

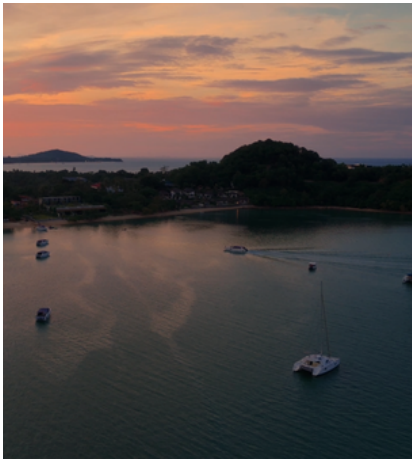
NOMAD FLOW MAP

DAY 1

CHECK-IN

FREE TIME

THE CALL -
OPENING EVENT **LATE PM**



DAY 2

REFORMER **AM**
FUEL
& FREE TIME **12PM**
SUNSET YOGA **LATE PM**

DAY 3

CROSS TRAINING **AM**
FUEL
& FREE TIME **12PM**
SOUND BOWL
HEALING **LATE PM**

DAY 4

MAT PILATES **AM**
CONDITIONING LAB
& RECOVERY **3PM**
FUEL
& FREE FLOW **LATE PM**

DAY 5

GUIDED JUNGLE
HIKE **AM**
AFTERNOON TRIP **12PM**
THE GATHERING -
CLOSING EVENT **LATE PM**

DAY 6

CHECK-OUT

CLOSING BEACH
YOGA **AM**
BREAKFAST &
CHECK OUT

GOOD TO KNOW

- ALL SESSIONS ARE PRIVATE, RESERVED FOR OUR GROUP ONLY.
- FUEL IS YOUR POST-WORKOUT DAILY FRESH JUICE.
- RECOVERY ON DAY 4 IS A SPA ACCESS FOR CONTRAST THERAPY AFTER A STRENGTH AND CONDITIONING WORKOUT
- YOUR SIGNATURE CIELO MASSAGE IS YOURS TO ENJOY AT YOUR CONVENIENCE.

