

NÔMADE TEMPLE HOLBOX

PRIVATE SESSIONS

FOR EMOTIONAL HEALING

nômade

TEMPLE

An aerial photograph of the Nômade Temple on Holbox Island. The temple consists of several interconnected rectangular buildings with walls and roofs made of woven palm fronds. The buildings are nestled among a dense forest of palm trees. To the left of the temple, there are large, light-colored canvas tents on a sandy area. In the background, a white sandy beach meets the turquoise waters of the Caribbean Sea. The sky is clear and blue.

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HOLBOX IS AN ISLAND THAT INSPIRES EMOTIONAL HEALING

Nômade is an ode to the ocean
where restoration, renewal, and
reconnection are at the heart
of each experience.

OUR INNER JOURNEY

To encourage a deep yet gentle experience where you receive the most value, we offer private consultations pre-arrival or on-site with our wellness team, who will explore your desires and intentions and then recommend the sessions and therapists that suit you best.

We recommend doing this before you arrive or at the very beginning of your stay, so we may curate the best journey for you.

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'I NEED THE SEA,
BECAUSE IT TEACHES ME...

IN SOME MAGNETIC WAY, I MOVE
IN THE UNIVERSITY OF THE
WAVES'.

PABLO NERUDA

The magic of Water and emotional
healing sits at the center of the
experiences we have created for you
at Nômade Holbox

WATER SESSIONS

When you want to shift heaviness, relax the nervous
system and flow into a high vibration...

WATER SESSION

Water therapy is a movement-based healing massage that combines somatic movements, breathwork, meditation, and sound to harness the transformative power of water. Taking place in the serene waters of Holbox, this therapy offers a deep journey of self-acceptance, encouraging you to embrace your emotions while honoring your vulnerability. It helps switch off the rational mind, allowing for profound relaxation and emotional release, fostering a deeper connection to your inner wisdom. Especially beneficial for relieving stress, promoting restful sleep, and liberating the body from blockages, many describe it as a return to the womb, where both the body and mind experience a serene release of tension, allowing for a sense of renewal and inner peace.

90 minutes

ICE BATH

This session integrates breathwork, cold exposure, and mindset training to support mental and physical resilience. Guided breathing techniques prepare the body, followed by a structured introduction to cold therapy. Regular cold exposure has been linked to benefits such as enhanced immune function, improved circulation, better sleep, and reduced muscle soreness. It may also help regulate hormone levels, support mental health, and balance autoimmune responses. Cold therapy can contribute to metabolic efficiency and overall well-being.

*This session is open to all but requires basic health. It is not recommended during pregnancy or for those with epilepsy, pacemakers, cardiovascular issues, or serious medical conditions—consult a doctor first.

