



BLUELIGHT

A FOUR DAY IMMERSION IN
THE HEALING LIGHT OF WATER

JULY 16TH TO 19TH



This July, Nômade Temple Holbox presents Bluelight, a four-day retreat inspired by the restorative power of water. In Holbox, the sea shapes both the landscape and the rhythm of each day, offering clear water, quiet beaches, and a deep sense of calm. Through sailing, movement, sound, beach time, and bioluminescent nights, the program invites guests to slow down, reset the senses, and reconnect with the island's natural pace.

PROGRAM

Thursday – Sunday

A four-day immersion designed around movement, ocean connection and the natural healing effect of Holbox.

THURSDAY – DAY 1

Arrival and check-in

5:30 PM	Opening ceremony in the Nest: intro to the retreat and intentions setting <i>At Nest</i>
6:00 PM	Lucid Dreaming Sound Journey <i>At Gratitude Tent</i>
7:15 PM	Sunset Gathering
8:00 PM	Dinner <i>At La Popular</i>

FRIDAY – SEA & MOVEMENT – DAY 2

8:00 AM	Morning sailing & Agua Mágica <i>At The Sea</i>
10:00 AM	Breakfast <i>At La Popular</i>
6:00 PM	Sunset Yoga <i>At Beach</i>
7:30 PM	Dinner <i>At La Popular</i>
9:00 PM	Bioluminescence Tour <i>At The Sea</i>

SATURDAY - DAY 3

8:00 AM	Playa Fit Club <i>At Beach</i>
9:00 AM	Recovery Ice Bath <i>At Gratitude Tent</i>
10:00 AM	Breakfast & Free Beach Time
4:00 PM	Water Sound Healing <i>At Pool</i>
7:15 PM	Sunset Gathering / Live Music <i>At Beach</i>
EVENING	Dinner and island exploration

SUNDAY - INTEGRATION - DAY 4

8:00 AM	Closing Ceremony <i>At Nest</i>
9:30 AM	Breakfast <i>At La Popular</i>
12:30 PM	Check-Out <i>At Beach</i>



nomade
TEMPLE