



NÔMADE LIFE WEEKLY PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	Yoga @ YOGA SHALA ●	Yoga @ YOGA SHALA ●	Yoga @ YOGA SHALA ●	Kundalini Yoga @ YOGA SHALA ●	Yoga @ YOGA SHALA ●	Yoga @ YOGA SHALA ●	Yoga @ YOGA SHALA ●
09:30	Kundalini Yoga @ YOGA SHALA ●	Yoga @ YOGA SHALA ●	BioDynamic Breath with Katia @ YOGA SHALA ○	Yoga @ YOGA SHALA ●	Yoga @ YOGA SHALA ●	BioDynamic Breath with Elina @ YOGA SHALA ○	Circuit Flow with Brian @ YOGA SHALA ●
17:00	Yoga @ YOGA SHALA ●	Yoga @ YOGA SHALA ●	Kundalini Yoga @ YOGA SHALA ●	Audeo Yoga & Live Music Dj Set @ YOGA SHALA ●	Circuit of Change with Brian @ YOGA SHALA ●	Audeo Yoga & Live Music Dj Set @ YOGA SHALA ●	Nômade Sundays LIVE MUSIC & DJ SET @ LA POPULAR
18:00	Temazcal with Dario @ TEMAZCAL ● SW				Binaural Sound Immersive Meditation with Audeo @ GRATITUDE TENT		
19:00	Essential Oils for Emotional Balance with Shannon @ GRATITUDE TENT	Talk: Intro to Energetic Lovemaking with Bibi @ GRATITUDE TENT	Sonic Healing Journey with Onyay @ GRATITUDE TENT	Tent Takeover @ GRATITUDE TENT	Cacao Ceremony with Kiautl @ NEST ● SW		Sound Healing with UNO Group @ GRATITUDE TENT ● SW
20:00	Live Music @ MACONDO	Live Music @ MACONDO	Live Music @ MACONDO	Live Music @ MACONDO	Live Music @ MACONDO	Live Concert @ MACONDO	

● YOGA CLASSIC ● YOGA: ASANAS & TEACHINGS ● YOGA: CONTEMPORARY ○ BREATH ● SW SACRED WISDOM