70 minutes



SEA YOGA

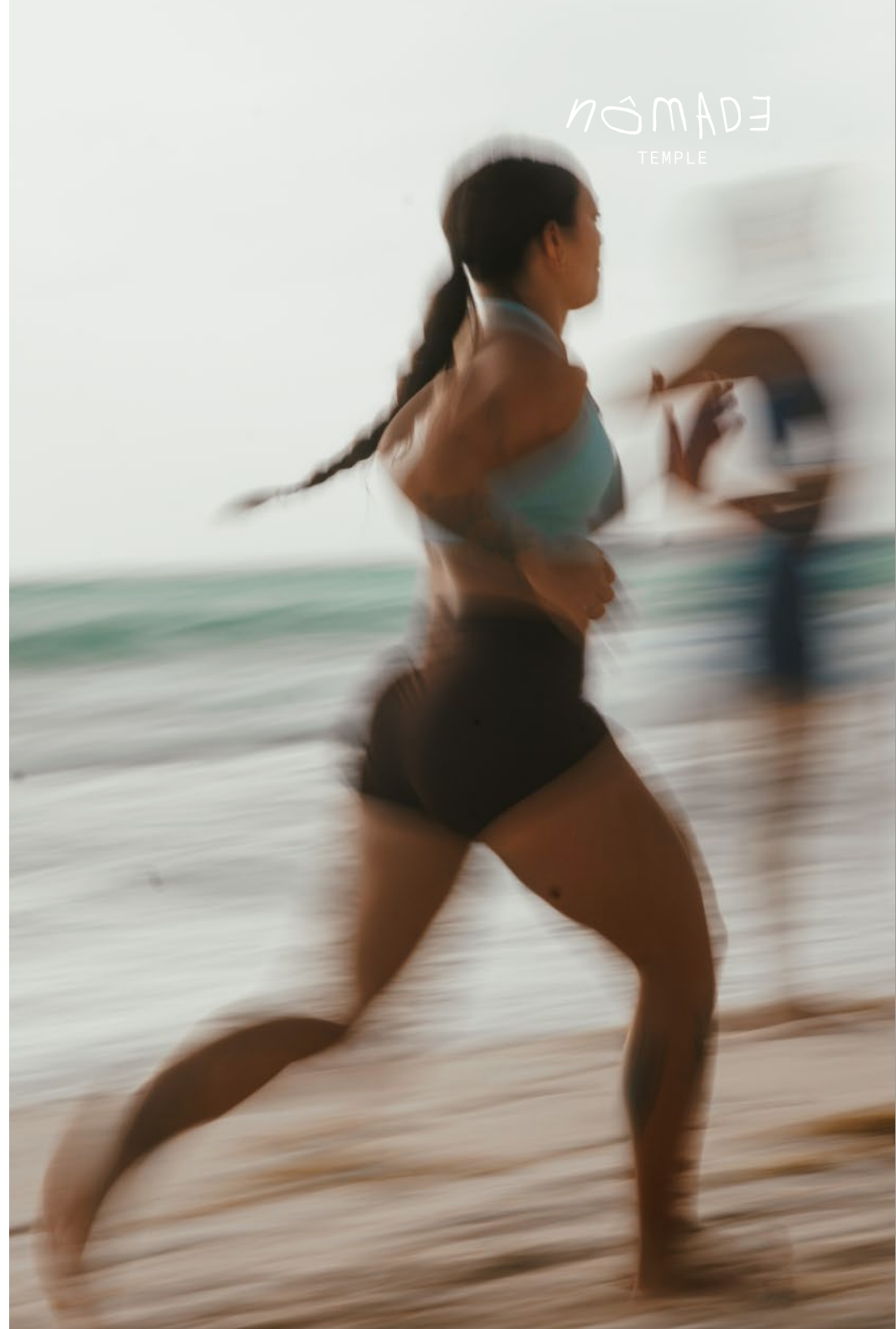
This class prioritizes joint flexibility and overall mobility while fostering a deep connection with the water element. Water, the symbol of creativity, guides us back to the intuitive right brain, housing our cerebellum and linked to our feminine energy. This energy transcends gender, nurturing the birth of fresh ideas, igniting inspiration, and facilitating emotional healing.

By releasing the hips in the water, we liberate the perineum, allowing the life force or kundalini energy to ascend effortlessly towards the heart and brain. Our session culminates with savasana in the sea a reset for the nervous system and a sealing of the practice within the body's cells.

75 minutes

BEACH WORKOUT

This session is designed for those who want to stay active during their vacation without feeling drained. It focuses on full-body functional training, blending strength, cardio, core, and mobility work to support balance and sustained energy. Each workout is adapted to individual fitness levels and current physical state, offering a space to move mindfully, build strength, and remain physically engaged throughout the day.





PADDLE YOGA

Paddle Yoga is an intimate experience designed for one to two people at a time, combining yoga and balance practice on a stand-up paddleboard in calm sea waters. This session focuses on breath-led movement, core engagement, and stability, offering a way to connect with the body and mind while surrounded by natural elements.

WATER SOUND HEALING

Get ready to drift into a state of creativity and calm under the island sun. While you float in the warm pool, you'll be gently swayed as Tibetan singing bowls serenade your body with their soothing sounds. Pack your favorite swimsuit and bring a light stomach—we'll take care of the rest!

