




NÔMADE HOLBOX

# PRIVATE SESSIONS

FOR EMOTIONAL HEALING

An aerial photograph of a tropical island resort. The scene is dominated by several large, multi-story buildings with walls and roofs made of woven palm fronds or similar natural materials. The buildings are nestled among a dense forest of palm trees. In the background, a sandy beach meets the turquoise ocean. A white arrow icon is located in the top right corner of the image.

## 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.





'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 therapeutic technique that promotes the healing power of water through somatic movements, massage, breathwork, meditation and sound. A deep transformational journey in unconditional acceptance of your emotions, while celebrating the vulnerability and uniqueness of each human being, and a remembrance of what it feels like to be held, to receive and to let go. One of the benefits of this healing therapy is that it switches off your neo-cortex, your rational mind, enabling a deep relaxation and restoration, opening the connection to your emotions and primal wisdom. This treatment is recommended for restoring inner balance, especially from stress and insomnia, as well as healing mother-wounds, trauma, and any fear of the water. Many describe the feeling of returning to the womb, a deep state of relaxation and the release of physical and emotional blockages.

90 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



# HIGHER LOVE

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



## ECSTATIC LOVE

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





# TRADITIONAL & SENSORY EXPERIENCES

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





## SENSORIAL SOUND JOURNEY

Surrender to the therapeutic embrace of a harmonious sound bath, a symphony carefully crafted to renew and rejuvenate every cell within your body. The session unfolds with the gentle caress of various shamanic instruments, including Tibetan bowls, ethereal ocarinas, soulful flutes, and the mesmerizing interplay of sound waves and binaural vibrations. Step into the embrace of this sensorial experience and let the waves of sound and fragrance carry you into a state of deep restoration. Your body and mind will be cradled in a symphony of well-being, leaving you with a renewed sense of equilibrium and inner peace.

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







## BREATHWORK TUNING & SOUND

Each personalized 1:1 breathwork and sound session is crafted to guide you towards joyful balance.

Ailored to address your current emotional state, Laura designs a bespoke experience. This journey may encompass entering a healing meditative state, releasing pent-up energy, delving into your subconscious, and embarking on a sensory voyage into the realm of dreams—a space ripe for breakthroughs. The session culminates with the infusion of 432hz frequency, drawn from an array of instruments, to support the integration of the visions and insights gained during this profound exploration, and to seal the restoration of your nervous system.

75 minutes



# DREAMS

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



# 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





## DREAMSCAPE & SOUND MEDITATION

Embark on a personalized journey into the realms of guided imagery, soothing narration, and ambient music, all harmonized with carefully selected binaural frequencies. In this intimate session, Alejandra will not only guide you through Dreamwave Meditation but also delve deeper into the recesses of your subconscious mind. 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.

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

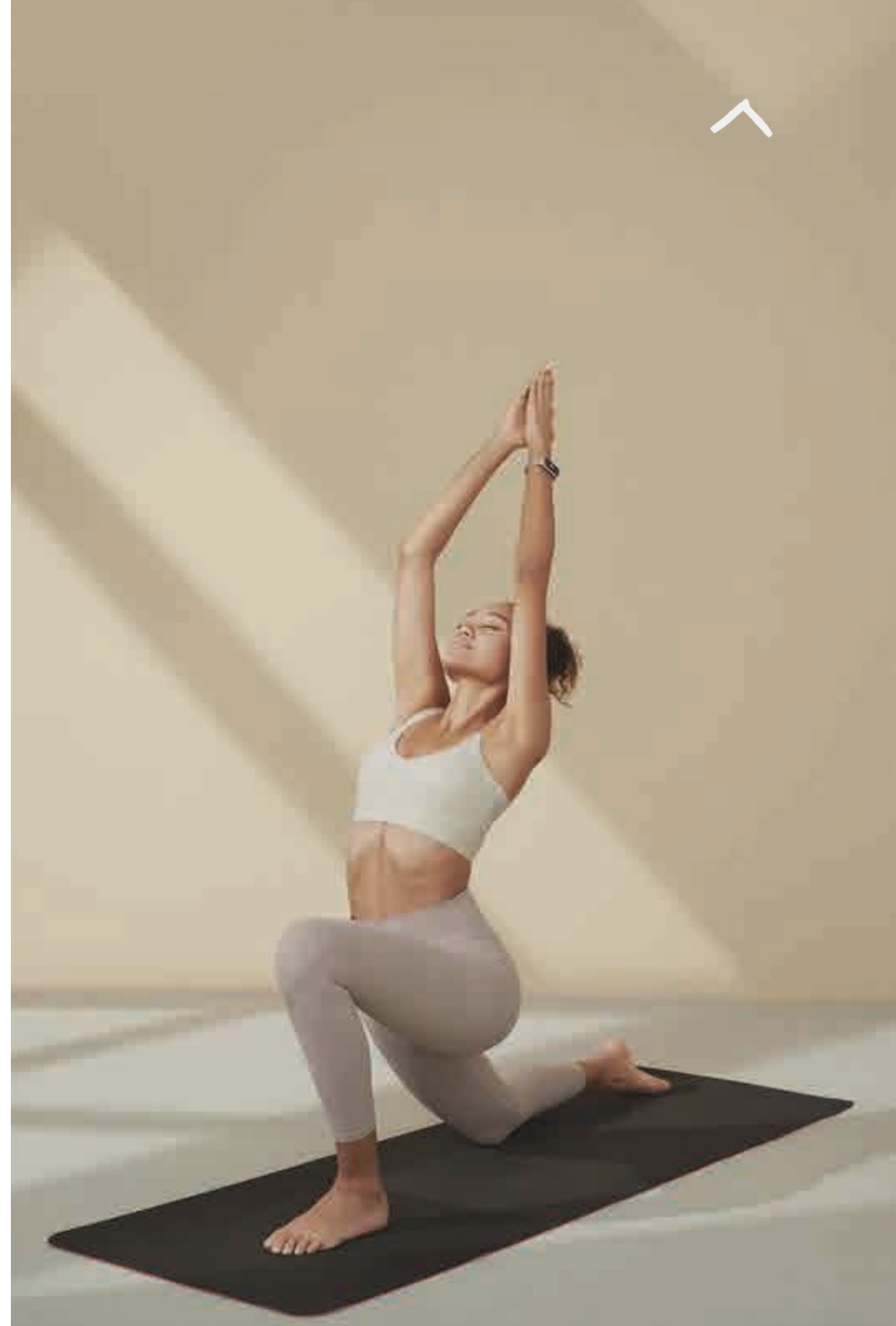
Our private Pilates sessions are meticulously crafted to impart suppleness and natural grace to your body. Experience the rejuvenating effects of Pilates exercises as they purify the blood, akin to a "bodily house-cleaning with blood circulation" or, in essence, an internal shower. Recognizing the significance 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





## NÔMADE HOLBOX

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



# 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 tune with the four directions, the island naturally syncs 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.



CONTACTS

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