

FOR STUDENTS ENROLLED FOR CONTINUING EDUCATION

Traditional Medicine without Borders: Curanderismo in Mexico & the Southwest

Dates: June 10 - 21, 2024 • Mon. – Fri. • **Times:** 8:10 a.m. – 12:40 p.m.

Location: Anthropology Bldg., Rm 163, UNM-Main Campus.

In-person 2-week Summer Course. **4.5 CEUs offered.**

Albuquerque, New Mexico.

[Class Website](#) / [Facebook](#)

Professors: Dr. Eliseo “Cheo” Torres, cheo@unm.edu / Dr. Mario Del Ángel-Guevara, mdelangel@unm.edu

Disclaimer: This course, and the materials provided, are designed for information purposes only. It is not meant to train, certify, and/or substitute the advice, diagnoses, and/or treatment of any medical condition. Please consider professional assistance for any personal needs.

*The daily schedule is subject to change depending upon unforeseen circumstances and availability of presenters. Times may vary.

COVID-19 Health and Awareness. UNM is a mask friendly, but not a mask required community. To be registered or employed at UNM, Students, faculty, and staff must all meet [UNM's Administrative Mandate on Required COVID-19 vaccination](#). If you are experiencing COVID-19 symptoms, please do not come to class. If you have a positive COVID-19 test, please stay home for five days and isolate yourself from others, per the [Centers for Disease Control \(CDC\) guidelines](#). If you do need to stay home, please communicate with me at curanderismo@unm.edu; I can work with you to provide alternatives for course participation and completion. UNM faculty and staff know that these are challenging times. Please let me, an advisor, or another UNM staff member know that you need support so that we can connect you to the right resources. Please be aware that UNM will publish information on websites and email about any changes to our public health status and community response.

Policy 2720. The University is committed to fostering an environment of inclusiveness that respects an individual’s preferred form of self-identification, including a name other than a legal first name and the pronoun that aligns with their gender identity. [This policy](#) prohibits gender-based discrimination, including discrimination based on gender-identity or expression, and affirms the right of individuals to use the gender-specific facilities consistent with their gender identity. We are all in the process of practicing respectful ways of addressing each other as preferred. As such, we promote the exchange of patience in this process of understanding and learning.

Course Description

This two-week course will provide information on the history of *Curanderismo* (the art of Mexican traditional healing) in the Southwest, Mexico and other countries. The student will explore an integrative and historical approach to medicine featuring demonstrations that incorporate *Curanderismo* with various traditional and holistic health techniques, such as: the creation of a sacred space; herbs and rituals; ceremonial use of the sweat lodge (*temazcal*); energetic cleansings (*limpias*); herbal smoke (moxa); medicine of the drum; fire cupping (*ventosas*); death and healing of grief (*Día de los Muertos*); laugh therapy (*risa*

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terapia); shawl alignments (*manteadas*); making tinctures and *microdosis* with plants. The students will also participate in a traditional health fair held on the main campus and open to the community. This course will use instructors who are researchers in the field, healers, and health practitioners from UNM, the Southwest, Mexico and other countries.

Land Acknowledgement: Founded in 1889, the University of New Mexico sits on the traditional homelands of the Pueblo of Sandia. The original peoples of New Mexico Pueblo, Navajo, and Apache since time immemorial, have deep connections to the land and have made significant contributions to the broader community statewide. We honor the land itself and those who remain stewards of this land throughout the generations and also acknowledge our committed relationship to Indigenous peoples. We gratefully recognize our history.

Objectives

1. Provide Information on the history, traditions, rituals, herbs, and remedies of *Curanderismo*, a healing tradition of the Southwestern United States, Latin America and Mexico.
2. Explain how to use plants in water-based *microdosis*, alcohol-based tinctures, and smoke.
3. Explore different traditional hands-on techniques and their impact on body ailments such as shawl alignments *manteadas*, and fire cupping *ventosas*.
4. Appraise the positive effects and elements involved in the *temazcal* ceremony.
5. Describe the benefits of laugh therapy *risoterapia*, sound and the medicine of the drum and how they can transform your life.
6. Compare different types of spiritual/energetic cleansings *limpias*.

