



Nômade Life Holbox

WEEKLY PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00	BEACH DECK DYNAMIC DETOX YOGA <small>with Laura</small>	BEACH DECK BREATHWORK <small>with Maryke</small>	BEACH DECK SENSUAL CHAKRA YOGA <small>with Laura</small>	BEACH DECK ALCHEMY DANCE <small>with Maryke</small>	BEACH DECK HEART AWAKENING YOGA <small>with Laura</small>	BEACH DECK ALCHEMY DANCE <small>with Maryke</small>	BEACH DECK SEA YOGA <small>with Laura</small>
09:30					SEA SOUND BLESSING <small>with Maryke</small>	BEACH DECK ASHTANGA YOGA <small>with Luchi</small>	SEA SWIMMING & BREATHWORK <small>with Victoria</small>
14:00							
18:00		SUNSET DECK INFINITE BREATH OF LOVE <small>with Maryke</small>	SUNSET DECK PINEAL GLAND ACTIVATION <small>with Laura</small>	SUNSET DECK WATER TEMPLE CEREMONY <small>with Maryke</small>	SUNSET DECK CACAO CEREMONY <small>with Marytere</small>	SUNSET DECK PSYCHEDELIC BREATHWORK <small>with Maryke</small>	SUNSET DECK FEMININE ENERGY AWAKENING <small>with Laura</small>
19:00				SOLO CONCERT 19:30	LIVE SET 19:30	LIVE MUSIC 19:30	GRATITUDE TENT CRYSTAL SOUND HEALING 20:00 <small>with Maryke</small>



Bonding with Yourself



Bonding with Others



Bonding with Nature



Bonding with Cosmos



Bonding with time: Oneness