEST

## HYPNOSIS FOR STRESS RELEASE

With Krystal

A guided hypnosis session for deep relaxation and emotional release. Using focused attention and visualization, learn to calm your nervous system and access clarity. Designed to support both instant ease and lasting emotional awareness.

NOVEMBER 4TH

17:00HRS @GRATITUDE TENT



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

# FULL PROGRAM

INTO US ————— HIGHLIGHTED ACTIVITIES



## EAT FOR YOUR BODY TYPE

With Kayla

This session uses mindful somatic movements to reconnect body and mind, helping release unresolved emotions and tension held in the body. Explore how trauma and chronic stress—from past injuries or daily pressures—impact your nervous system, and discover practical tools to let go through movement, breath, and gentle touch.

NOV 5TH & 19TH

17:00HRS @GRATITUDE TENT

## STRENGTH ESSENTIALS

With Laura

A graceful entry point into the world of training. Build a foundation of strength and vitality, using simple and effective techniques suitable for all levels.

NOV 6TH & 20TH

17:00HRS @GRATITUDE TENT



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# FULL PROGRAM

INTO US ————— HIGHLIGHTED ACTIVITIES



## EFT FOR STRESS

With Kayla

This session guides you through Emotional Freedom Techniques (EFT) to release tension and reduce stress. By gently tapping on key meridian points while focusing on emotions, you'll support nervous system regulation, emotional balance, and a sense of calm and clarity. Ideal for those looking to let go of daily stress and reconnect with ease.

NOVEMBER 12TH & 26TH 17:00HRS @GRATITUDE TENT

## TENT TAKEOVER: EMBODIED LONGEVITY With Laura

Discover microcosmic orbit breathing, a Taoist technique adapted for modern wellbeing. Guided breathwork teaches you to circulate your body's energy while learning daily rituals that support vitality, harmony, and long-term renewal beyond the session.

NOVEMBER 13TH & 27TH 17:00HRS @GRATITUDE TENT



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# FULL PROGRAM

INTO US ————— HIGHLIGHTED ACTIVITIES



## MAYAN CEREMONY

With Zeltzin

This traditional ceremony honors the knowledge of the Mayan cosmovision through the salutation of the four elements—earth, water, fire, and air—and the cardinal directions. Guided by ancestral practices, the ritual creates a space for connection, gratitude, and alignment with the natural forces that support life and balance.

NOV 14TH & 28TH

17:00HRS @NEST

## KUNDALINI FOR COUPLES

With Chelsea

A shared Kundalini-inspired experience for couples to harmonize breath, movement, and connection. Through synchronized breathing and simple postures, partners explore presence and intimacy beyond words.

NOVEMBER 17TH

17:00HRS @GRATITUDE TENT



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# FULL PROGRAM

INTO US ————— HIGHLIGHTED ACTIVITIES



## TRANSFORMATIONAL BREATHWORK

With Chelsea

A deep, meditative breathing practice designed to access expanded states of awareness for emotional release and personal growth. It involves rhythmic breathing and evocative music, helping participants release stored trauma, expand awareness, and connect with the subconscious mind.

