

Week 1 (July 16 – 21)

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

<u>Date/s</u>	<u>Temazcals</u>	<u>Optional Classes</u>
July 16	<ul style="list-style-type: none"> To sign up, please contact the instructor listed. Advanced registration required. Please bring the following: Swimsuits/sarongs/shirt and shorts, towel, water bottle (no glass or metal allowed) DO NOT bring: alcohol/drugs on premises, or any valuables/metal jewelry. <p>Title: Men & Women’s Temazcal de Cuatro Puertas Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 6:00 p.m. Cost: \$30 suggested donation Location: 6607 Arno NE, Albuquerque, NM <i>Description:</i> This traditional temazcal will allow participants to learn about the practice of the 4 doors for the 4 directions, and focus on themselves and their emotions through song and sound.</p>	<ul style="list-style-type: none"> Not required – they are for your own personal enrichment. All classes held in Anthropology Auditorium, unless otherwise noted. Questions and/or concerns should be directed to the listed instructor. It is not required to sign up – it is open for anyone to attend. <p>Title: Altars: Creating Healing Sacred Spaces Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation Location: Anthropology Auditorium Rm 163 <i>Description:</i> Learn about the different elements used in a traditional Meso-American altar, their healing properties and symbolism, as well as the importance of a personal medicine bag.</p>
July 17	<p>Title: Women’s Temazcal - Divine Feminine Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 6:00 p.m. Cost:\$30 suggested donation Location: 6607 Arno NE, Albuquerque, NM</p> <p><i>Description:</i> In this temazcal, participant will learn the usage of medicinal plants, sounds, and songs in honoring the feminine and sacred woman.</p>	<p>Title: Ventosas: Traditional Mexican Fire Cupping Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation Location: Anthropology Auditorium Rm 163</p> <p><i>Description:</i> Fire cupping (<i>ventosas</i>) is a practice used by many indigenous communities. Participants will learn about its healing properties and tools used. This is a hands-on workshop. Please bring a sheet for personal use.</p>
July 18	<p>Title: Men & Women’s Temazcal Dulce Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 6:00 p.m. Cost: \$30 suggested donation Location: 6607 Arno NE, Albuquerque, NM</p> <p><i>Description:</i> Participants will learn the usage and benefits of basil, a sacred euphoric plants, which includes healing relationships, infertility issues, and post – partum depression.</p>	<p>Title: Herbal Medicine and Preparation Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation Location: Anthropology Auditorium Rm 163</p> <p><i>Description:</i> Participants of this hands-on workshop will learn about how to prepare Mexican and New Mexican herbal remedies such as ointments, gels, tinctures, teas, and cough syrups.</p>

	[Intentionally Left Blank]	<p>Title/s: Theory, Origins, Nature, and Properties of the Obsidian Cleaning and Programming Three Obsidian Stone Geometries</p> <p>Instructor: Juan Xuareme (from Mexico) Ph.: 631-553-7127 Email: janantik7@gmail.com</p> <p>Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation</p> <p>Location: Anthropology Rm 178 (next to auditorium)</p> <p>Description: Participants will learn about the properties of the Mexican Obsidian, and understand how magma, once cooled and crystalized, has a direct connection with the moon. Participants will also learn about the 3 different geometries, how to use them in healing practices, and how the <i>ombliquera</i> geometry works in protecting our emotional and energetic fields.</p>
July 19	<p>Title: Men & Women’s Temazcal of Dreams</p> <p>Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com</p> <p>Time: 6:00 p.m. Cost: \$30 suggested donation</p> <p>Location: 6607 Arno NE, Albuquerque, NM</p> <p>Description: Mugwort, or <i>Estafiate</i>, is used to support the mind, body, and spirit for the body to have a heathy immune system and clarity of mind. In this ceremony, participants will learn how to utilize a stem of plants to cleanse their body during a temazcal.</p>	<p>Title: <i>Limpias</i>, Energetic Cleansings</p> <p>Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com</p> <p>Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation</p> <p>Location: Anthropology Auditorium Rm 163</p> <p>Description: Individuals attending this workshop will learn more about <i>Limpias</i> (energetic cleansings) such as its history, significance, process, cultural diversity, and the meaning of using incense, medicinal plants, songs, and sounds for healing.</p>
	[Intentionally Left Blank]	<p>Title: Healing and Growing with Obsidian</p> <p>Instructor: Juan Xuareme (from Mexico) Ph.: 631-553-7127 Email: janantik7@gmail.com</p> <p>Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation</p> <p>Location: Anthropology Rm 178 (next to auditorium)</p> <p>Description: Participants will learn how to use <i>obliquera</i> (belly button), disk, and egg geometries for healing practices. They will work with these items to balance energetic fields, unblock energetic body channels, and protect our body and energy. Individuals will also learn how to use the egg to heal feminine energy in males and females.</p>
July 20	<p>Title: Men & Women’s Temazcal de Barro (Clay)</p> <p>Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com</p> <p>Time: 6:00 p.m. Cost: \$30 suggested donation</p> <p>Location: 6607 Arno NE, Albuquerque, NM</p> <p>Description: Participants in this temazcal ceremony will learn about the healing properties of clay (<i>barro</i>) with medicinal teas. Wear a swimsuit or shirts and a shirt as you will be asked to cover yourself in clay. Please note the clay may stain.</p>	<p>Title: Healing the Emotional Body</p> <p>Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com</p> <p>Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation</p> <p>Location: Anthropology Auditorium Rm 163</p> <p>Description: In this hands-on workshop, participants will discuss how to understand emotions and how they physically affects all stages of life. Participants must bring a plan sheet and 5 color markers as part of the self-diagnosis guided activity that will take place.</p>

