

Optional Workshops

- Not required – for your own personal enrichment only
- Instructors names and contact information are listed for each workshop
- Registration, questions or concerns need to be addressed with the instructor listed
- Suggested donations are \$30/workshop

Date	Time	Location	Title/Instructor/Description
July 16	2-5 p.m.	Anthropology Auditorium	<p>Altars: Creating Healing Sacred Spaces Instructors: Tonita Gonzales and Rita Navarrete Tonita@temazcalito.com 505-681-5602</p> <p>Learn about the different elements used in traditional Meso-American altar, their healing properties and symbolism, as well as the importance of a personal medicine bag.</p>
July 17	2-5 p.m.	Anthropology Auditorium	<p>Ventosas: Traditional Mexican Fire cupping Instructors: Tonita Gonzales and Rita Navarrete Tonita@temazcalito.com 505-681-5602</p> <p>This is a hands-on workshop to learn about the healing properties and tools of this practice used by many indigenous communities. (Please bring a sheet)</p>
July 18	2-5 p.m.	Anthropology Auditorium	<p>Herbal Medicine and Preparation Instructors: Tonita Gonzales and Rita Navarrete Tonita@temazcalito.com 505-681-5602</p> <p>This is a hands-on workshop to learn about how to prepare Mexican and New Mexican herbal remedies such as ointments, gels, tinctures, teas, and cough syrups.</p>
		Anthropology Room 178	<p>Theory, Origins, Nature and Properties of the Obsidian Cleaning Programming Three Obsidian Stone Geometrics Instructor: Juan Xuareme (Mexico) Janantik7@gmail.com 631-553-7127</p> <p>Learn about the properties of the Mexican Obsidian, and understand how magma, once cooled and crystalized, has a direct connection with the moon. You will also learn about the three different geometrics, how to use them in healing practices, and how the <i>ombliguera</i> geometry works in protecting out emotional and energetic fields.</p>
July 19	2-5 p.m.	Anthropology Auditorium	<p>Limpias (Energetic Cleansings) Instructors: Tonita Gonzales and Rita Navarrete Tonita@temazcalito.com 505-681-5602</p> <p>Learn about the history, significance, process, and cultural diversity of limpias, and the meaning of using incense, medicinal plants, songs and sounds for healing.</p>
		Anthropology Room 178	<p>Healing and Growing with Obsidian Instructor: Juan Xuareme (Mexico) Janantik7@gmail.com 631-553-7127</p> <p>Learn how to use the obliquera (belly button), disk, and egg geometrics for healing practices. Work with these items to balance energetic fields, unblock energetic body channels, and protect out body and energy. Learn how to use the egg to heal feminine energy in males and females.</p>

July 20	2-5 p.m.	Anthropology Auditorium	<p>Healing the Emotional Body Instructors: Tonita Gonzales and Rita Navarrete Tonita@temazcalito.com 505-681-5602</p> <p>Hands-on workshop to discuss how to understand emotions and how they physically affect all stages of life. Participants are required to bring a plan sheet and 5 color markers for one of the activities.</p>
July 21	9 a.m. – noon	TBD	<p>Limpia de Rosas (Energetic Cleansings of Roses) Instructors: Tonita Gonzales and Rita Navarrete Tonita@temazcalito.com 505-681-5602</p> <p>The centering prayer and process of this ceremony will be taught as a Mexican tradition in honor of the Virgin de Guadalupe. This is a hands-on workshop and participants are required to bring 2 white sheets, a yoga mat, and a dozen roses.</p>
July 23	2-5 p.m.	Anthropology Auditorium	<p>Traditional Meso-American Sobada Instructors: Tonita Gonzales and Rita Navarrete Tonita@temazcalito.com 505-681-5602</p> <p>Learn about the healing properties of the Meso-American <i>sobada</i> for those undergoing personal transformation and spiritual awakening. Specific tools such as cacao, <i>sonaja</i>, <i>ocarins</i>, and healing touch will be introduced.</p>
July 24	2-5 p.m.	Anthropology Auditorium	<p>Spirituality of Healing Instructors: Tonita Gonzales and Rita Navarrete Tonita@temazcalito.com 505-681-5602</p> <p>Practice indigenous contemplative practices as well as the importance of spiritual transformation and growth for both, the healer and the person receiving the healing.</p>
		Anthropology Room 178	<p>Energetic/Spiritual Cleansings (<i>Limpias</i>) Instructor: Laurencio Lopez Nunez</p> <p>An explanation and demonstration of the use of the 4 elements as healing tools when doing energetic/spiritual cleansings.</p>

Disclaimer: All optional workshops/classes, and temazcales 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.