Continuing Education

You can take the course one of two ways:

1. Non-credit option (#04351): Individuals are not required to submit assignments. You can attend for personal enrichment.
2. For Continuing Education Units (CEUs, #C5983): Individuals who would like CEUs for training or professional development can receive CEUs. Read section below on CEUs. Please note, you must attend and every day to earn 4.8 CEUs.

Course Materials

The are 4 recommended books that can be purchased at the UNM bookstore or ordered online by clicking the title below. eBooks are more affordable and can be accessed immediately after purchase. Hardcopies can take a few days to arrive if ordered online.

Textbooks:

1. [*Curanderismo: The Art of Traditional Medicine without Borders, Eliseo Torres 2nd Edition*](#)
2. [*Curandero Traditional Healers of Mexico & the Southwest, Eliseo Torres w/Imanol Miranda*](#)
3. [*Curandero: A Life in Mexican Folk Healing, Eliseo Torres & Tim Sawyer*](#)
4. [*Healing with Herbs & Rituals: A Mexican Tradition, Eliseo Torres, edited by Tim Sawyer.*](#)

Optional Class Supplies:

- Some portions of the class will be outdoors. It is recommended to bring a yoga mat or beach towel for certain classes that show the word “outdoors” in the schedule below.

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- Amulets, copal, sugar skulls and *papel picado* for *Día de los Muertos* sessions, are available at Masks y Más, 3021 Central Ave. NE.
- If interested, herbs and tinctures can be found at:

Red Root Acupuncture & Herbs 2400 Rio Grande Blvd, Albuquerque, NM 87104 Ph: 505-242-2032

Yerbería Juarez 301 San Pedro Dr. SE, Albuquerque, NM 87108 Ph: 505-268-0499

Milagro Herbs 1500 5th St. #6 Santa Fe, NM 87505 Ph: 505.820.6321

Herbal tinctures can also be found at Sprouts and Whole Foods and at the Herb Store.

Class Requirements for CEUs

In order to receive a CEUs in the class, students will be responsible for the following:

- 1. Daily attendance and participation are *mandatory*:** It is important that each student attends all sessions, unless some extraordinary circumstance arises, of which you will need to speak to Dr. Torres or Dr. Mario Del Angel-Guevara.
- 2. Daily reflection papers:** Completion and submission of daily reflection papers is *required for all students pursuing CEUs*. Your responses should answer the questions in the prompt below. Reflections are due the Monday after the conclusion of the course and must be sent to mdelangel@unm.edu. After submitting your reflection papers to Dr. Del Angel-Guevara, you will receive further instructions to receive your CEUs.

Use the following questions as a guide for your daily reflection:

- Discuss positive aspects of today's presentation(s). List 2, and if possible, explain how they complement your personal experiences.
- Explain any methods (rituals, folk beliefs, alternative healing approaches, herbs) that were discussed or demonstrated that you could apply to your daily routine? Provide at least 2 examples.
- How could today's presentation(s) be improved?

Other Important Information

Special Notes:

- **Use of Incense.** Healers use copal (an aromatic tree resin) during ceremonies. If you are sensitive to this, you can observe from afar.
- **Photograph and Videotaping.** Portions of the class are photographed and/or videotaped for UNM promotional materials. Those who do not wish to be photographed or videotaped, are responsible for removing themselves from the area being photographed and/or informing the photographer.

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- **Snacks and Drinks.** Each morning a food vendor will have food and drinks for sale outside of the classroom. Please purchase items before the course, during breaks, or after the course to minimize any disruptions. Please keep the auditorium clean and dispose of any trash in the trash bins.
- **Personal Objects.** If you bring any flowers, fruit, food, or any objects, especially during the Day of the Dead event, please take it with you at the conclusion of the class day. Objects that are left behind will be discarded by the following day. Objects are not stored or kept by the instructors or staff.
- **Afternoon Workshops.** You can attend optional workshops in the afternoons. **These workshops are not required and are not part of the class.** These workshops are done to provide extra training for out-of-town students and continuing education students that wish hands-on experiences. If you miss a day of class, the instructor may recommend attending one of these workshops to make up for class time. There will be a small, recommended donation for these workshops given directly to the presenters in order to support their travel and incidental expenses.
- **Parking.** Please visit this website to find information about [parking permits](#).
- **Sweat Lodges.** Sweat lodges *Temazcales* may be offered in the evenings for a special purpose. These are optional and are not part of the course. If you would like to attend a temazcal sweat lodge ceremony please contact the sponsor in the list of workshops, not the class instructors. Sponsors may require a fee to participate.
- **Lodging and Accommodation.** It is the student's responsibility to arrange their lodging for the 2-week period of the class. We recommend Airbnb or hotels with a shuttle to the University of New Mexico Main Campus. If the student would like to stay on campus, please contact the [Campus Housing Office](#) to inquire about the possibility to do so. Instructors are not able to arrange lodging for students.