70 minutes



HIGHER LOVE

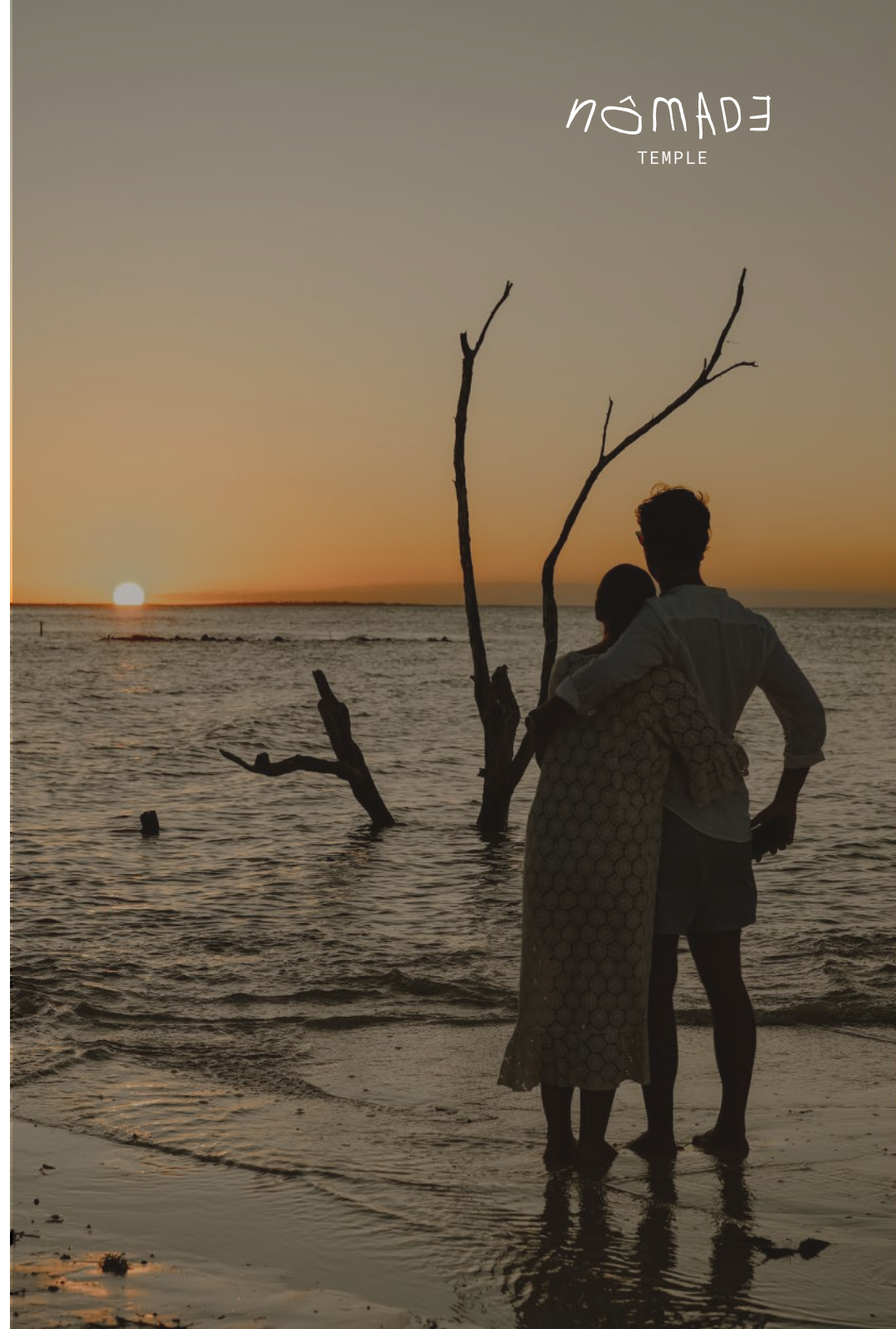
When you are ready for guidance
In love, sexuality and relationships...

HOLISTIC INTIMACY

Holbox stands as a temple for reigniting the connection with the second chakra—a realm associated with water, emotions, life force, and creative energies. It serves as a gateway to fostering profound intimacy within oneself and with a partner. When intertwined with the fourth chakra, the heart's energy of love, there arises an opportunity for alchemy and mutual evolution. This session facilitates immediate closeness through tantric breathwork, activation of love muscles, and embodiment practices.

Its benefits encompass the relaxation of the busy mind, inviting inner serenity, fostering a deeper grasp of each other's needs and desires, renewing the bond through the energy body, and activating full-body pleasure, among others. This session is conducted without any involvement of nudity.

