

Optional Workshop Schedule on UNM Main Campus

June 2023

Disclaimer: The workshops are not part of the Curanderismo: Traditional medicine without borders class but an independent series of events available to all students and community members who wish to deepen their learning experience for their personal enrichment. The suggested donations are to cover the presenter’s expenses. Optional workshops are not affiliated with the University of New Mexico in any capacity. The student is responsible for informing the instructor listed on all optional workshops of any health-related illnesses or concerns that may interfere with the workshop. These workshops are not meant to train and/or certify participants.

Considerations:

- Instructor names and contact information are listed for each workshop.
- Questions or concerns must be addressed directly to the instructor listed for each workshop.
- Suggested donations are \$20 per workshop unless otherwise noted.

Date	Time	Location	Title/Instructor/Description
Monday June 12	2 p.m.	Anthropology 178	<p>Curanderismo and Spirituality</p> <p>Instructor: Rev. Virginia Marie Rincon</p> <p>Contact: laluna.rincon888@gmail.com</p> <p>A personal story of integrating spirituality into the practice of limpias, pláticas and soul retrievals. The workshop also includes the use of drum medicine, reiki, and the teachings of the abuelas in walking the path to healing themselves and others.</p>
Monday June 12	2 p.m.	Anthropology 163 (Auditorium)	<p>Manteadas. Shawl Alignments</p> <p>Instructor: Rita Navarrete</p> <p>Contact: curanderismo@unm.edu</p>

Tuesday June 13	2 p.m.	Anthropology 163 (Auditorium)	Ventosas. Mexican Fire Cupping. Instructor: Rita Navarrete Contact: curanderismo@unm.edu
Tuesday June 13	2 p.m.	Hibben 105	Foundations of Curanderismo Instructor: Laurencio López Núñez Contact: curanderismo@unm.edu
Wednesday June 14	2 p.m.	Grass area east of the Anthropology auditorium	Limpías. Mexican Energetic Cleansings. Instructor: Rita Navarrete Contact: curanderismo@unm.edu
Friday June 15	2 p.m.	Hibben 105	Empacho. Detoxing the Digestive System Instructor: Rita Navarrete Contact: curanderismo@unm.edu
Friday June 15	2 p.m.	Hibben 104	The Emotions and Back Pain Instructor: Laurencio López Núñez Contact: curanderismo@unm.edu
Friday June 16	2 p.m.	Anthropology 178	Shamanic Journey Instructor: Adrian Rivera Contact: riveradrian1@hotmail.com
Friday June 16	2 p.m.	Anthropology 163 (Auditorium)	SUSTO AS OPPORTUNITY: SOUL RETRIEVAL AND FULFILLING YOUR SOUL'S POTENTIAL. Instructor: Bob Vetter, M.A. Contact: bobv1111@aol.com

In this workshop we look at *susto* and how it represents a crossroads in life. Left unattended it can lead to a spiritual "backslide." Attending to it in the proper way can bring vitality back to your life and connect you to the spiritual potential with which you came into this world.

We use guided imagery to examine your own soul contract (why you came into the world in this time and place), then soul retrieval to bring back soul parts that "hid" in order to protect you from spiritual harm, and then finally examine how that new return allows you to reconnect with your soul contract. In so doing, *susto* becomes an invitation to fulfill your purpose with renewed vitality, meaning and enthusiasm.

Monday June 19	2 p.m.	Hibben 105	Cleansing of the Lymphatic System Instructor: Rita Navarrete Contact: curanderismo@unm.edu
Monday June 19	2 p.m.	Hibben 104	How <i>Susto</i>, Fright and Emotions Impact our Health Instructor: Laurencio López Núñez Contact: curanderismo@unm.edu
Monday June 19	2 p.m.	Anthropology 178	AIH & Maya Abdominal Healing Instructor: Alex Jackson Contact: alex@centeredspirit.com Registration: https://www.centeredspirit.com/event- details/aih-and-maya-abdominal-healing

Monday June 19	2 p.m.	Anthropology 163 (Auditorium)	Energetic Boundaries and Protection Instructor: Margarita Camarena Contact: margaritalcamarena@gmail.com
Monday June 19	2 p.m.	Grass area east of the Anthropology auditorium	Limpias for Trauma. Instructor: Jacque Carbone Contact: heyokarider@gmail.com We will discuss the different types of trauma and how to use the plática to define the needed limpia. We will look at using smoke, stones, and hands for diagnostics, the different types of limpia for trauma, and how to process and close the healing limpia.
Tuesday June 20	2 p.m.	Hibben 105	Limpia with Roses Instructor: Rita Navarrete Contact: curanderismo@unm.edu
Tuesday June 20	2 p.m.	Anthropology 163 (Auditorium)	Drumming for Change Instructor: Lucero and Kathy Vega Contact: medicinedrumcircle@gmail.com
Tuesday June 20	2 p.m.	Grass area east of the Anthropology auditorium	Toltec Cleansing Instructor: Aadrian Rivera Contact: riveradrian1@hotmail.com
Thursday June 22	2 p.m.	Anthropology 163 (Auditorium)	Advancing Behavioral Health Through Traditional Medicine: Promoting Culturally Centered Health Literacy Instructor: Thomas Chavez Contact: ThAChavez@salud.unm.edu

Thursday June 22	2 p.m.	Anthropology 178	<p>Maya Uterine Health</p> <p>Instructor: Alex Jackson</p> <p>Contact: alex@centeredspirit.com</p> <p>Registration: https://www.centeredspirit.com/event-details/maya-uterine-health</p>
Thursday June 22	2 p.m.	Hibben 104	<p>SACRED COPAL: Origins, healing properties, and practical applications</p> <p>Instructor: Margarita Camarena</p> <p>Contact: margaritalcamarena@gmail.com</p>
Thursday June 22	2 p.m.	Hibben 105	<p>Sounds and Liberating Chants for the Soul</p> <p>Instructor: Rita Navarrete</p> <p>Contact: curanderismo@unm.edu</p>
Thursday June 22	2 p.m.	Grass area east of the Anthropology auditorium	<p>Using Feathers to Heal</p> <p>Instructor: Jacque Carbone</p> <p>Contact: heyokarider@gmail.com</p> <p>We will discuss indigenous beliefs about feathers, what kind of feathers are usable, how to do a feather limpia, and safe practices.</p>
Friday June 23	2 p.m.	Hibben 105	<p>Healing Shock and Trauma: Susto</p> <p>Instructor: Rita Navarrete</p> <p>Contact: curanderismo@unm.edu</p>
Friday June 23	2 p.m.	Anthropology 178	<p>Shamanic Journey and Cleansing</p> <p>Instructor: Aadrian Rivera</p>

Contact: riveradrian1@hotmail.com

**Friday
June 23**

2 p.m.

Anthropology
163
(Auditorium)

**Tezcatlipoca, Tonali and The Other Face
of Obsidian**

Instructor: Margarita Camarena

Contact: margaritalcamarena@gmail.com