WEEKLY PROGRAM

DETOX YOGA	8:30
AGUA MAGICA	11:30
KUNDALINI YOGA FOR CREATIVI	ΓY 17:00
MONDAY	8TH
HATHA YOGA	8:30
WATER SOUND HEALING	11:30
HYPNOSIS FOR THE FUTURE YOU	J 17:00
TUESDAY	DECEMBER 9TH
ASHTANGA YOGA	8:30
STRENGTH ESSENTIALS	11:30
WATER & VITALITY	17:00
WEDNESDAY	DECEMBER 10TH
VINYASA YOGA	8:30
INTUITIVE PAINTING	11:30
LUCID DREAMING SOUND JOURI	NEY 17:00
THURSDAY	DECEMBER 11TH



RESERVE:

wellness@nomadeholbox.com

WEEKEND P R O G R A M

POWER YOGA	8:30
AGUA MAGICA	11:30
MAYAN CEREMONY	17:00
LIVE SET	19:00
FRIDAY	DECEMBER 12TH
PILATES	10:00
WHITE RAVEN METHOD	11:30
LIVE MUSIC	16:30
SATURDAY	DECEMBER 13TH
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YIN YOGA	9:00
CORE & MOBILITY	11:30
WEAVING YOUR FUTURE	16:30
SUNDAY	DECEMBER 14TH



RESERVE:

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