UNM Policies

Title IX: Gender Discrimination

In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the [Department of Education](#) (see pg. 15). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the [Office of Equal Opportunity](#).

[Read more about campus policy regarding sexual misconduct.](#)

Copyright Issues

All materials in this course fall under copyright laws and should not be downloaded, distributed, or used by students for any purpose outside this course.

[The UNM Copyright Guide](#) has additional helpful information on this topic.

Accessibility

The American with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides reasonable accommodation of their disabilities. If you have a disability requiring accommodation, please contact the [UNM Accessibility Resource Center](#) in 2021 Mesa Vista Hall at 505-277-3506. Information about your disability is confidential.

- [Canvas' Accessibility statement](#)
- [Microsoft's Accessibility statement](#)
- [Zoom Accessibility Statement.](#)
- [Zoom Privacy Statement](#)

Academic Integrity

You should be familiar with UNM's [Policy on Academic Dishonesty](#) and the [Student Code of Conduct](#) which outline academic misconduct defined as plagiarism, cheating, fabrication, or facilitating any such act.

Drop Policy:

This course falls under all UNM policies for the last day to drop courses, etc. Please see the UNM Course Catalog for information on UNM services and policies. Please see the UNM academic calendar for course dates, the last day to drop courses without penalty, and for financial disenrollment dates.

Good Citizenship:

Respecting instructors, interpreters, and healers is required. Students should respect the instructors and healers by paying attention, refrain from socializing, and participating during lectures and demonstrations. **Please note:** *The interpreters who are working for your benefit during the class are listening and translating difficult material. We ask that you please be quiet and respectful during the interpretation process.*

UNM Policy on Student and Visitor Behavior:

It is important for all students to be aware of conduct that will lead to disciplinary action by the University. In order to clarify the types of conduct which shall be considered to affect adversely the University's educational function, to disrupt community living on campus, or to interfere with the rights of others to pursue their education, to conduct their University duties and responsibilities or to participate in university activities, the Board of Regents hereby adopts a Code of Conduct for students and visitors:

UNM Policy on Service Animals:

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The Administrative Policies and Procedures Manual - Policy 2295 on Service Animals, states that “in keeping with federal and state law, the University of New Mexico recognizes its responsibilities to extend equal access to individuals with disabilities who use a Service Animal on University property. The University will not discriminate against individuals with disabilities who use Service Animals nor, subject to the terms of this Policy, deny those persons access to programs, services and facilities of the University. This policy applies to individuals with disabilities and Service Animals as defined in federal law. A student may bring a Service Animal into a UNM classroom, laboratory, or other learning environment. Students using Service Animals are encouraged to register with [UNM Accessibility Resource Center](#) and follow the procedures established by that office for obtaining academic adjustments.” To view the full text of the policy, [visit this website](#).

UNM Resources

[CAPS Tutoring Services](#)

CAPS is a free-of-charge educational assistance program available to UNM students enrolled in classes. Online services include the Online Writing Lab, chatting with or asking a question of a Tutor. Please visit CAPS in-person or online for tutoring including writing for this class.

[UNM Libraries](#)

The University Libraries system on the central campus at UNM has the largest library collection in the state. There are extensive electronic and digital services that make it possible to use the library 24/7 from any location. The four libraries in the system are Zimmerman Library, Centennial Science and Engineering Library, Fine Arts and Design Library and Parish Memorial Library. The Center for Southwest Research and Special Collections is nationally recognized for the quality of the collection.

[Student Health & Counseling \(SHAC\) Online Services](#)

UNM SHAC is located on Main Campus north of Johnson Center and across the mall from (east of) the Student Union Building. (See map below.) SHAC provides quality health and counseling services to all UNM students to foster student success. Fees charged at SHAC are much lower than community rates. SHAC is funded in part by student fees. SHAC is accredited by the Accreditation Association for Ambulatory Healthcare (AAAHC).