90 minutes





WATER SESSION FOR COUPLES

The water offers a safe space for couples to strengthen the trust bond between them by tapping into a language that goes beyond words and the rational mind. The most important thing is to be present with each other through empathy and love. During this session, you learn to surrender in the arms of the other and remember that we all need to be held. There are times when you need to be strong to support your partner, and other times when you need to recognize your vulnerability to deepen the connection.

Water harmonizes the masculine and feminine energies within us first to balance them in our relationships.

90 minutes

FEMININE ENERGY ACTIVATION

Amidst bustling lives, many women experience a depletion of their feminine essence while continually juggling masculine roles. This session provides a sanctuary for reconnecting with your feminine body and igniting your inner radiance through Taoist practices, womb healing, hormonal regulation, and energy work. The intention of this nurturing space is to cleanse the womb of bonds with the past and create fertile ground for new beginnings. Whether it's having a baby, attracting a high-caliber partner, nurturing a cherished project, establishing a home, fostering a new mindset, or embracing an evolved version of yourself, this transformative session empowers you to soften your edges, unfurl your heart, create healthy boundaries, and surrender to your natural cycles. Transitioning from hustle to magnetic allure, from exertion to graceful ease, this experience serves as a ceremonial passage to softening into receptivity.

75 minutes





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THE SENSORY ROOM

Love is not only seen but felt, heard, tasted, and sensed in ways beyond words. Hidden within the wine cellar, the sensory room invites couples to embark on a journey through the five senses—an intimate exploration of trust, connection, and pure presence. Each moment becomes heightened, as textures, aromas, sounds, and flavors awaken new depths of sensation. Encouraging closeness and intimacy, this experience offers a playful and immersive way to begin a romantic evening. Guided through curated pairings and tactile discoveries, this reservation provides the setting for exploration, while the wine and culinary selections remain yours to choose. A night of mystery and delight, where connection goes beyond sight and into the realm of pure feeling.

75 minutes (dinner & wine not included)

VOWS RENEWAL & BONDING CEREMONY

This ceremony is a heartfelt celebration of love, a moment to honor the journey shared and the path ahead. Designed for couples to renew their vows in deep gratitude for the forces that brought them together, this ritual unfolds amidst the elements—earth, water, fire, and air—each one symbolizing a facet of devotion and transformation. Guided through reflection and commitment, partners strengthen their bond embracing the presence of nature and the essence of their connection.

75 minutes



TRADITIONAL & SENSORY EXPERIENCES

When it's time for rebirth, rituals,
and a return to the roots of it all.



GONG BATH

This session uses the vibrations of the gong to guide the body and mind into a state of deep rest. The sustained, layered sounds help calm the nervous system, quiet mental activity, and support emotional release. It is a gentle method to reset, restore, and reconnect with inner stillness.

60 minutes



SENSORIAL SOUND JOURNEY

This private session with sound healing combines Tibetan bowls placed on the body, the soothing tones of a handpan, and conscious touch to release blockages in specific areas. The vibrations of the Tibetan bowls resonate deeply, promoting relaxation and energetic shifts, while the melodic handpan enhances the healing atmosphere. Conscious touch is applied with intention to support the release of tension and stagnant energy, helping to restore balance and flow throughout the body. This holistic experience encourages emotional and physical release, facilitating a state of deep healing and transformation.

75 minutes

CACAO CEREMONY

The energy connected to Theobroma cacao in the context of the Mayan tradition is a divine privilege that we currently enjoy. Known as the medicine for the heart, it allows us to become aware of the love we have available to give and receive, helping us to understand the beliefs that prevent or drive us to connect. During the ceremony, we will share words in a contained circle and experience the effects that this wonderful seed offers us. Through shamanic initiations and Tibetan Reiki, I have served as a conduit for the divine energy to flow through space and connect with the body, expressing itself through words, chants, icaros, and healing through hands and different tools such as crystals, plants, and extracts. These sessions can be used for energetic cleansings, gratitude rituals, introspection sessions to understand traumas, etc. It is an introspective journey through your senses, connected to your intention, guiding you through sounds and sensations accompanied by aromas and textures as you observe the information that manifests within you.

