

SCHEDULE

Tulum Weekly Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30	Breathwork Session w/ Taryn @ Gratitude Tent	Body Training w/ Matt @ Shala	Kundalini Yoga w/ Lola @ Shala	Primal Movement w/ Dani @ Shala	Beyond Breathwork w/ Arantza @ Gratitude Tent	Kundalini Yoga w/ Kunti @ Shala	Ashtanga Yoga w/ Yosi @ Shala
10:00	Pilates w/ Tizia @ Yäan	Hatha Yoga w/ Tizia @ Yäan	Vinyasa w/ Jessie @ Yäan	Vinyasa w/ Jessie @ Yäan	Qi Gong w/ Kun @ Yäan	Vinyasa w/ Tizia @ Yäan	Pilates w/ Tizia @ Yäan
11:11						Agua Mágica w/ Mayte @ La Popular Pool	
13:00				Ice-Bath Sessions w/ Dani @ Shala			
14:00							Music @ La Popular
17:00	Full Moon Temazcal Ceremony w/ Daria @ Temazcal	Yoga Nidra & Live Sounds w/ Sophia Hennessy @ Gratitude Tent		7th Chakra Dance w/ Sophia & Sargam @ Shala	Cacao Ceremony w/ Kia @ Shala		Sound Healing w/ UNO Group @ Gratitude Tent
18:00	Drums Calling @ Firepit						
19:30	Music @ Macondo	Music @ Macondo	Music @ Macondo	Music @ Macondo	Music @ Macondo	Music @ Macondo	Music @ La Popular