[For Military-connected Students](#)

There are resources on campus designed to help you succeed. You can approach any faculty or staff for help with any issues you may encounter. Many faculty and staff have completed the GREEN ZONE training to learn about the unique challenges facing military-connected students. If you feel that you need help beyond what faculty and/or staff can give you, please reach out to the Veterans Resource Center on campus at 505-277-3181, or by email at src@unm.edu.

[Citizenship and/or Immigration Status](#)

All students are welcome in this class regardless of citizenship, residency, or immigration status. Your professor will respect your privacy if you choose to disclose your status. UNM as an institution has made a core commitment to the success of all our students, including members of our undocumented community. The Administration’s welcome is found on the website.

[Student Financial Aid Office](#)

We understand financial aid is a vital part of the college experience and decision process. We're here to provide the resources and guidance you and your family need. The mission of the UNM Financial Aid Office is to provide UNM students with the timely delivery of financial assistance while maintaining accountability and proper stewardship of the public, institutional, and private funds with which it is entrusted.

[Accessibility Resource Center](#)

Accessibility Resource Center (ARC) recognizes individuals with disabilities as an integral part of a diverse community and is committed to the provision of comprehensive resources to the University community (faculty, staff, and student) in order to create equitable, inclusive, and practical learning environments.

[Graduate and Professional Student Association](#)

The Graduate and Professional Student Association has been the recognized student government for graduates and professionals at the University of New Mexico since 1969. We strive to identify, promote, and support the interests and

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concerns that are important to the welfare and academic development of graduate and professional students at UNM. It is our mission to promote the rights, interests and professional development of graduate and professional students within the university community, through advocacy, education, and financial support.

Graduate Studies

As the central graduate academic administrative unit at the University of New Mexico, Graduate Studies is committed to helping students succeed. Our staff are always eager to assist students, and we often collaborate with UNM administrators, faculty, graduate students, and staff in implementing many programs and services, including student support, financial support, and program support.

Graduate Online Writing Lab (GrOWL)

The Graduate Online Writing Lab is an online support service available to graduate and professional students seeking feedback on their writing, research, and statistics projects. Students can submit their written work, online 24/7, for review by one of our trained consultants.

Office of Career Services

UNM Career Services must support the mission, academic programs, and advancement of the University of New Mexico. Within this context, the primary purpose of the Career Services Center is to assist students, faculty, staff and alumni in developing, evaluating, and/or implementing career, education, and employment decisions.

LGBTQ Resource Center

The LGBTQ Resource Center strives to create a welcoming and inclusive atmosphere for all members of the University of New Mexico and surrounding community. As a safe zone environment, we stand up against homophobia and value the worth and dignity of all people.

El Centro de la Raza

El Centro de la Raza will positively impact the transition, retention, and graduation of students through an engaging environment built on academic, cultural, personal and professional activities. El Centro commits to cultivate a supportive community that helps students develop skills to fulfill their lifelong goals and expectations.

American Indian Student Services

American Indian Student Services provides a range of student support programming for American Indian students attending The University of New Mexico-Main Campus in an effort to ensure their academic achievement and assist in the development of personal, cultural, and social success.

African American Student Services

The mission of African American Student Services is to recruit, retain, and uplift the Black student population at UNM by providing educational discourse, leadership development, holistic wellness, and community engagement. We support students in realizing their full potential self through collaborative advocacy, intentional allyships, and the exploration of the many facets of Blackness.

Class Schedule Week 1

***The daily schedule is subject to change depending on unforeseen circumstances and availability of presenters.
Times may vary.**

Monday, June 10

Theme: Introduction & History of Curanderismo Traditional Medicine of Mexico & the Southwest

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Introduction (pgs. IX - XII)
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch 1 (pages 1-6)
3. Curandero: A Life in Mexican Folk Healing: Introduction (pgs. 1-8)
4. Healing with Herbs and Rituals: Introduction (pgs. 3-12)

