



Nômade Life Weekly Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30	YOGA @ Yoga Shala ●	YOGA @ Yoga Shala ●	YOGA @ Yoga Shala ●	KUNDALINI YOGA @ Yoga Shala ●	YOGA @ Yoga Shala ●	BREATHE LIFE IN with Sabine @ Yoga Shala ●	YOGA ● @ Yoga Shala
10:00			BIODYNAMIC BREATH with Sabine @ Yoga Shala ●	AUDEO YOGA @ Yoga Shala ●		AUDEO YOGA @ Yoga Shala ●	
11:00	FULL BODY FITNESS @ Yoga Shala				FULL BODY FITNESS @ Yoga Shala		FULL BODY FITNESS @ Yoga Shala
14:00							LIVE MUSIC @ La Popular
18:00	TEMAZCAL ● SW @ Temazcal						
19:00	BINAURAL BEATS IMMERSIVE MEDITATION with Audeo @ Gratitude Tent	TALK : INTRO TO ENERGETIC LOVEMAKING with Bibi @ Gratitude Tent	ANCIENT MAYAN HYPNOTIC JOURNEY with Audeo @ Gratitude Tent	GRATITUDE TENT TAKEOVER @ Gratitude Tent	CACAO CEREMONY ● SW with Kiautl @ Yoga Shala		SOUND HEALING ● SW with UNO Group @ Gratitude Tent
20:00	LIVE MUSIC @ Macondo	LIVE MUSIC @ Macondo	LIVE MUSIC @ Macondo	LIVE MUSIC @ Macondo	LIVE MUSIC @ Macondo	LIVE CONCERT @ Macondo	LIVE MUSIC @ La Popular