

MARCH 30TH - APRIL 5TH

WEEKLY PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30						PLAYA FIT CLUB W/ GERARDO @ Beach	
08:00	DETOX YOGA W/ ALEKSEI @ Beach	HATHA YOGA W/ FRIDA @ Beach	ASHTANGA YOGA W/ PAULINA @ Beach	VINYASA YOGA W/ KAYLA @ Beach	KUNDALINI YOGA W/ CHELSEA @ Gratitude Tent		
08:30							SEA YOGA W/ KAYLA @ Beach
10:00						PILATES MAT W/ CARLA @ Gratitude Tent	
11:30	AGUA MAGICA W/ KAYLA @ Pool	*WATER SOUND HEALING W/ ALEKSEI @ Pool		*ECOPRINTING WORKSHOP W/ CLAUDIA @ Nest	AGUA MAGICA W/ CUNO @ Pool		
17:00			PILATES FUSION W/ SAYDE @ Gratitude Tent				
18:00	MEZCAL TASTING W/ MAURICIO @ La Popular	BREATHWORK FOR EMOTIONAL RELEASE W/ LAURA @ Gratitude Tent	VIBROACOUSTIC JOURNEY W/ SANDREAS @ Gratitude Tent	INTUITIVE TAROT W/ JULIE @ Gratitude Tent	SOUND HEALING CONCERT @ Beach	LIVE SET W/ NAWEL PAZ @ La Popular	CACAO & MEDITATION W/ CHELSEA @ Nest
19:00					SUNSET GATHERING @ Beach	SUNSET GATHERING @ Beach	
19:15					LIVE SET W/ SEMA @ La Popular		



WELLNESS ACTIVITIES



MUSIC EVENTS

Special activities (*) For details and pricing, please contact:
wellness@nomadeholbox.com or +52 55 6694 3697