Note: Short breaks will be announced by Dr. Torres during the morning class

7:30 a.m.	Sign-up outside of the Anthropology Auditorium	
8:10 a.m.	Welcome & Introduction to the course	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel-Guevara Dept. Chair Irene Vasquez
8:45 a.m.	Explanation of the Four Directions & Creation of Sacred Space. Review the handout “Directions”	Dr. Eliseo “Cheo” Torres and Dr. Mario Del Angel-Guevara
9:00 a.m.	Outdoor Community Opening Ceremony - Optional <i>All are invited and encouraged to bring offerings to the altar (fruit, plants, and flowers). Traditional healers will be using Copal/Sage. If you’re uncomfortable with the use of the Copal/Sage smoke, you may observe from a distance.</i>	
10:00 a.m.	Historical Overview of Curanderismo – Herbs, Rituals, & Curanderos(as)	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel-Guevara
10:45 a.m.	The Role of Mexican Curanderos throughout History in International Healing	Rita Navarrete (MX) Laurencio López Núñez (MX) Lucero Sánchez (MX)
11:45 a.m.	Foundations and Specializations in Curanderismo. Helping your Community with Traditional Medicine.	Laurencio López Núñez (MX)

Tuesday, June 11

Theme: Traditional Bodywork

Course Readings:

1. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 5 (pgs. 63 – 64)
2. Curandero: A Life in Mexican Folk Healing: Ch. 12 (pgs. 145-154)
3. Healing with Herbs and Rituals: Ch. 10 (pgs. 65-68)

8:10 a.m.	Overview of previous day activities	Dr. Eliseo Torres
8:15 a.m.	<i>Ventosas: Firecupping</i>	Rita Navarrete (MX) & Tarah Burt (NM)
9:00 a.m.	Oaxacan <i>Sobadas</i> for the Face, Throat, Stomach and Feet.	Laurencio López Núñez (MX)

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10:00 a.m.	Manteadas: Shawl Alignment	Rita Navarrete (MX)
11:00 a.m.	Navigating the Channels of Grief with Moxa & Acupressure	Dr. Monica Lucero (NM)
11:45 a.m.	Discussion of Curanderismo Display	Dr. Eliseo Torres & Dr. Mario Del Angel-Guevara
Wednesday, June 12 Theme: Hispanic Traditional Herbal Medicine		
<u>Course Readings:</u> 1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 2 (pgs. 9-18), Ch. 3 (pgs. 19-20) 2. Curandero: A Life in Mexican Folk Healing: Ch. 10 (pgs. 107-128) 3. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 31 & pg.35)		
8:00 a.m.	Overview of Previous Day Activities	Dr. Eliseo Torres
8:10 a.m.	In Health + Movement	Dr. Anthony Fleg, M.D. (NM)
8:30 a.m.	Sacred Plants and Resins of Southern Mexico	Laurencio López Núñez (MX)
9:30 a.m.	Medicinal Plants of the Southwest.	Dr. Tomas Enos (NM)
10:15 a.m.	Panel of Authors: Reclaiming Herbal Medicine and Traditional Healing Practices in our Communities	Atava Garcia Swiezicki (NM) Dara Saville (NM) Robyn Moreno (NY)
11:30 a.m.	Tinctures and Micro dosis	Lucero Sánchez (MX) & Rita Navarrete (MX)
12:15 p.m.	Preparation for Workshop Day Week 1	Dr. Eliseo Torres Dr. Mario Del Angel-Guevara
Thursday, June 13 Theme: Workshop Day. Practice sessions.		
<u>Course Readings</u> 1. Healing with Herbs and Rituals (Pgs. 75-159)		
8:10 a.m.	Reflection of Previous Day Activities	
8:15 a.m.	Special Session: Healing with Mexica Dance	Jorge Garcia and Mexica Traditional Dance Group (NM)
Break 10:15 – 10:30	Workshop A: Preparation of Medicine with Traditional Herbs. Location: Announced in class. Color: Green 1st session: 9: 15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Lucero Sánchez (MX) Dara Saville (NM) Rita Navarrete (MX)
	Break: 11:30 – 11:45	Workshop B: <i>Limpias</i> Energetic & Spiritual Cleansings. Location: Announced in class. Color: White. 1st session: 9: 15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.
	Workshop C: Cranio-Sacral Techniques and Mayan Cleansing. Location: Announced in class. Color: Red	Margarita Camarena (CA) Efrain Vicente (Guatemala)

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	1st session: 9: 15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	
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Workshop Day Details:

- The 3 workshops will be happening simultaneously.
- Students will attend all workshops starting in the one that matches their bracelet color (Bracelets will be distributed during class).
- Students will move to the next workshop in alphabetical order. (If you start at Workshop A, then you will move to B, from B to C and those who start at C will move to A until you have taken 3 workshops)

