Centro de Desarrollo Humano Hacia la Comunidad
Professors

Rita Navarrete Perez
Professor of Temazcal, Massage, Nutrition, and Medicinal Plants:

Twenty-five years ago Rita began her studies in natural medicine and nutrition. She now specializes in several different types of massage, medicinal plants and chiropractic therapies. Rita incorporates all the different healing modalities, with the use of the Mexican temazcal (sweat lodge). Rita believes that healing the soul is the key to healing the body. Rita has a clinic in Mexico City, Cuernavaca, and Kapulli Mexico La Cultura Cura, a school of traditional medicine that works with women who are survivors of domestic violence.

Juan Carlos Solano Alcocer
Professor of Temazcal, Community Health, and Horticulture:

Juan Carlos has a masters degree in community health, graduate studies of horticulture. He is the director of community health organizations in several Mexican communities, including Yucatan and Mayan communites. He is the Director of an “Ome,” clinic of traditional medicine, and temazcal. He is a member of Kapulli Ome. Juan Carlos is internationally known for his healing modalities with obsidean and carachol (Conch) and he speaks, Spanish, French and English.

Velia Herrera Arredondo
Professor of Holistic Massage

Velia is a professor holistic and energetic massage. She has extensive experience in the management of traditional therapies of healing such as Mexican sobadas (hands on healing), limpias (energetic cleansings), and medicinal plants. Velia also has her own consultation clinic.
Maria Adoracion Ortiz Nava  
Professor of Medicinal Plants and Integrative Massage

Doris learned to handle plants with her grandmother who was a healer for more than 20 years. She has several diplomas in psychotherapy, naturopathy, acupuncture, massage therapy, and medicinal plants. Doris has an extensive knowledge of medicinal plants, including their spiritual and scientific components. In addition to teaching, Doris also has a community clinic.

Albertana Sanchez Flores  
Professor of Holistic Massage, and Shiatsu

Tana has several diplomas of medicinal plants, holistic masage, oriental massages, Aztec flowers, and biomagnetism. Tana practices traditional medicine in the community clinic at CEDEHC. She specializes in working with people with all kinds types of chronic illness.

Roberto Suarez Parra  
Professor of Mayan Massage and Chiropratic Medicine

Roberto is an apprentice of a healer of Mexico in the state of Guerrero. Roberto has extensive studies in pediatric massage, auriculat therapy, sports massage, Flowers of Bach, acupuncture and herbal pharmacy. In addition, he has his own clinic.

Reyna Salazar Sotelo  
Professor of Acupuncture

Sophia began as a professional biologist, and then began her studies of traditional Mayan and Chinese acupuncture. She now is a professor of acupuncture and medicinal plants. Sophia is one of the founding therapists who started the community clinic of CEDEHC. Sophia currently has over 12 years experience as a therapist in her private practice.