Tonita Gonzales and Rita Navarrete Perez invite you to participate in a Traditional Temazcal (Mexican Sweatlodge), representing the womb of our Mother Earth. Many cultures and traditions use the concept of sweating to heal the body, mind and soul. In Temazcal Tonantzin, you will participate in a traditional Aztec ceremony for healing. We would like everyone to feel comfortable in the temazcal, so if you have any questions or concerns please let us know. To participate in the Temazcal it is important that you arrive on time and we also request you to eat a light meal, about an hour before you enter. You will receive a hair treatment before the temazcal and a facial treatment following the temazcal.

**Supplies needed:** Please bring swimming attire or sarong, a bath towel, hand towel, wash cloth, and a sheet with you. You are also welcome to bring a snack to share with the group after the temazcal.

**Donation:** It is customary to bring a donation to the Temazcal. We are asking that you bring a minimum donation of $30.

Registration can be done online at [www.temazcalito.com](http://www.temazcalito.com) and space is limited to 20 individuals. In addition, sometimes people like to bring an offering of candles, herbs, beans, or fruit to the altar.

**Dates of Temazcals:**

- Sun, July 15th  Women’s Temazcal (Cocoa)  6:30pm
- Mon, July 16th  Community (Men and Women)  6:30pm
- Tue, July 17th  Community (Men and Women) (Barro/Mud)  6:30pm
- Wed, July 18th  Women Only  Miel w/Rosas(Honey w/Roses)  6:30pm  (please bring 6 roses)
- Sat, July 19th  Community (Men and Women) Nocturno/Night  8:00pm
- Tue, July 24th  Community (Men and Women)  6:30pm

Temazcal Tonantzin is located in the North Valley of Albuquerque, at the Traditional Healing Clinic. It is located ½ a block west of Edith and Osuna.

**Address:** 6607 Arno NE, Albuquerque, NM 87107

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