90 minutes



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BREATHWORK TUNING & SOUND

This is a guided practice and combination of conscious connected breathing and powerful breath holds that enable you to explore non-ordinary states of consciousness. you'll drop into the parasympathetic state where you can experience deep emotional release. You might also experience metaphorical ego death, psychedelic sensations, and visuals. This practice supports in rewiring the brain to release old stories and rid the body of tension. You will be guided in a grounding meditation followed by a sound bath to integrate. This style of breathwork is suitable for all levels, even those who have never practiced breathwork before. Through this process, breathers move beyond their thinking mind and access their inner wisdom.

75 minutes

ORIENTAL MASSAGE

This massage is perfect for deep tissue enthusiasts, weightlifters, and sports lovers. Oriental massage is a holistic therapy combining traditional Chinese techniques with jade stones and silicone suction cups, deep tissue massage using a Thai cross, honey treatment, and sound healing. The session begins with gua-sha and vacuum cups to warm the muscles, followed by targeted pressure from the Thai cross to relieve pain and tension. Honey is then applied to detoxify and cleanse the skin, concluding with a soothing sound bath using a handpan for deep relaxation of both body and mind.

60 mins or 90 mins





FUSION MASSAGE

This session combines different massage techniques from the world, including Californian, Swedish, Thai, Lomi Lomi (Hawaiian) and deep tissue. One of its peculiarities is its long, enveloping movements from head to toe that help the receiver enter a state of deep relaxation, working at the same time on the integration of the entire body. The session is personalized and focused on your physical, mental, and emotional needs. The highlight of this holistic massage is that is shared by one of our wellness facilitators, so expect being guided in breathing techniques and meditation.

60 mins or 90 mins

ENDORPHIN RELEASE MASSAGE

Experience a profound journey of relaxation and rejuvenation with our signature Endorphin Release Massage. As soothing sounds envelop you, our skilled therapist will work to release deep-seated muscle tension, mental stress, and toxins. Feel the surge of energy as your body's natural healing processes are activated, leaving you feeling balanced, refreshed, and ready to embrace the island's treasures.

60 mins or 90 mins





THERAPEUTIC & CRANIOSACRAL MASSAGE

This session combines gentle craniosacral techniques with targeted myofascial work to support the body's natural healing processes. Light hand placements on the skull and along the spine help stimulate the movement of cerebrospinal fluid, release tension in the cranial and cervical areas, and regulate the vagus nerve. Integrated with myofascial therapy—including sustained holds, fascial rolling, compression, and stretching—this treatment is well-suited for addressing limited mobility, muscle tension, chronic pain, and stress-related conditions.

60 mins or 90 mins

DREAMS

When you want to shift heaviness, relax the nervous system
and flow Into a high vibration...



HYPNOSIS FOR EMOTIONAL RESET

This one-on-one session uses therapeutic hypnosis techniques tailored to the participant's current state and intentions. Through guided relaxation and focused suggestion, the session supports access to deeper layers of the subconscious to help shift limiting patterns, reduce stress, and enhance mental clarity. It offers a grounded approach to self-inquiry, behavior change, and emotional regulation.