Friday, June 14

Theme: Healing Grief with Traditional Medicine

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 22 (pgs. 95-97)
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 4 (pgs. 52 – 53)

8:10 a.m.	Overview of Previous Day Activities	Dr. Eliseo Torres
8:30 a.m.	<i>Día de los Muertos</i> in Oaxaca, Mexico.	Laurencio López Núñez (MX)
9:30 a.m.	<i>Día de los Muertos</i> : Closing Cycles between Life & Death.	Rita Navarrete (MX)
10:45 a.m.	Perspectives on Death and Dying	Bob Vetter (NY)
11:45 a.m.	History, Meaning and Creation for Día de los Muertos and the Healing of Grief	Dr. Anselmo Torres (MX)
12:00 p.m.	Begin Assembling the Altar	Dr. Anselmo Torres (MX)

Día de los Muertos Ceremony & Class Altar

Date: Friday, June 14, 2024

Location: Anthropology Classroom

Description: This event is to show how Mexican, Latino, and Hispanic communities address grief through the celebration of their loved one's life. *Items for the altar in relation to your loved ones include* pictures, favorite foods/beverages, or flowers. Other items such as amulets, sugar skulls, and *papel picado* are available at Masks y Más (see syllabus above).

All items **must be removed** and taken at the end of class. Any items left behind will be discarded.

**Class Schedule
Week 2**

***The daily schedule is subject to change depending on unforeseen circumstances and availability of presenters. Times may vary.**

Monday, June 17

Theme: Traditional Healing using the Elements of Nature

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 8 (pgs. 43-48)
2. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 22-24 & pg. 67)

8:10 a.m.	Overview of Last Day Activities	Dr. Eliseo Torres
8:15 a.m.	Medicinal Plants in Integrative Medicine	Marika Alvarado (TX)
8:45 a.m.	Maya Uterine Health	Alex Jackson (MO)

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9:30 a.m.	<i>Temazcaleros</i> sweat lodge leaders from the Mexican tradition	Laurencio López Núñez (MX) Rita Navarrete (MX) Aadrian Rivera (UT)
10:30 a.m.	Merging the Eagle (North America) & the Condor (Latin America) sweat lodges. / Reclaiming the Sweat Lodge traditions in the United States.	Albino Garcia (NM) Julie McGaharan (NM) Bob Vetter (NY)
11:45 a.m.	Panel of curanderas: Traditional Healing Methods for Women	Maria Aurelia Xitumul (Guatemala) Sabina Sosof (Guatemala) Bernadette Torres (NM) Felina ortiz (NM)

Tuesday, June 18

Theme: Healing of the Body’s Energy and Spirit through Cleansings *Limpias Energéticas/Espirituales*

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 4 (pgs. 21-30) & Ch.20 (pgs. 89-90)
2. Curandero: A Life in Mexican Folk Healing: Ch. 2 & Ch. 3 (pgs. 28-44)

Optional Reading:

1. Healing with Herbs and Rituals: Ch. 3, Ch. 4 & Ch.5 (pgs. 13-35)

8:10 a.m.	Reflection of the Previous Day’s Events	Dr. Eliseo “Cheo” Torres
8:15 a.m.	Mayan <i>Limpias</i> Energetic/Spiritual Cleansings	Efrain Vicente (Guat)
9:00 a.m.	Understanding <i>Limpia</i> Energetic/Spiritual Cleansing for healing <i>Susto</i> Magical Fright	Rita Navarrete (MX) and Lucero Sánchez (MX)
9:50 a.m.	Mexican <i>Limpias</i> from Oaxaca using various elements	Laurencio López Núñez (MX)
10:30 a.m.	The Revival of the Traditional Toltec spiritual cleansing with Copal	Aadrian Rivera (UT)

****Health Fair, Feria de Salud****

Time: • For Students: 11:15 a.m. – 12:00 p.m. • Open to the public: 12:00 p.m. – 3:30 p.m.

Location: Grass area east of the Anthropology auditorium on UNM Main Campus

Demonstrations include *Energetic/Spiritual cleansings Limpias, Reiki, AcuDetox, Herbal Consults, pláticas/consultations, facial massage, and sobadas (limited).*

Description: This is an opportunity for you to receive a demonstration of traditional medicine from the U.S., Mexico and other countries. You can observe how the curanderos practice their techniques in a natural outdoor environment. There is a **suggested donation of \$20** for any treatment. The donations are to support the travel and incidental expenses of the healers. These are optional and are not a requirement for the course.

