

## 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. \*Only read the pages indicated for the 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. Handout on the 4 directions in Canvas.

**Optional Reading:**

1. Healing with Herbs and Rituals: Introduction (pgs. 3-12)

**Assignment Due by 8:00 a.m. next day:**

1. Daily Reflection – Day 1. Submit via UNM Canvas.

Note: Two 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<br>& Dr. Mario Del Angel-Guevara<br>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<br>and Dr. Mario Del Angel-Guevara                            |
| 9:00 a.m.  | <b>Outdoor Community Opening Ceremony - Optional</b><br><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> |  |
| 9:30 a.m.  | Historical Overview of Curanderismo – Herbs, Rituals, & Curanderos(as)   | Dr. Eliseo “Cheo” Torres<br>& Dr. Mario Del Angel-Guevara                              |
| 10:00 a.m. | Ceremony as Healing  | Dr. Ricardo Carrillo (CA)  |
| 10:30 a.m. | <b>BREAK</b>   |  |
| 10:45 a.m. | The Role of Mexican Curanderos throughout History in International Healing   | Rita Navarrete (MX)<br>Laurencio López Núñez<br>(MX)<br>Lucero Sánchez (MX)            |
| 11:30 a.m. | <b>BREAK</b>   |  |
| 11:45 a.m. | Foundations and Specializations in Curanderismo. Helping your Community with Traditional Medicine.   | Laurencio López Núñez<br>(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)

Optional Reading:

1. Healing with Herbs and Rituals: Ch. 10 (pgs. 65-68)

Assignment Due by 8:00 a.m. Wednesday:

1. Daily Reflection – Day 2 via UNM Canvas

|            |  |  |
|------------|--|--|
| 8:10 a.m.  | Overview of previous day activities                            | Dr. Eliseo Torres                                  |
| 8:15 a.m.  | <i>Ventosas: Firecupping</i>                                   | Tarah Montoya (NM) &<br>Rita Navarrete (MX)        |
| 9:00 a.m.  | Oaxacan <i>Sobadas</i> for the Face, Throat, Stomach and Feet. | Laurencio López Núñez<br>(MX)                      |
| 9:45 a.m.  | <b>BREAK</b>   |  |
| 10:00 a.m. | Manteadas: Shawl Alignment                                     | Rita Navarrete (MX)                                |
| 10:45 a.m. | <b>BREAK</b>   |  |
| 11:00 a.m. | Acupressure and Moxa   | Dr. Monica Lucero (NM)                             |
| 11:45 a.m. | Discussion of Curanderismo Display                             | Dr. Eliseo Torres & Dr.<br>Mario Del Angel-Guevara |

**Wednesday, June 12**  
**Theme: Hispanic Traditional Herbal Medicine**

Course Readings:

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)

Assignment Due by 8:00 a.m. Thursday:

4. Daily Reflection – Day 3 via UNM Canvas

|            |   |  |
|------------|---|--|
| 8:00 a.m.  | Overview of Previous Day Activities   | Dr. Eliseo Torres  |
| 8:10 a.m.  | In Health + Movement  | Dr. Anthony Fleg, M.D.<br>(NM)   |
| 8:30 a.m.  | Sacred Plants and Resins of Southern Mexico   | Laurencio López Núñez<br>(MX)  |
| 9:15 a.m.  | <b>BREAK</b>  |  |
| 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<br>(NM)<br>Dara Saville (NM)<br>Robyn Moreno (NY) |
| 11:15 a.m. | <b>BREAK</b>  |  |
| 11:30 a.m. | Tinctures and Micro dosis   | Lucero Sánchez (MX) &<br>Rita Navarrete (MX)                             |
| 12:15 p.m. | Preparation for Workshop Day Week 1   | Dr. Eliseo Torres<br>Dr. Mario Del Angel-<br>Guevara                     |

**Thursday, June 13**  
**Theme: Workshop Day. Practice sessions.**

Updated 4/17/2024.

Course Readings (Optional – not required).