75 minutes

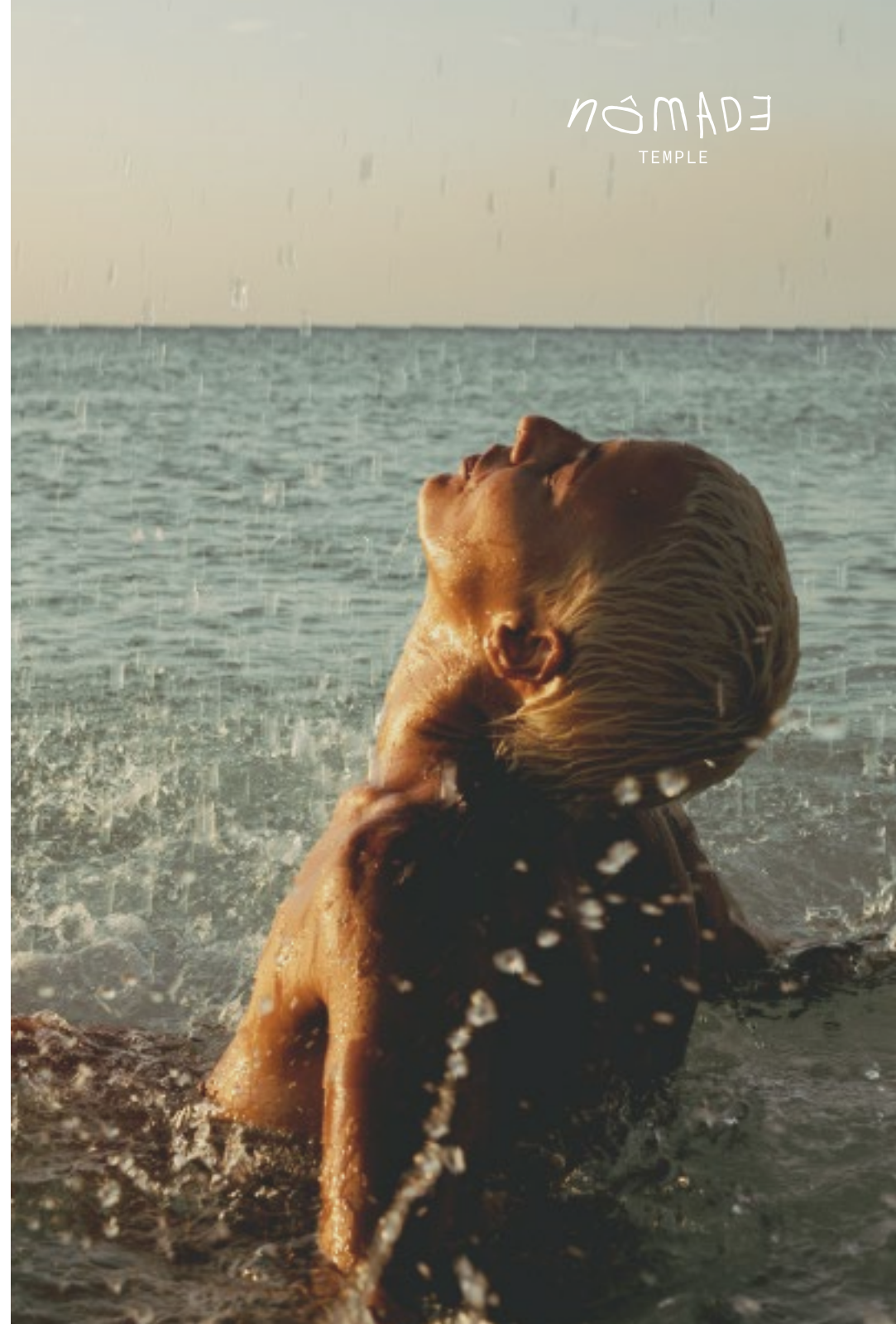
DECODING YOUR DREAMS

We sleep 1/3 of our life. When we start to become aware of this portion of our life, we can improve our flow state but also start to heal past trauma, connect with your inner guidance, and master your emotional experience.

Combined with Water therapy (experienced as a group or private session in advance), this session will give you a clear view of the actual state of your subconscious mind through the reading and interpretation of your dreams. Water unblocks the inner currents and unveils deep insights for transcending old limitations. Before taking this session, we advise you to bring your dreams either written or drawn for more detailed guidance.

75 minutes

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LUCID DREAMING & SOUND JOURNEY

Embark on a personalized journey into the realms of lucid dreaming and ambient music, all harmonized with carefully selected binaural tones and beats to entrain your brainwave patterns into low Alpha and Theta states of meditative consciousness. As you breathe mindfully and explore dreamlike scenarios, this immersive experience becomes a gateway to profound self-discovery, unlocking hidden facets of your inner world. Whether you're a seasoned meditator or new to the practice, this private session is designed to cater to your unique needs and preferences, taking you to greater depths within your own subconscious. Imagine a sound healing session combined with personalized guidance into the art of lucid dreaming. Are you ready to master your creative skills?

