

Disclaimer: All optional workshops/classes, and temazcals are not affiliated with the University of New Mexico in any capacity. The student is liable and responsible for informing the instructor listed on all optional classes of any health-related illnesses that may interfere with the workshop/class or temazcal.

OPTIONAL: Curanderismo and Traditional Healing Workshops and Classes:

- Suggested donation of **\$30 per class** Note: These workshops are not required for the course and are for your own personal enrichment.
- Workshops will be held in the afternoons, please view schedule below For more information, please contact the instructor/s listed or go to: <https://www.facebook.com/raicestradiationalmecine/Classes>
- All Classes will be held at UNM in Anthropology 163 or 178, unless otherwise noted

Title	Date	Time	Presenter	Course Description
Healing Emotions and Physical Pain	July 10	2 p.m. – 5 p.m.	Rita Navarrete Perez and Tonita Gonzales	Learn about healing elements used in Traditional Meso-American Medicine. Each participant will need to bring a plan sheet and 5 color markers. In this workshop, you will be guided in healing emotions and self-diagnosis.
Herbal Medicine, Tinctures, Microdosis, and Syrups	July 11	2 p.m. – 5 p.m.	Rita Navarrete Perez and Tonita Gonzales	This hands-on workshop will teach students how to prepare several Mexican and New Mexican remedies you can use at home. This includes: ointments, gels, tinctures, teas, and cough syrups.
<i>Limpias</i> , Energetic Cleansings	July 12	2 p.m. – 5 p.m.	Rita Navarrete Perez and Tonita Gonzales	Learning the history and use of the sacred Saumerio, each student will learn the process of healing using the incense. You will learn the different properties of incense, and the incense of different cultures. In addition, you will learn how to cleanse using the sacred smoke and cleansing with sounds and vibrations. Healing begins with healing the self, and being aware of your own physical senses, then, using traditional instruments to help you feel, such as drums, <i>sonajas</i> (rattles), and the sacred <i>Caracol</i> (the conch shell).
Ventosas: Traditional Mexican Fire-Cupping	July 13	2 p.m. – 5 p.m.	Rita Navarrete Perez and Tonita Gonzales	Use of traditional healing art of fire-cupping. The tools to practice with this tradition. Ventosas is an indigenous science that has been used to help bring healing in the physical body. This is a hands on practice workshop, with theory and history.
Women’s Healing Medicine of Mind, Body, and Spirit	July 14	2 p.m. – 5 p.m.	Rita Navarrete Perez and Tonita Gonzales	This hands-on workshop will talk about healing and understanding the female body in all stages of life. There will be discussions about empowering women to support their physical, spiritual, and emotional well-being using traditional remedies. Physical exercise, nutrition, and herbal remedies will be reviewed.
<i>Limpia de Rosas</i> , Energetic Cleansings of Roses	July 15	9 a.m. - noon	Rita Navarrete Perez and Tonita Gonzales	This historic sacred ceremony of healing prayer is a Mexican Tradition in Honor of the Virgen de Guadalupe. You will learn the centering prayer and process of this healing ceremony. This is a hands-on workshop. Please bring 2 white sheets, a yoga mat, and a dozen roses

Other Workshops

Title	Date	Time & Location	Instructor	Description
Medicine Making	July 14	1:15 p.m. – 5:00 p.m. *Meet outside of Anthropology auditorium. Map will be provided on day of class.	Katherine White Phone: (505) 453-5196	Introduction to herb plants, demonstrations, and ‘hands-on’ making of tinctures and salves. Each student will leave with 2 remedies. \$35 payable in-person, at start of the workshop.

Following the Peacemaker's Journey: Teaching and Practices that Heal Self and Society	July 18	2:00 p.m. – 5:00 p.m. Anthropology Room 163	Robert Vetter, M.A. & Maddi Cheers Phone: (631) 553-7127	The Haudenosaunee (Iroquois) have an ancient formula to heal the individual person, the community, and possibly bring about world peace. This hands-on workshop explores ancient Haudenosaunee tools to bring forth peace, power and righteousness, & experience it as a salve for the wounds of today's modern condition. You will learn specific techniques for healing self & others, which includes a short lecture, storytelling, & experiential exercises (individual, paired, & entire group).
The Power of Story and Ceremony: Incorporating <i>Plática</i> and <i>Limpia</i> in Curanderismo	July 20	2:00 p.m. – 5:00 p.m. Anthropology Room 163	Laurencio Lopez Nunez & Robert Vetter, M.A. Phone: (631) 553-7127	A <i>limpia</i> is a spiritual cleansing ceremony that can either be done alone or combined with other elements such as a <i>plática</i> . The <i>plática</i> is a spiritually-focused heart to heart talk that releases emotions and sets the intentional stage for the <i>limpia</i> . While it sounds simple, some of the deepest and most profound work begins with the foundation of a strong <i>limpia</i> , which is a specific skill that is best cultivated through careful instruction and practice. In this workshop, you learn to do a one-on-one <i>plática</i> , and how to use the themes revealed in that <i>plática</i> in a subsequent <i>limpia</i> ceremony which you will perform with a partner.
The Medicine of the Drum	July 20	5:00 p.m. – 7:00 p.m. St. Thomas Episcopal Church (425 University Blvd . NE)	Elisa Lucero & Kathy Vega Phone: (505) 417-4704	Come together in one heartbeat to celebrate our lives through our music, our dance, our song, and our prayer. In the drum we find healing, celebration, and we also find our most sacred moments. The medicine is in the drums! <u>*Instruments will be provided</u>

