NÔMADE TULUM

PRIVATE SESSIONS

FOR JOYFUL HEALING
It is also blessed with some of the best healers and teachers in the world, who are drawn to its magnetic energy.

TULUM IS A LAND THAT INSPIRES TRANSFORMATION, AMPLIFIED BY WATER AT EVERY TURN AND USED FOR CENTURIES AS A SACRED LAND OF RITUAL AND CEREMONY.
YOUR INNER JOURNEY

LET OUR EXPERTS CURATE FOR YOU

To encourage a deep yet gentle experience where you receive the most value, we offer private consultations pre-arrival with our wellness director Lola Holmes, or on-site with one of our team in our wellness nest next to Macondo, who will explore your desires and intentions and then recommend the sessions and therapists that will suit you best.

We recommend doing this before you arrive or at the very beginning of your stay, as our experts get booked up and this way we can curate the best journey for you, with sessions tailored together to bring lasting results.

BOOK YOUR PRIVATE CONSULTATION
TRANSFORMATION

When you are ready for inner freedom, trauma release and reconnection
PRIVATE BREATHWORK SESSIONS

We offer breathwork daily in our regular schedule, yet a private session enables you to go deeper, connecting with hidden blocks and emotions and enabling a profound sense of release and connection in a carefully contained and cared for space. We offer a variety of breathworks.

BIODYNAMIC BREATHWORK
A method that combines movement with breath, to bring greater freedom and embodiment and is recommend for built-up emotions, lingering trauma and stress release.

CLARITY BREATHWORK
Often brings you a new sense of awareness, a higher vision and an expanded sense of self.

PSYCHEDELIC BREATHWORK
Open up to expanded states of consciousness, ego death and the dissolving of analytical states.

SHAMANIC BREATHWORK
A deep inner journey guided by sound healing with the breath.
Divine Wonder Sessions are powerful transformation sessions that work on many levels, across the physical, emotional, psychological and spiritual planes. Each session is unique, tailored to what most benefits you in the present moment. Sessions can interweave a combination of akashic clearing, ancestral healing, decommissioning outdated programs and beliefs, activations, releasing blocked stagnant energy and harmonizing the body’s energy systems through healing trauma. The purpose of these sessions is to bring you into Soul alignment with a sense of great clarity and coherence, activating the 5D energetic system, which is essential to embodying Heart Consciousness. You will receive whatever information and tools you need to assist you in your personal evolution.

Held in the water, this movement therapy is a deep transformational journey, unlocking long held blocks and a return to flow-state, leading to an enhanced sense of relaxation as the neo-cortex switches off and you enter the realm of feeling and the primal magic of the subconscious. This treatment is recommended for restoring inner balance, especially from stress and insomnia, as well as healing mother-wounds, trauma and any fear of the water.

Each session is unique and individually tailored to you. Many describe the feeling of returning home, a deep state of relaxation and the release of physical and emotional blockages. If you find it hard to release control in general, this is a beautiful journey into the art of surrender and remembering how it feels to be held, opening up an invitation to rebirth and oneness.
When it’s the time for a deeper understanding of who you are and your path
SOUL READING
with Mar Triveni

Mar has a unique gift which enables her to connect to your soul and channel the wisdom and messages that you need to understand at this time of your life. You will work on multiple dimensions of the soul, including inner child healing, past lives, ancestral and familial constellations, energy healing or transmutations of old codes in order to remove blockages and start walking a new path. This session is recommend for when you feel lost on your path, lack purpose or have a deeper desire to connect with your true self.

HUMAN DESIGN PURPOSE READINGS
with Lalita or Leandra

Human Design integrates ancient systems such as the I-Ching, Astrology and the chakra system into a tool of self-differentiation, offering the keys to unlock your unique individual nature and understand the mechanics of the mind. In this reading, you will receive advanced and complex information to discover the role that you are meant to play in this lifetime, including your innate talents, gifts and challenges. The information affords a deeper understanding of how and why you operate in certain ways, and clear the window of the soul to walk a path aligned with your true purpose.

MAYAN ASTROLOGY READING
with Lalita or Aiesha

Embark on a journey to discover your talents, your challenges and the dynamics in which they play out in your life. In this personalized reading, you’ll be guided through the Tzolkin calendar, a mystical piece of ancient Mayan astrology, to discover the energy of your galactic archetype through the lens of the Mayan cosmovision. As the Mayans knew well, to live with other beings is to live with the mountains, the oceans, past and future, stars and galaxies for our place in the universe is only as strong as our bonds to every living and non-living thing. The reading closes with a guided meditation to anchor the energy of your signature into your being.
PRIMAL Rewilding
with Lara Raybone | FOR WOMEN

ReConnect to your primal, sensual, feeling body & reawaken your sexual energy & vibrancy. Re-sensitise your body, re-discover your intuition & re-ignite your feminine feeling, through a personalised feminine embodiment journey. We use your breath, your sound & movement to enliven & awaken the wild woman within you.

