



Nômade Life Holbox

# SCHEDULE

Week Program

MON	08:30   Stretching Flow 16:30   Agua Mágica
TUE	08:30   Vinyasa 18:30   Tarot & Numerology Reading
WED	08:30   Ashtanga Yoga 16:30   Agua Mágica
THU	08:30   Hatha Yoga 18:30   Six Senses Reality 19:30   Live Set

RESERVE:  
[wellness@nomadeholbox.com](mailto:wellness@nomadeholbox.com)



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# SCHEDULE

Weekend Program

FRI	<p>08:30   Power Yoga</p> <p>16:30   Agua Mágica</p> <p>19:00   Sunset Gathering Beach</p> <p>19:30   Live Music</p>
SAT	<p>08:30   Body Sculpt</p> <p>18:30   Cacao Sharing Circle</p> <p>19:30   Live Music</p>
SUN	<p>08:30   Restorative Yoga</p> <p>18:30   Lucid Dreaming Sound Journey</p>

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