

Class Schedule Week 1

***The daily schedule is subject to change depending on unforeseen circumstances and availability of presenters.
Times may vary.**

Monday, June 10

Theme: Introduction & History of Curanderismo Traditional Medicine of Mexico & the Southwest

Course Readings. *Only read the pages indicated for the readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Introduction (pgs. IX - XII)
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch 1 (pages 1-6)
3. Curandero: A Life in Mexican Folk Healing: Introduction (pgs. 1-8)
4. Handout on the 4 directions in Canvas.

Optional Reading:

1. Healing with Herbs and Rituals: Introduction (pgs. 3-12)

Assignment Due by 8:00 a.m. next day:

1. Daily Reflection – Day 1. Submit via UNM Canvas.

Note: Two short breaks will be announced by Dr. Torres during the morning class

7:30 a.m.	Sign-up outside of the Anthropology Auditorium	
8:10 a.m.	Welcome & Introduction to the course	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel- Guevara Dept. Chair Irene Vasquez
8:45 a.m.	Explanation of the Four Directions & Creation of Sacred Space. Review the handout “Directions”	Dr. Eliseo “Cheo” Torres and Dr. Mario Del Angel- Guevara
9:00 a.m.	Outdoor Community Opening Ceremony - Optional <i>All are invited and encouraged to bring offerings to the altar (fruit, plants, and flowers). Traditional healers will be using Copal/Sage. If you’re uncomfortable with the use of the Copal/Sage smoke, you may observe from a distance.</i>	
9:30 a.m.	Historical Overview of Curanderismo – Herbs, Rituals, & Curanderos(as)	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel- Guevara
10:00 a.m.	Ceremony as Healing	Dr. Ricardo Carrillo (CA)
10:30 a.m.	BREAK	
10:45 a.m.	The Role of Mexican Curanderos throughout History in International Healing	Rita Navarrete (MX) Laurencio López Núñez (MX) Lucero Sánchez (MX)
11:30 a.m.	BREAK	
11:45 a.m.	Foundations and Specializations in Curanderismo. Helping your Community with Traditional Medicine.	Laurencio López Núñez (MX)

Tuesday, June 11
Theme: Traditional Bodywork

Course Readings:

1. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 5 (pgs. 63 – 64)
2. Curandero: A Life in Mexican Folk Healing: Ch. 12 (pgs. 145-154)

Optional Reading:

1. Healing with Herbs and Rituals: Ch. 10 (pgs. 65-68)

Assignment Due by 8:00 a.m. Wednesday:

1. Daily Reflection – Day 2 via UNM Canvas

8:10 a.m.	Overview of previous day activities	Dr. Eliseo Torres
8:15 a.m.	<i>Ventosas: Firecupping</i>	Rita Navarrete (MX) & Tarah Burt (NM)
9:00 a.m.	Oaxacan <i>Sobadas</i> for the Face, Throat, Stomach and Feet.	Laurencio López Núñez (MX)
9:45 a.m.	BREAK	
10:00 a.m.	Manteadas: Shawl Alignment	Rita Navarrete (MX)
10:45 a.m.	BREAK	
11:00 a.m.	Acupressure and Moxa	Dr. Monica Lucero (NM)
11:45 a.m.	Discussion of Curanderismo Display	Dr. Eliseo Torres & Dr. Mario Del Angel-Guevara

Wednesday, June 12
Theme: Hispanic Traditional Herbal Medicine

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 2 (pgs. 9-18), Ch. 3 (pgs. 19-20)
2. Curandero: A Life in Mexican Folk Healing: Ch. 10 (pgs. 107–128)
3. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 31 & pg.35)

Assignment Due by 8:00 a.m. Thursday:

4. Daily Reflection – Day 3 via UNM Canvas

8:00 a.m.	Overview of Previous Day Activities	Dr. Eliseo Torres
8:10 a.m.	In Health + Movement	Dr. Anthony Fleg, M.D. (NM)
8:30 a.m.	Sacred Plants and Resins of Southern Mexico	Laurencio López Núñez (MX)
9:15 a.m.	BREAK	
9:30 a.m.	Medicinal Plants of the Southwest.	Dr. Tomas Enos (NM)
10:15 a.m.	Panel of Authors: Reclaiming Herbal Medicine and Traditional Healing Practices in our Communities	Atava Garcia Swiezicki (NM) Dara Saville (NM) Robyn Moreno (NY)
11:15 a.m.	BREAK	
11:30 a.m.	Tinctures and Micro dosis	Lucero Sánchez (MX) & Rita Navarrete (MX)
12:15 p.m.	Preparation for Workshop Day Week 1	Dr. Eliseo Torres Dr. Mario Del Angel-Guevara

Thursday, June 13
Theme: Workshop Day. Practice sessions.

Updated 5/1/2024.

Course Readings (Optional – not required).

- Optional book. Healing with Herbs and Rituals (Pgs. 75-159)

Assignment Due by 8:00 a.m. Friday:

- Daily Reflection – Day 4 via UNM Canvas

We encourage you to attend this class.

8:10 a.m.	Reflection of Previous Day Activities	
8:15 a.m.	Special Session: Healing with Mexica Dance	Jorge Garcia and Mexica Traditional Dance Group (NM)
9:00 a.m.	BREAK	
Break 10:15 – 10:30	Workshop A: Preparation of Medicine with Traditional Herbs (Tinctures and microdosis). Location: Anth. Auditorium. Color: Green 1st session: 9: 15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Lucero Sánchez (MX) Dara Saville (NM) Rita Navarrete (MX) Virginia Rincon
	Workshop B: <i>Limpias</i> Energetic & Spiritual Cleansings. Location: Hibben Center. Color: White. 1st session: 9: 15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Laurencio López Núñez (MX) Aadrían Rivera (UT) Dr. Mario Del Angel-Guevara
Break: 11:30 – 11:45	Workshop C: Cranio-Sacral Techniques and Mayan Cleansing. Location: Outdoor Grassy Area. Color: Red 1st session: 9: 15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Margarita Camarena (CA) Efrain Vicente (Guatemala) Pascual Yaxon (Guatemala)

Workshop Day Details:

- The 3 workshops will be happening simultaneously.
- Students will attend all workshops starting in the one that matches their bracelet color (Bracelets will be distributed during class).
- Students will move to the next workshop in alphabetical order. (If you start at Workshop A, then you will move to B, from B to C and those who start at C will move to A until you have taken 3 workshops)

Friday, June 14

Theme: Healing Grief with Traditional Medicine

Course Readings:

- Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 22 (pgs. 95-97)
- Curandero: Traditional Healers of Mexico and the Southwest: Ch. 4 (pgs. 52 – 53)

Assignment Due by 8:00 a.m. next Monday:

- Daily Reflection – Day 5 via UNM Learn

8:10 a.m.	Overview of Previous Day Activities	Dr. Eliseo Torres
8:30 a.m.	<i>Día de los Muertos</i> in Oaxaca, Mexico.	Laurencio López Núñez (MX)
9:30 a.m.	<i>Día de los Muertos:</i> Closing Cycles between Life & Death.	Rita Navarrete (MX)
10:30 a.m.	BREAK	
10:45 a.m.	Perspectives on Death and Dying	Bob Vetter (NY)
11:30 a.m.	BREAK	

Updated 5/1/2024.

11:45 a.m.	History, Meaning and Creation for Día de los Muertos and the Healing of Grief	Dr. Anselmo Torres (MX)
12:00 p.m.	Begin Assembling the Altar	Dr. Anselmo Torres (MX)

Día de los Muertos Ceremony & Class Altar

Date: Friday, June 14, 2024

Location: Anthropology Classroom

Description: This event is to show how Mexican, Latino, and Hispanic communities address grief through the celebration of their loved one's life. *Items for the altar in relation to your loved ones include pictures, favorite foods/beverages, or flowers. Other items such as amulets, sugar skulls, and papel picado are available at Masks y Más (see syllabus above).*

All items **must be removed** and taken at the end of class. Any items left behind will be discarded.