LIBERATION IN LOVE
with Lara Raybone | FOR WOMEN

A deep dive into your deepest heart to dissolve any wounds around relationship to yourself and to the masculine. This session is designed to support you in liberating your expression, to coming into a space of deep self love to be able to offer your fullest heart to your beloved through anchoring in deep self love and acceptance for all pieces and parts of you. We will use energy healing, tantric practices and feminine embodiment tools to support you in connecting to the truth of your heart and learning how to express love from a space of worthiness and embodiment of your true essence.
HIGHER LOVE

When you are ready for guidance in love, sexuality and relationships
**PRIVATE SESSIONS**

This immersive 3 hour session combines ancient tantra theory and powerful practices to deepen intimacy and your sexual connection. You will activate the “circle of energy,” allowing you to exchange energy with your partner, connect on a soul level and plant the seeds for full-hearted energetic lovemaking, including full body orgasms and sacred states of union. This session allows partners to connect in a more authentic way, exploring new things in a safe and elegant container so you can learn the power of eye-gazing and intimacy that restores togetherness. The session is done fully clothed.

**LOVE ORACLE**

with Aiesha Cosmos

This reading uses the date of birth to channel an interpretation of the natal chart based on the ancient and modern Mayan systems and evolves into a Mayan cosmology card reading using my signature cards in order to receive the wisdom and guidance of how to bloom the deepest love and radiance in a person’s life.

This can be for men or women and includes practices for developing sacred polarity, deep presence and magnetism. Duration is one hour.

**TANTRIC INITIATION FOR COUPLES**

with Bibi Brozka or Lara Rayborne

This immersive 3 hour session combines ancient tantra theory and powerful practices to deepen intimacy and your sexual connection. You will activate the “circle of energy,” allowing you to exchange energy with your partner, connect on a soul level and plant the seeds for full-hearted energetic lovemaking, including full body orgasms and sacred states of union. This session allows partners to connect in a more authentic way, exploring new things in a safe and elegant container so you can learn the power of eye-gazing and intimacy that restores togetherness. The session is done fully clothed.
ENERGY UPGRADES

When you want to shift heaviness, relax the nervous system and flow into a high vibration...
CRYSTAL HEALING & LIGHT ACTIVATION

with Kunti Hari

Crystals are amongst the most perfect embodiments of sacred geometry in the world. The crystal is a neutral object whose inner structure exhibits a crystalline state of perfection and balance that contains ancient knowledge in an extremely high vibration. When the human mind comes into contact with this vibration it raises consciousness and opens the higher chakras, and when a crystal is placed on the body, it encourages the body to match the higher frequencies. During this crystal session, you will experience a crystal healing, where crystals are positioned to bring balance and healing, activated not only with healing energy, but also with light, amplifying the healing properties in a very pure way.

SOUND HEALING

with Mayarama

Sounds can change the rhythms of brain waves, heartbeat and respiration, affecting health on all levels and promoting a direct connection to the universal forces outside of oneself. In this private ceremony, the application of sound waves is achieved with various sacred instruments, such as gongs, crystals and Tibetan bowls that will unburden the mind.

THAI YOGA MASSAGE

with different facilitators

Thai massage is a healing art designed to open the channels and let run the energy freely through the body. Held on the floor, Oceane combines her approach to wataflow with thai massage, guiding the body to flow in movement with soft touches, working on the energies to rebalance the physical, mental and emotional bodies. This approach allows you to enter into a state of deep relaxation. Live sound instruments and aromatherapy are used to enhance the process.

KUNDALINI ACTIVATION PROCESS (KAP)

with different facilitators

KAP is the path of surrender, a cathartic experience of working with the energy systems and meridian points to tap into deeper sides of yourself. A class to activate the Kundalini awakening process, you’ll surrender yourself to the facilitation of Antonella, who will guide you through touch and sound for a profound rewiring of the brain and central nervous system. Participants will travel through the cosmos with eyes closed, navigating the journey within for an emotional, energetic, visual or blissful experience.
PERSONALIZED ACUPUNCTURE SESSION
with different facilitators, 75 minutes

Experience a customized acupuncture treatment - meet with your practitioner to discuss your current health concerns - emotional, mental and physical. The session will work to resolve your primary health concerns while balancing the energies in your meridians based upon your pulse, tongue diagnosis and chief health concerns, restoring homeostasis in the body, mind and spirit. This session is ideal if there is a specific health condition or chronic/acute pain you are working toward healing.