- Optional book. Healing with Herbs and Rituals (Pgs. 75-159)

Assignment Due by 8:00 a.m. Friday:

- Daily Reflection – Day 4 via UNM Canvas

We encourage you to attend this class.

|                             |   |  |
|-----------------------------|---|--|
| 8:10 a.m.                   | Reflection of Previous Day Activities   |  |
| 8:15 a.m.                   | <b>General Session:</b> Healing with Mexica Dance   | Jorge Garcia and Mexica Traditional Dance Group (NM)                               |
| 9:00 a.m.                   | <b>Break</b>  |  |
| <b>Break 10:15 – 10:30</b>  | <b>Workshop A:</b> Preparation of Medicine with Traditional Herbs (Tinctures and microdosis). <b>Location:</b> Anth. Auditorium. <b>Color: Green</b><br><b>1<sup>st</sup> session:</b> 9: 15 a.m. to 10:15 a.m. / <b>2<sup>nd</sup> session:</b> 10:30 a.m. to 11:30 a.m. / <b>3<sup>rd</sup> session:</b> 11:45 a.m. to 12:45 p.m. | Lucero Sánchez (MX)<br>Dara Saville (NM)<br>Rita Navarrete (MX)<br>Virginia Rincon |
|                             | <b>Workshop B:</b> <i>Limpias</i> Energetic & Spiritual Cleansings. <b>Location:</b> Hibben Center. <b>Color: White.</b><br><b>1<sup>st</sup> session:</b> 9: 15 a.m. to 10:15 a.m. / <b>2<sup>nd</sup> session:</b> 10:30 a.m. to 11:30 a.m. / <b>3<sup>rd</sup> session:</b> 11:45 a.m. to 12:45 p.m.                             | Laurencio López Núñez (MX)<br>Aadrían Rivera (UT)<br>Dr. Mario Del Angel-Guevara   |
| <b>Break: 11:30 – 11:45</b> | <b>Workshop C:</b> Cranio-Sacral Techniques and Mayan Cleansing. <b>Location:</b> Outdoor Grassy Area. <b>Color: Red</b><br><b>1<sup>st</sup> session:</b> 9: 15 a.m. to 10:15 a.m. / <b>2<sup>nd</sup> session:</b> 10:30 a.m. to 11:30 a.m. / <b>3<sup>rd</sup> session:</b> 11:45 a.m. to 12:45 p.m.                             | Margarita Camarena (CA)<br>Efrain Vicente (Guatemala)<br>Pascual Yaxon (Guatemala) |

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:

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

Assignment Due by 8:00 a.m. next Monday:

- Daily Reflection – Day 5 via UNM Learn

|            |   |                            |
|------------|---|----------------------------|
| 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.  | Mexican tradition of the <i>Velación</i> / Transcending with peace after life | Rita Navarrete (MX)        |
| 10:30 a.m. | <b>BREAK</b>  |                            |
| 10:45 a.m. | Perspectives on Death and Dying   | Bob Vetter (NY)            |
| 11:30 a.m. | <b>BREAK</b>  |                            |

Updated 4/17/2024.

|            |   |                         |
|------------|---|-------------------------|
| 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**

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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)

Assignment Due by 8:00 a.m. Tuesday

Daily Reflection – Day 6 via UNM Canvas

|            |  |  |
|------------|--|--|
| 8:10 a.m.  | Overview of Last Day Activities  | Dr. Eliseo Torres  |
| 8:15 a.m.  | Natural Medicine using Healing Plants  | Gladys Arias (Peru)  |
| 8:45 a.m.  | Maya Uterine Health  | Alex Jackson (MO)  |
| 9:15 a.m.  | <b>BREAK</b>   |  |
| 9:30 a.m.  | <i>Temazcaleros</i> sweat lodge leaders from the Mexican tradition   | Laurencio López Núñez (MX)<br>Rita Navarrete (MX)<br>Aadrian Rivera (UT)                                     |
| 10:15 a.m. | <b>BREAK</b>   |  |
| 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)<br>Julie McGaharan (NM)<br>Bob Vetter (NY)  |
| 11:30 a.m. | <b>BREAK</b>   |  |
| 11:45 a.m. | Panel of curanderas: Traditional Healing Methods for Women   | Maria Aurelia Xitumul (Guatemala)<br>Sabina Sosof (Guatemala)<br>Bernadette Torres (NM)<br>Felina ortiz (NM) |