Class Schedule Week 2

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Monday, June 17

Theme: Traditional Healing using the Elements of Nature

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 8 (pgs. 43-48)
2. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 22-24 & pg. 67)

Assignment Due by 8:00 a.m. Tuesday

Daily Reflection – Day 6 via UNM Canvas

8:10 a.m.	Overview of Last Day Activities	Dr. Eliseo Torres
8:15 a.m.	Natural Medicine using Healing Plants	Gladys Arias (Peru)
8:45 a.m.	Maya Uterine Health	Alex Jackson (MO)
9:15 a.m.	BREAK	
9:30 a.m.	<i>Temazcaleros</i> sweat lodge leaders from the Mexican tradition	Laurencio López Núñez (MX) Rita Navarrete (MX) Adrian Rivera (UT)
10:15 a.m.	BREAK	
10:30 a.m.	Merging the Eagle (North America) & the Condor (Latin America) sweat lodges. / Reclaiming the Sweat Lodge traditions in the United States.	Albino Garcia (NM) Julie McGaharan (NM) Bob Vetter (NY)
11:30 a.m.	BREAK	
11:45 a.m.	Panel of curanderas: Traditional Healing Methods for Women	Maria Aurelia Xitumul (Guatemala) Sabina Sosof (Guatemala) Bernadette Torres (NM) Felina ortiz (NM)

Tuesday, June 18

Theme: Healing of the Body’s Energy and Spirit through Cleansings *Limpias Energéticas/Espirituales*

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 4 (pgs. 21-30) & Ch.20 (pgs. 89-90)
2. Curandero: A Life in Mexican Folk Healing: Ch. 2 & Ch. 3 (pgs. 28-44)

Optional Reading:

1. Healing with Herbs and Rituals: Ch. 3, Ch. 4 & Ch.5 (pgs. 13-35)

Assignment Due by 8:00 a.m. Wednesday

Daily Reflection – Day 6 via UNM Canvas

8:10 a.m.	Reflection of the Previous Day’s Events	Dr. Eliseo “Cheo” Torres
8:15 a.m.	Mayan <i>Limpias</i> Energetic/Spiritual Clensings	Don Pascual Yaxon (Guat) & Efrain Vicente (Guat)
9:00 a.m.	Understanding <i>Limpia</i> Energetic/Spiritual Cleansing for healing <i>Susto</i> Magical Fright	Rita Navarrete (MX) and Lucero Sánchez (MX)
9:40 a.m.	BREAK	
9:50 a.m.	Mexican <i>Limpias</i> from Oaxaca using various elements	Laurencio López Nuñez (MX)
10:30 a.m.	The Revival of the Traditional Toltec spiritual cleansing with Copal	Aadrian Rivera (UT)
11:15 a.m.	BREAK	

****Health Fair, Feria de Salud****

Time: • For Students: 11:15 a.m. – 12:00 p.m. • Open to the public: 12:00 p.m. – 3:30 p.m.

Location: Grass area east of the Anthropology auditorium on UNM Main Campus
Demonstrations include *Energetic/Spiritual cleansings Limpias, Reiki, AcuDetox, Herbal Consults, pláticas/consultations, facial massage, and sobadas (limited).*

Description: This is an opportunity for you to receive a demonstration of traditional medicine from the U.S., Mexico and other countries. You can observe how the curanderos practice their techniques in a natural outdoor environment. There is a **suggested donation of \$20** for any treatment. The donations are to support the travel and incidental expenses of the healers. These are optional and are not a requirement for the course.

[You can view the New Mexico Act regarding state laws on traditional medicine](#)

Wednesday, June 19 (Juneteenth. Optional Attendance)

Theme: Traditional Healing of the Body

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 17 (pgs. 79 – 82), Ch. 18 (pgs. 83-86)
2. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 54-55).