NOVEMBER 19TH

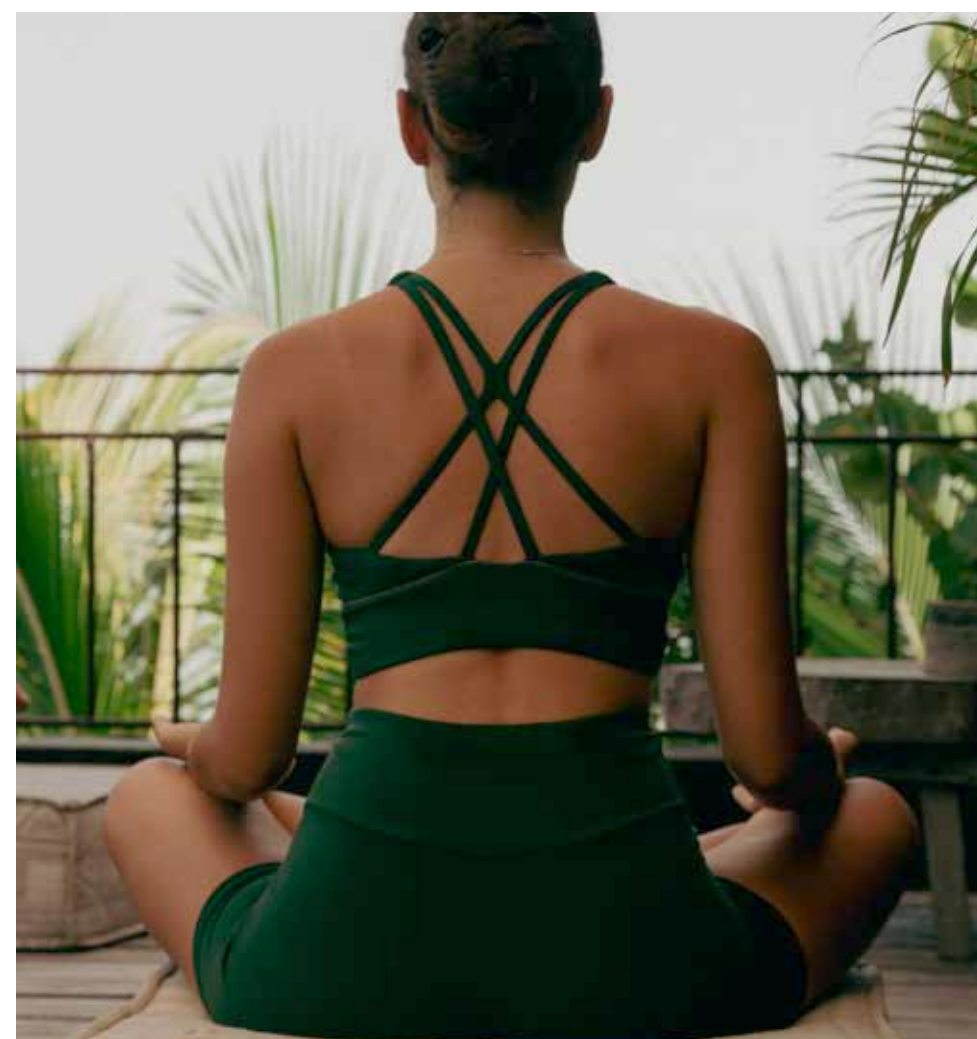
11:30HRS @GRATITUDE TENT

## TENT TAKEOVER: WHITE RAVEN METHOD

With Chelsea

A deep incision of the mind. Through meditation, breathwork, and kundalini movement, the White Raven Method is a process of remembering. With stillness we sharpen and soothe. With breath we create space. With movement we release. We train the brain out of craving and aversion, taking the first step toward real freedom. You are the medicine.

NOVEMBER 22ND & 29TH 17:00HRS @GRATITUDE TENT



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# FULL PROGRAM

INTO US ————— NOVEMBER WEEKLY CLASSES



## AGUA MÁGICA

With Kayla

Agua Mágica introduces a way to connect with the knowledge and restorative qualities of water. Floating weightlessly, the neocortex quiets, releasing attachments, expectations, and time, opening space for presence in the water.

EVERY MONDAY & FRIDAY  
11:30HRS @POOL



## PILATES

With Carla

A full-body practice designed to strengthen your core, improve posture, and enhance mobility through precise, mindful movement. Guided sequences focus on breath control and alignment to build stability and graceful strength. Suitable for all levels, this class refines body awareness and leaves you feeling centered and grounded.

EVERY SATURDAY  
10:00HRS @GRATITUDE TENT



## DREAMWAVE SOUND JOURNEY

With Laura & Aleksei

Immersed in waves of sound, this journey invites you to drift into a state between wakefulness and dreaming. Layered vibrations from crystal bowls, chimes, and deep resonant tones quiet the mind, release tension, and open space for inner imagery to arise.

EVERY SUNDAY  
17:00HRS @GRATITUDE TENT

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