This service can be combined with moxibustion, fire cupping, aromatherapy, or tuning forks.
TRADITIONAL MAYAN EXPERIENCES

When it’s time for rebirth, rituals and a return to the roots of it all
TUNEO INTO THE SACRED WISDOM OF THE LAND WITH THIS RITUAL AT THE HEART OF INDIGENOUS TRADITION, DESIGNED TO CONNECT YOU WITH THE UNIVERSAL SOURCES THAT COME FROM THE EARTH AND THE COSMOS. HONOR THE FOUR DIRECTIONS, PAY RESPECT TO THE ELEMENTS, LOCAL LAND, ANCESTRAL WISDOM, YOUR MIND, YOUR HEART AND ALL THINGS HUMAN AND NON-HUMAN. THE CEREMONY CAN BE CURATED FOR A BIRTHDAY OR ANNIVERSARY.

GRATITUDE CEREMONY
with Kiauitl or Teutli

Tune into the sacred wisdom of the land with this ritual at the heart of indigenous tradition, designed to connect you with the universal sources that come from the Earth and the cosmos. Honor the four directions, pay respect to the elements, local land, ancestral wisdom, your mind, your heart and all things human and non-human. The ceremony can be curated for a birthday or anniversary.

CACAO CEREMONY
with Kiauitl or Teutli

Known by the Mayans as ‘the water that runs through the heart,’ the sacred cacao plant offers benefits of awakening creativity and strengthening awareness. This ancestral tradition gives you an opportunity to connect deeply with heart and mind, the roots of existence, the earth, the cosmos, and the great universe beyond. Set a personal intention to guide the ceremony.

TEMATZCAL
with different facilitators

Our collective connection with the cosmos does not happen through a telescope, but in traveling to deeper places within and discovering the light. The Tematzcal is an ancient ceremony, used for centuries by the community to connect with their ancestors, detox the body, heal through the elements and initiate a joyful sense of rebirth. Also known as a Mayan Sweat Lodge, this is one of the most rich and authentic healing traditions to be found in Mexico, encompassing alchemy with nature, songs with prayers. By nature, it opens a portal to purify the body, mind and spirit in a transformative two-hour ceremony - a beautiful, powerful experience to share with loved ones, family and friends.
YOGA, MOVEMENT + FITNESS

For that extra support to build fitness, detox it out or go deeper in your practice.
FULL BODY FITNESS
with different facilitators

Transform your body and mind, build muscle and burn fat with a unique aesthetics class incorporating calisthenic and yoga inspired movements. Challenge your strength, balance and flexibility with progressions and regressions of targeted movements. Options include: Animal Flow, Kickboxing, HIT, Full Body Fitness, Alchemy of Movement, Sunrise Tai Chi and Mat Pilates.

PRIVATE YOGA CLASS
with different facilitators

All of our group sessions, taught as privates, with the option to choose from: Kundalini, Ashtanga, Hatha and Yin.

Surrender thoughts and flow in your body with a personal practice that gives you individual attention. Customized asana sequence and breathing practice are curated to strengthen inner balance, allowing you to polish the connection to your physical and emotional bodies.

ICE BATH
with Danny or Andres

Cold exposure therapy and ice baths have a profound effect on the central nervous system, impacting everything from circulation to sleep quality. Athletes use ice baths for physical recovery, as it can impact the way fluids flow through your body and lower inflammation. This ice bath session combines breathing techniques, cold exposure and mindset/focus, in a process used as a natural way to treat depression and anxiety, or offer greater control over your wellbeing. Some of the most prolific benefits aren’t ones you’ll see, but rather feel—such as feeling more energized and attuned to your innate power.

SAMURAI PRIVATE LESSON
with Zen Takai

This tailored session works through the essential Samurai techniques, exploring your unique element and teaching you how to work with it through movement, breath, sword technique and focus. Combine Samjuraiku ancient philosophy and how to weave into your daily life. These sessions offer a great opportunity to train with a 16th generation Samurai and Ninja warrior, a rare master, who will teach your life changing techniques from this ancient wisdom.
At Nômade, we curate the wisest and most authentic guides and therapists, drawing from local medicine men and women to leading international talent to inspire and support you along your inner journey of discovering who you truly are, and healing what stands in the way.
FOR MORE INFORMATION AND/OR FOR BOOKING A SESSION:

Please contact our Wellness team to book your journey.

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