

NOMAD FLOW MAP

DAY 1

CHECK-IN

FREE TIME

THE CALL -
OPENING EVENT

DAY 2

MAT PILATES

FUEL
& FREE TIME

SUNSET YOGA

DAY 3

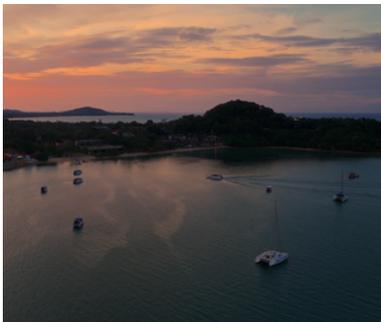
CROSS TRAINING

FUEL
& FREE TIME

SOUND BOWL
HEALING

DAY 4

DAY TRIP



DAY 5

FREE FLOW

CONDITIONING LAB
& RECOVERY

FUEL & FREE TIME

DAY 6

REFORMER

FUEL
& FREE TIME

MOBILITY FLOW

DAY 7

GUIDED JUNGLE
HIKE

FUEL
& FREE TIME

FREE FLOW

DAY 8

BEACH WORKOUT

FUEL
& FREE TIME

THE GATHERING -
CLOSING EVENT

DAY 9

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 5 IS A SPA ACCESS FOR CONTRAST THERAPY.
- YOUR SIGNATURE CIELO MASSAGE IS YOURS TO ENJOY AT YOUR CONVENIENCE.

