



nomade
TEMPLE

UPCOMING RESIDENT

CHELSEA
DEAN

DECEMBER 21ST TO & 23RD

Chelsea created the White Raven Method after a near-fatal accident shifted her understanding of the mind-body connection. Through meditation, Vipassana, and yogic techniques, she rebuilt her foundations and now guides others in nervous system regulation and presence.

UPCOMING RESIDENT

WORKSHOPS

CHELSEA DEAN

MASTERING THE ART OF LIVING: RESTFUL SLEEP

DEC 21ST / 17:00 HRS / AT GRATITUDE TENT

Learn how to design an evening routine that signals safety and helps you wake rested, clear, and intentional.

MASTERING THE ART OF LIVING: THE WORD STUDIO

DEC 22ND / 17:00 HRS / AT GRATITUDE TENT

A writing workshop designed to free your expression through truthful language. A guided word studio for cultivating clarity and curiosity.

MASTERING THE ART OF LIVING: INTEGRATION

DEC 23RD / 17:00 HRS / AT GRATITUDE TENT

Gather your learnings and walk away with a personalized plan that transforms simple, consistent actions into long-term growth.

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RESERVE