Temazcal Tonantzin

<https://www.facebook.com/temazcaltonantzinm/> or www.temazcalito.com

6607 Arno NE, Albuquerque, NM 87107 (Directions: ½ block west of Edith and Osuna in the North Valley)

You are invited to participate in a sacred temazcal (Mexican sweat lodge ceremony). Advanced registration is required (20 person limit per temazcal). We kindly ask those attending the temazcal to come with an open mind and heart to share in this healing experience. Please let us know if you have any health conditions that you may be concerned about such as pregnancy or heart conditions. This is a sacred ceremony and we do not allow any alcohol or drugs to be used on the premises. Please bring your swimsuits, sarongs, or shirt and shorts, and a towel to the temazcal. Please do not bring any valuables or metal jewelry. You are welcome to bring water bottles, however no glass or metal water bottles please. It is recommended that you eat lightly/nutritiously 1-2 hours before the temazcal starts. Health snacks and tea will be provided during your visit. Traditionally, offerings or donations of gratitude is given, and the **suggested donation is \$30 per temazcal**. You can make reservations in advance by PayPal to email address tonita@temazcalito.com, and send an email to tonita@temazcalito.com indicating which temazcal or classes you will be registering for. Tonita will send you a confirmation email. If you have any other questions please contact Tonita Gonzales.

Temazcal Tonantzin 6607 Arno NE, Albuquerque, NM			Contact: Tonita Gonzales Phone: (505) 681-5602 \$30 donation (can be paid through PayPal or at the door)
Date	Time	Type	Description
July 10	6 p.m.	Community (Men and Women)	<i>Temazcal de Barro (Clay):</i> Sacred Clay allows the body to cleanse through song and prayer. Detoxing the mind, body & spirit, by doing a full clay body mask, that has been prepared with medicinal teas. Please wear old swimsuit or shorts and shirt, and the clay may stain. When you come you will be asked to cover your own body with clay, and sit in silence and allow the clay to cleanse your mind, body and spirit. Once the clay is dry we will do a ceremony and enter the temazcal.

July 11	6 p.m.	Community (Men and Women)	<u>Temazcal Healing Emotions in the Sacred Womb:</u> Re-entering the womb allows us to sit in the darkness of which we were born and focus on our true selves. We can begin to confront our emotions, voice them, and heal them through song and sound. July 13 3 pm Men's Temazcal of Dreams (Mugwort, or Estafiate) This sacred plants is used to support the mind, body and spirit to support the body to have a healthy immune system and to have clarity of mind. Each participant will be given a stem of plant to cleanse their body during the temazcal
July 12	6 p.m.	Community (Men and Women)	<u>Temazcal Dulce (Sweet Temazcal):</u> Basil is a Sacred Euphoric plant used to help heal emotions. We use basil often for infertility issues, and post-partum depression. It is often used in ceremony when people feel that they are "stuck" and need a shift in their life. Join us in this sacred aroma, in this bed of fresh basil.
July 13	6 p.m.	Woman's Temazcal	<u>Temazcal of Sacred cacao and Sacred blue corn:</u> This temazcal is a combination of two divine traditions of Southern cacao (chocolate) and northern blue corn). Each participant will put on a full body mask prior to entering the temazcal. Using the sacred formula to promote the healing of the divine feminine body.
July 14	6 p.m.	Community (Men and Women)	<u>Healing our Grief and Sorrow:</u> Indigenous medicine teaches that our breath supports the healing of our loss, grief and sadness. This is an excellent temazcal for people dealing with respiratory illnesses, or dealing with healing grief. This temazcal will use a scared bed of Eucalyptus.
July 15	10 a.m.	Men's Temazcal	<u>Warrior Temazcal:</u> Through song and prayer the men will come together to begin the day with intentions of healing themselves and community through ceremony.
July 15	1:30 pm	Woman's Temazcal	<u>Temazcal of Rosas y Miel (Honey and Roses):</u> This traditional sacred ceremony honors the divine feminine. The healing properties of washing the body with sacred honey, and adoring the body with the kisses of fresh rose petals. All will be welcomed on a bed of roses petals. You are more than welcome to bring roses to offer to the altar, and healing space.

Other Temazcals

Date	Time	Title	Instructor	Description
July 16	5:00 p.m. – 7:00 p.m.	Temazcal	Laurencio Lopez Nunez	All temazcals will be community temazcals with varied themes. Each temazcal can host a maximum of 14 participants. There is a suggested donation of \$30 .
July 17	5:00 p.m. 7: 00 p.m.	Temazcal	Laurencio Lopez Nunez	Please contact Julie McGaharan for information regarding available space, cost, and all other information.
July 19	7:00 p.m. – 9:00 p.m.	Temazcal	Laurencio Lopez Nunez	Phone: 505-263-3046 Location: 3094 Rosenda Garcia SW, Albuquerque, NM