

WEEKLY PROGRAM

|       | MONDAY  | TUESDAY                                       | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY                                     | SUNDAY  |
|-------|---|---|--|--|---|--|---|
| 08:00 | DETOX YOGA<br>W/ ALEKSEI<br>@ Beach               | HATHA YOGA<br>W/ FRIDA<br>@ Beach             | ASHTANGA YOGA<br>W/ PAULINA<br>@ Beach               | VINYASA YOGA<br>W/ KAYLA<br>@ Beach                                  | POWER YOGA<br>W/ JULES<br>@ Beach             |  |   |
| 08:30 |   |   |  |  |   | PILATES<br>W/ CARLA<br>@ Gratitude Tent      | SEA YOGA<br>W/ KAYLA<br>@ The Sea               |
| 11:30 | AGUA MAGICA<br>W/ KAYLA<br>@ Pool                 | *WATER SOUND HEALING<br>W/ ALEKSEI<br>@ Pool  | SELF MASSAGE WORKSHOP<br>W/ CUNO<br>@ Gratitude Tent | *A FUTURE PAINTING<br>W/ CLAUDIA<br>@ Beach                          | AGUA MAGICA<br>W/ CUNO<br>@ Pool              |  |   |
| 16:30 |   |   |  |  |   | WEAVING YOUR FUTURE<br>W/ ZELTZIN<br>@ Beach |   |
| 17:00 |   |   | PILATES<br>W/ SAYDE<br>@ Gratitude Tent              |  | *4 ELEMENTS CLEANSING<br>W/ ZELTZIN<br>@ Nest | DJ SET<br>W/ OSCAR C.<br>@ La Popular        | INTUITIVE TAROT<br>W/ JULES<br>@ Gratitude Tent |
| 18:00 | DREAMS JOURNALING<br>W/ LAURA<br>@ Gratitude Tent | EFT ON STRESS<br>W/ KAYLA<br>@ Gratitude Tent |  | *LUCID DREAMING SOUNDSCAPE<br>W/ LAURA & ALEKSEI<br>@ Gratitude Tent |   |  |   |
| 19:00 |   |   |  |  | LIVE SET<br>W/ SEMA<br>@ La Popular           |  |   |

WELLNESS ACTIVITIES
  MUSIC EVENTS

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