75 minutes

ACCESS BARS

The Bars are 32 points on the head that store the electromagnetic component of thoughts, feelings, emotions, ideas, beliefs, and considerations as they are stored in the brain. When the Bars are lightly touched, the brain waves slow down, allowing behavioral patterns, belief systems, and points of view that you have running from childhood or from other lifetimes to be accessed. Some of its benefits include stress reduction, deep relaxation, ease of sleep, dissipating mind chatter, releasing trauma, decreasing negative and limiting thought patterns, improving overall wellbeing, increasing feelings of calmness, inner peace, happiness, and gratitude. Access Bars complement our wellness experiences and treatments and have been found to increase the capacity and potency of other healing modalities.

75 minutes

YOGA, MOVEMENT + FITNESS

For that extra support to build fitness,
detox it out or go deeper in your practice



YOGA 1:1

If you are new to yoga and want to learn about the basics of asana or postures, or you are more advanced and would like to deepen your practice, this personalized session provides the guidance to start your journey. Based on your actual physical, mental, and emotional states, you receive a holistic practice of hatha, vinyasa yoga, ashtanga, or yin yoga. The best part is that you can take this practice back home!

75 minutes

PILATES

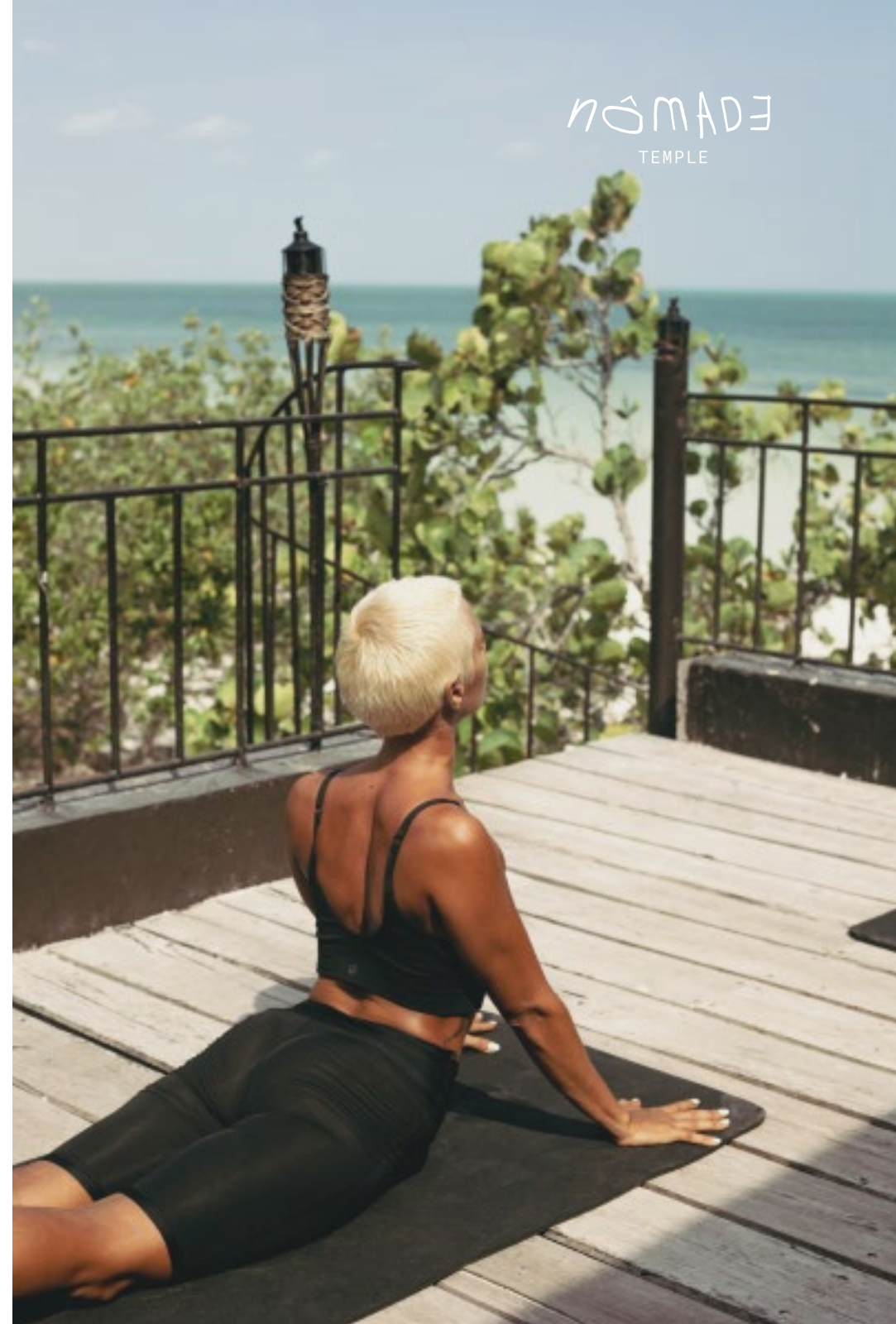
Our private Pilates sessions are meticulously crafted to impart suppleness and natural grace to your body. Experience the rejuvenating effects of Pilates exercises as they purify the blood, akin to a "bodily house-cleaning with blood circulation" or, in essence, an internal shower. Recognizing the significance of breath in our journey from the first act of life to the last, Pilates places a paramount focus on teaching the art of correct breathing. Elevate your well-being through the harmonious integration of mind, body, and breath in our tailored private Pilates sessions.

