

Temazcales

Instructors: Tonita Gonzales and Rita Navarrete

6607 Arno NE, Albuquerque, NM | (505) 681-5602 | Tonita@temazcalito.com

Advanced registration required through instructor | \$30 suggested donation

Please bring: Swimsuit/sarong/shirt/shorts, towel, water bottle (no glass or metal allowed)

Do not bring: alcohol/drugs, valuables/metal jewelry

Date	Time	Type	Description
July 16	6 p.m.	Men & Women	Temazcal de Cuatro Puertas: Learn about the practice of the four doors for the four directions and focus on themselves and their emotions through song and sound.
July 17	6 p.m.	Women	Divine Feminine: Learn the usage of medicine plants, sounds, and songs in honoring the feminine and sacred women
July 18	6 p.m.	Men & Women	Temazcale Dulce: Learn the usage and benefits of basil, a sacred euphoric plant which includes healing relationships, infertility issues, and post-partum depression.
July 19	6 p.m.	Men & Women	Temazcal of Dreams: Mugwort, or <i>Estafiate</i> , is used to support the mind, body, and spirit for the body to have a healthy immune system and clarity of mind. Learn how to utilize a stem of plants to cleanse the body.
July 20	6 p.m.	Men & Women	Temazcal de Barro (clay): Learn about the healing properties of clay (barro) with medicinal teas. Wear a swimsuit or shorts and a shirt as you will be asked to cover yourself in clay. (Please note, the clay may stain)
July 21	3 p.m. & 6 p.m.	Women	Rosas y Miel (Roses & Honey): 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.
July 23	6 p.m.	Men & Women	Temazcal – Sacred Cacao & Blue Corn: 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)
July 24	6 p.m.	Men & Women	Temazcal of Silence: 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.
July 26	6 p.m.	Men & Women	Agua Sagrada (Sacred Water): Learn about the healing properties of medicinal teas and water as well as how to utilize these elements in ceremony.
July 27	4 p.m.	Women	Full Moon temazcal
	6:30 p.m.	Men & Women	Full Moon temazcal

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.