



# NÔMADE LIFE DAILY PROGRAM

|       | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY                                 | FRIDAY   | SATURDAY  | SUNDAY  |
|-------|---|---|--|--|--|---|---|
| 08:30 | <b>Yoga</b><br>@ YOGA SHALA   | <b>Yoga</b><br>@ YOGA SHALA   | <b>Yoga</b><br>@ YOGA SHALA                                | <b>Kundalini Yoga</b><br>@ YOGA SHALA    | <b>Yoga</b><br>@ YOGA SHALA  | <b>Yoga</b><br>@ YOGA SHALA                           | <b>Yoga</b><br>@ YOGA SHALA   |
| 10:00 | <b>Kundalini Yoga</b><br>@ YOGA SHALA   | <b>Yoga</b><br>@ YOGA SHALA   | <b>Yoga</b><br>@ YOGA SHALA                                | <b>Yoga</b><br>@ YOGA SHALA              | <b>Yoga</b><br>@ YOGA SHALA  | <b>Yoga</b><br>@ YOGA SHALA                           | <b>Yoga</b><br>@ YOGA SHALA   |
| 11:00 |   |   |  |  |  | <b>Workshop</b><br>@ GRATITUDE TENT                   |   |
| 14:30 |   |   |  |  |  |   | <b>Nômade &amp; Friends</b><br>LIVE MUSIC<br>@ LA POPULAR   |
| 16:30 | <b>Yoga</b><br>@ YOGA SHALA   | <b>Yoga</b><br>@ YOGA SHALA   | <b>Kundalini Yoga</b><br>@ YOGA SHALA                      | <b>Yoga</b><br>@ YOGA SHALA              | <b>Yoga</b><br>@ YOGA SHALA  | <b>Yoga</b><br>@ YOGA SHALA                           |   |
| 18:00 | <b>Temazcal</b><br>with Dario<br>@ TEMAZCAL   | <b>Talk:</b><br>INTRO TO ENERGETIC<br>LOVEMAKING<br>with Bibi<br>@ GRATITUDE TENT | <b>Sound Healing</b><br>with UNO Group<br>@ GRATITUDE TENT | <b>Tent Takeover</b><br>@ GRATITUDE TENT | <b>Cacao Ceremony</b><br>with Kiautl<br>@ NEST   | <b>Nômade &amp; Friends</b><br>DJ SET<br>@ LA POPULAR | <b>Law of Attraction</b><br>with Lorelle<br>@ NEST<br><br><b>Nômade &amp; Friends</b><br>DJ SET<br>@ LA POPULAR |
| 19:00 | <b>Oils &amp; Tapping</b><br>with Paula<br>@ GRATITUDE TENT<br><br><b>Live Music</b><br>@ MACONDO | <b>Live Music</b><br>@ MACONDO  | <b>Live Music</b><br>@ MACONDO                             | <b>Live Music</b><br>@ MACONDO           | <b>Human Design</b><br>with Bernardo<br>@ GRATITUDE TENT<br><br><b>Live Music</b><br>@ MACONDO |   | <b>Sound Healing</b><br>with Ale & Beto<br>@ GRATITUDE TENT   |