75 minutes

BODY SCULPT

Unlike traditional training, combining HIIT with yoga and stretching significantly improves core strength, activating abdominal muscles and enhancing overall cardiovascular fitness. Laura's specialized "Core Clinic" focuses on activating specific core muscles, such as the rectus abdominis and obliques, improving balance, posture, and breathing hygiene. This holistic approach goes beyond conventional training, promoting a well-rounded and effective fitness routine.

75 minutes



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CONTACT DANCE

This private contact dance session is an exploration of movement, presence, and connection—with yourself, the space, and the flow of energy between bodies. Through guided exercises, you'll discover how to listen and respond intuitively, using touch, weight, and momentum to create a fluid, dynamic dialogue. Whether seeking deeper body awareness, creative expression, or a new way to connect with movement, this session offers a space for exploration, playfulness, and embodied freedom. No prior dance experience is needed—just an open mind and a willingness to move.

75 minutes



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Get in touch with nature, culture and sacred wisdom, and carry a new-found consciousness with you wherever your journey leads you next.

PRIVATE SESSIONS

ISLAND WELLNESS RECOMMENDATIONS

Sea water has proven to be not only beneficial for your body as it strengthens the immune system, reduces stress, and boosts your respiratory system, but it also helps you recover a state of inner peace.

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Holbox is one of those rare places in the world where you can see both the sunrise and the sunset. Already in tuned with the four directions, the island naturally synchs your circadian rhythm -your internal clock- the one in charge of regulating your sleep patterns, metabolism, and capacity to rest.

The island offers free ways to come back to a natural state of flow.

Here are some of the experiences you can do by yourself and that will activate a state of deep relaxation and healing.

WALKING MEDITATION

The early morning offers a unique moment for meditation as the birds and the sea creatures arise in unison. This is an ideal moment to meditate and greet the day. When you walk on the sand, you are grounding with the Earth, absorbing its electrons. This helps neutralize destructive free radicals in your body which improves health and slows aging.

WALKING MEDITATION

Mayans viewed the sea as the authentic and only Shaman. In some indigenous cultures of Latin America, the ocean is revered as a goddess that goes by the names of Iemanjá, Ixchel, and Mama Cocha. There is a way in which you can bathe in her waters that it is rejuvenating for the soul.

- Walk by yourself into the sea and turn around facing the beach.
- Open your arms in a cross and splash back three times, jumping back as if you're being held by the water.
- Walk back to the beach without looking back, feeling cleansed and liberated to start your day anew.

SAND SCRUB

If the gorgeous look of the white sandy beach isn't enough to make you love Holbox Island, consider the natural exfoliation provided by the white wet sand. The fine grains of sand and shells help to remove dead skin cells, keeping your skin soft, clean, and healthy.



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CONTACTS

FOR QUESTIONS
OR INQUIRIES,
YOU CAN FIND US
IN OUR DIRECT
CONTACT:



wellness@nomadeholbox.com



or Whatsapp +52 984 876 2828

NOMADEHOLBOX.COM