Optional Reading:

1. Healing with Herbs and Rituals: Glossary of Herbs (pgs. 146-147)

Assignment Due by 8:00 a.m. Thursday:

1. Daily Reflection – Day 8 via UNM Canvas

8:10 a.m.	Overview of Last Day Activities	Eliseo “Cheo” Torres
8:15 a.m.	“Awareness is Healing” - Traditional Maya Medicine & Maya Abdominal Massage	Alex Jackson (MO)

9:00 a.m.	BREAK	
9:15 a.m.	The Curative Power of the Oregano Plant from Chihuahua, Mexico.	Maria Tereza Baeza (MX)
10:00 a.m.	“Food is medicine” A Maya Path to Health and Food Sovereignty	Maria Aurelia Xitumul (Guat) & Sabina Sosof (Guat)
10:45 a.m.	BREAK	
11 a.m.	Healthy Eating Habits from our Ancestral Perspectives	Alicia Vega (Peru)
11:45 a.m.	Cleansing with Sacred Tobacco of Peru	Mino Asheninka (Peru)

Thursday, June 20
Theme: Workshop Day. Practice sessions.

Course Readings:

1. Curanderismo: The Art of Trad. Med. w/o Borders: Ch. 6 (pgs.35-36), Ch. 12 (pgs. 69 – 70)
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 2 (pg.8), Ch. 4 (pg.20-22)
3. Curandero: A Life in Mexican Folk Healing: Ch.9 (pgs. 90-106)

Optional Reading:

1. Healing with Herbs and Rituals: Glossary of Herbs: Ch. 8 (pgs. 47-57)

Assignment Due by 8:00 a.m. Friday:

4. Daily Reflection – Day 9 via UNM Canvas

8:10 a.m.	Reflection of the Previous Day’s Events	Dr. Eliseo “Cheo” Torres
8:15 a.m.	Special Session: Welcoming your Baby in Traditional Medicine Curanderismo	Rita Navarrete
9:00 a.m.	BREAK	
	Workshop A: Cleansing with Song, Whistle and Dance / Health: A Human Right Location: Anth. Auditorium. Color: Green 1st session: 9:15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Neida Delia (Ecuador) Rafael Teran (Ecuador) Patricia Peña (Peru)
Break 10:15 – 10:30	Workshop B: Traditional Treatments for Skin Care. Location: Hibben Center. Color: White 1st session: 9:15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Rita Navarrete (MX) Maria Aurelia Xitumul (Guat) Sabina Sosof (Guat) Tarah Burt (NM)
Break 11:30 – 11:45	Workshop C: Preparation of Traditional Home Remedies (Vicks, mentolato). Location: Grassy area Color: Red 1st session: 9:15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Dr. Monica Lucero (NM) Lucero Sanchez (MX) Dr. Mario Del Angel-Guevara

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Friday, June 21

Theme: Traditional Healing with Laughter, Story, Sound & Music

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 9 (pgs. 49 – 54)

Assignment Due by 8:00 a.m. Wednesday (6/29):

No Daily Reflection for today. **Instead work on Final paper/video**– via UNM Canvas
****FINAL PAPER/VIDEO** due Wednesday, June 26th no later than 11:59 p.m.

8:10 a.m.	Outdoor Community Closing Ceremony - Optional	
8:45 a.m.	Canto y Corazon: Opening the Heart and Voice through Songs	Elizabeth del Puerto (NM)
9:30 a.m.	The Medicine of the Drum (if you have one, bring your own drum or rattle)	Elisa Lucero (NM) & Kathy Vega (NM)
10:15 a.m.	BREAK	
10:30 a.m.	Cleansings with Songs, Whistle & Dance	Neida Andi (Ecuador) Patricia Peña (Peru)
11:15 a.m.	<i>Risoterapia</i> Laugh Therapy	Rita Navarrete (MX)
11:45 a.m.	BREAK	
12:00 a.m.	Healing through Music	Mariachi Tradicional
12:30 p.m.	Closing Comments and Conclusion	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel-Guevara