July 21	Title: Women's Temazcal - Rosas y Miel (Roses & Honey)	Title: <i>Limpia de Rosas</i> , Energetic Cleansings of Roses
	Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com	Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com
	Time: 3:00 p.m. AND 6:00 p.m. Cost: \$30 suggested donation per temazcal	Time: 9:00 a.m. – noon Cost: \$30 suggested donation
	Location: 6607 Arno NE, Albuquerque, NM	Location: Anthropology Auditorium Rm 163
	Description: In this ceremony, individuals will learn how to honor the divine feminine with roses and rose petals and honey and its healing properties. You may bring roses as offerings to the altar and healing space.	Description: The centering prayer and process of this ceremony will be taught as a Mexican Tradition in Honor of the Virgen de Guadalupe. This is a hands-on workshops and participants are to bring 2 white sheets, a yoga mat, and a dozen roses.

Week 2 (July 22 – 27)

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<u>Date/s</u>	<u>Temazcals</u>	<u>Optional Classes</u>
July 23	Title: Men & Women's Temazcal - Sacred Cacao & Blue Corn Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 6:00 p.m. Cost: \$30 suggested donation Location: 6607 Arno NE, Albuquerque, NM Description: During this session, participants will learn about the usage and importance of the Southern Cacao (Chocolate) and the Northern Blue Corn. Please note that individuals will cover themselves in a full body mask prior to entering the temazcal.	Title: Traditional Meso-American <i>Sobada</i> Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation Location: Anthropology Auditorium Rm 163 Description: At this workshop, the topic of Meso-American Sobadas will be discussed along with its healing properties for those undergoing personal transformation and spiritual awakening. Specific tools used such as cacao, <i>sonaja</i> , <i>ocarins</i> , and healing touch will also be introduced.
	July 24	Title: Men & Women's Temazcal of Silence Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 6:00 p.m. Cost: \$30 suggested donation Location: 6607 Arno NE, Albuquerque, NM Description: Connection with the Creator in sacred silence is a nurturing practice for each individual's spirit. Participants will be sitting mindfully with healing intentions in a bed of medicinal plants to be in contact with all healing elements.
[Intentionally Left Blank]		Title: Energetic/Spiritual Cleansings (<i>Limpias</i>) Instructor: Laurencio Lopez Nunez Time: 2:00 p.m. – 5:00 p.m. Cost: Free

		Location: Anthropology Classroom, Rm. 178 (next to auditorium) Description:
July 25	No Temazcals	Title: Hydrotherapy: Healing with Water, <i>Baños Curativos</i> Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 2:00 p.m. – 5:00 p.m. Cost: \$30 suggested donation Location: Anthropology Auditorium Rm 163 Description: Learn about more about water and its properties, which contains different uses in healing baths and ceremonies.
		Title: Using Feathers as a Sacred Tool in Curanderismo Instructor: Bob Vetter Ph.: 631-553-7127 Email: bobv1111@aol.com Time: 2:00 p.m. – 5:00 p.m. Cost: Free – donations are accepted Location: Anthropology Room 178 (next to auditorium) Description: Participants will learn about types of feathers, their use in limpias, and other healing practices. Working in partners, you will practice smudging using copal, cedar, sweet grass and/or sage, balance your partner’s energetic field, put his/her concerns into prayerful intentionality, and learn to use single feathers for diagnoses. Diverse techniques you can use in healing work w/others will be covered.
July 26	Title: Men & Women’s Temazcal - Agua Sagrada (Sacred Water) Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 6:00 p.m. Cost: \$30 suggested donation Location: 6607 Arno NE, Albuquerque, NM Description: Individuals participating in this ceremony will learn about the healing properties of medicinal teas and water, as well as how to utilize these elements in ceremony.	Title: Basic Craneo-Sacral Therapy Workshop Instructor: Katia Salas Ph.: N/A Email: katiasalas@gmail.com Time: 2:00 p.m. – 5:00 p.m. Cost: Any donation accepted Location Anthropology Auditorium Rm 163 Description: In this workshop, participants will explore the basic concepts and techniques of self-regulation and accompaniment to restore the well-being and health of the body, through the subtle touch.
July 27 Note: There are 2 separate temazcals happening on this day.	Title: Women’s Temazcal – Full Moon Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 4:00 p.m. Cost: \$30 suggested donation Location: 6607 Arno NE, Albuquerque, NM	No Optional Workshops
	Title: Men & Women’s Temazcal – Full Moon Instructor: Tonita Gonzales and Rita Navarrete Ph.: 505-681-5602 Email: tonita@temazcalito.com Time: 6:30 p.m. Cost: \$30 suggested donation Location: 6607 Arno NE, Albuquerque, NM	