[You can view the New Mexico Act regarding state laws on traditional medicine](#)

Wednesday, June 19 (Juneteenth. Optional Attendance)

Theme: Traditional Healing of the Body

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 17 (pgs. 79 – 82), Ch. 18 (pgs. 83-86)
2. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 54-55).

Optional Reading:

1. Healing with Herbs and Rituals: Glossary of Herbs (pgs. 146-147)

8:10 a.m.	Overview of Last Day Activities	Eliseo “Cheo” Torres
8:15 a.m.	“Awareness is Healing” - Traditional Maya Medicine & Maya Abdominal Massage	Alex Jackson (MO)
9:15 a.m.	The Curative Power of the Oregano Plant from Chihuahua, Mexico.	Maria Tereza Baeza (MX)
10:00 a.m.	“Food is medicine” A Maya Path to Health and Food Sovereignty	Maria Aurelia Xitumul (Guat) & Sabina Sosof (Guat)
11 a.m.	Medicinal Plant Support for Women’s Health	Marika Alvarado (TX)
11:45 a.m.	Cleansing with Sacred Tobacco of Peru	Mino Asheninka (Peru)

Thursday, June 20
Theme: Workshop Day. Practice sessions.

Course Readings:

1. Curanderismo: The Art of Trad. Med. w/o Borders: Ch. 6 (pgs.35-36), Ch. 12 (pgs. 69 – 70)
2. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 2 (pg.8), Ch. 4 (pg.20-22)
3. Curandero: A Life in Mexican Folk Healing: Ch.9 (pgs. 90-106)

Optional Reading:

1. Healing with Herbs and Rituals: Glossary of Herbs: Ch. 8 (pgs. 47-57)

8:10 a.m.	Reflection of the Previous Day’s Events	Dr. Eliseo “Cheo” Torres
8:15 a.m.	Special Session: Welcoming your Baby in Traditional Medicine Curanderismo	Rita Navarrete (MX)
Break 10:15 – 10:30 Break 11:30 – 11:45	Workshop A: Cleansing with Song, Whistle and Dance / Preparation of an Oregano Ointment. Location: announced in class. Color: Green 1st session: 9:15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Neida Delia (Ecuador) Maria Teresa Baeza (MX)
	Workshop B: Traditional Treatments for Skin Care. Location: announced in class Color: White 1st session: 9:15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Rita Navarrete (MX) Maria Aurelia Xitumul (Guat) Sabina Sosof (Guat) Tarah Burt (NM)
	Workshop C: Preparation of Traditional Home Remedies. Location: announced in class Color: Red 1st session: 9:15 a.m. to 10:15 a.m. / 2nd session: 10:30 a.m. to 11:30 a.m. / 3rd session: 11:45 a.m. to 12:45 p.m.	Dr. Monica Lucero (NM) Lucero Sanchez (MX)

Workshop Day Details:

- The 3 workshops will be happening simultaneously.
- Students will attend all workshops starting in the one that matches their bracelet color (Bracelets will be distributed during class).
- Students will move to the next workshop in alphabetical order. (If you start at Workshop A, then you will move to B, from B to C and those who start at C will move to A until you have taken 3 workshops)

Friday, June 21
Theme: Traditional Healing with Laughter, Story, Sound & Music

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 9 (pgs. 49 – 54)

8:10 a.m.	Outdoor Community Closing Ceremony - Optional	
8:45 a.m.	Canto y Corazon: Opening the Heart and Voice through Songs	Elizabeth del Puerto (NM)

Updated 6/9/2024.

9:30 a.m.	The Medicine of the Drum (if you have one, bring your own drum or rattle)	Elisa Lucero (NM) & Kathy Vega (NM)
10:30 a.m.	Cleansings with Songs, Whistle & Dance	Neida Andi (Ecuador)
11:15 a.m.	<i>Risoterapia</i> Laugh Therapy	Rita Navarrete (MX)
12:00 a.m.	Healing through Music	Mariachi Tradicional
12:30 p.m.	Closing Comments and Conclusion	Dr. Eliseo "Cheo" Torres & Dr. Mario Del Angel-Guevara