



Nômade Life Weekly Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00				BLISSFUL SUNRISE Meditation with Jasmyn @ BEACH - LA POPULAR			
08:30	YOGA @ YOGA SHALA ●	YOGA @ YOGA SHALA ●	YOGA @ YOGA SHALA ●	KUNDALINI YOGA @ YOGA SHALA ●	YOGA @ YOGA SHALA ●	BREATHE LIFE IN with Elina @ YOGA SHALA ●●	YOGA @ YOGA SHALA ●
10:00			BIODYNAMIC BREATH with Katia @ YOGA SHALA ●●			AUDEO YOGA & LIVE MUSIC DJ SET @ YOGA SHALA ●●	
18:00	TEMAZCAL @ TEMAZCAL ● SW			GRATITUDE TENT TAKEOVER @ GRATITUDE TENT	TEA CEREMONY with Cami @ NEST		
19:00	BOOST YOUR IMMUNE SYSTEM NATURALLY with Paula & Cameron @ GRATITUDE TENT	TALK: INTRO TO ENERGETIC LOVEMAKING with Bibi @ GRATITUDE TENT	BINAURAL SOUND IMMERSIVE MEDITATION with Audeo @ GRATITUDE TENT	LIVE MUSIC @ MACONDO	CACAO CEREMONY with Kiautl ● SW @ YOGA SHALA	LIVE MUSIC @ LA POPULAR	SOUND HEALING with UNO Group ● SW @ GRATITUDE TENT <hr/> LIVE MUSIC @ LA POPULAR



YOGA CLASSIC



BREATH



YOGA: CONTEMPORARY



SACRED WISDOM