**Tuesday, June 18**

**Theme: Healing of the Body’s Energy and Spirit through Cleansings *Limpas 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)

Assignment Due by 8:00 a.m. Wednesday

Daily Reflection – Day 6 via UNM Canvas

|            |   |   |
|------------|---|---|
| 8:10 a.m.  | Reflection of the Previous Day’s Events   | Dr. Eliseo “Cheo” Torres                            |
| 8:15 a.m.  | Mayan <i>Limpas</i> Energetic/Spiritual Clensings   | Don Pascual Yaxon (Guat)<br>& 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<br>Lucero Sánchez (MX)      |
| 9:40 a.m.  | <b>BREAK</b>  |   |
| 9:50 a.m.  | Mexican <i>Limpas</i> from Oaxaca using various elements  | Laurencio López Nuñez<br>(MX)                       |
| 10:30 a.m. | The Revival of the Traditional Toltec spiritual cleansing with Copal                              | Aadrian Rivera (UT)                                 |
| 11:15 a.m. | <b>BREAK</b>  |   |

**\*\*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 Limpas, 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)

Assignment Due by 8:00 a.m. Thursday:

1. Daily Reflection – Day 8 via UNM Canvas

|           |   |                      |
|-----------|---|----------------------|
| 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)    |

|            |   |  |
|------------|---|--|
| 9:00 a.m.  | <b>BREAK</b>  |  |
| 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) |
| 10:45 a.m. | <b>BREAK</b>  |  |
| 11 a.m.    | Healthy Eating Habits from our Ancestral Perspectives           | Alicia Vega (Peru)                                 |
| 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)

Assignment Due by 8:00 a.m. Friday:

4. Daily Reflection – Day 9 via UNM Canvas

|                              |   |  |
|------------------------------|---|--|
| 8:10 a.m.                    | Reflection of the Previous Day’s Events   | Dr. Eliseo “Cheo” Torres   |
|                              | <b>Workshop A:</b> Cleansing with Song, Whistle and Dance / Health: A Human Right <b>Location:</b> Anth. Auditorium. <b>Color: Green</b><br><br><b>1<sup>st</sup> session:</b> 8:30 a.m. to 9:30 a.m. / <b>2<sup>nd</sup> session:</b> 10 a.m. to 11 a.m. / <b>3<sup>rd</sup> session:</b> 11:30 a.m. to 12:30 p.m. | Neida Delia (Ecuador)<br>Rafael Teran (Ecuador)<br>Patricia Peña (Peru)      |
| <b>Break</b><br>9:30 – 10:00 | <b>Workshop B:</b> Traditional Treatments for Skin Care. <b>Location:</b> Hibben Center. <b>Color: White</b><br><br><b>1<sup>st</sup> session:</b> 8:30 a.m. to 9:30 a.m. / <b>2<sup>nd</sup> session:</b> 10 a.m. to 11 a.m. / <b>3<sup>rd</sup> session:</b> 11:30 a.m. to 12:30 p.m.                             | Rita Navarrete (MX)<br>Maria Aurelia Xitumul (Guat)<br>Sabina Sosof (Guat)   |
| <b>Break</b><br>11 – 11:30   | <b>Workshop C:</b> Preparation of Traditional Home Remedies (Vicks, mentolato). <b>Location:</b> Grassy area <b>Color: Red</b><br><br><b>1<sup>st</sup> session:</b> 8:30 a.m. to 9:30 a.m. / <b>2<sup>nd</sup> session:</b> 10 a.m. to 11 a.m. / <b>3<sup>rd</sup> session:</b> 11:30 a.m. to 12:30 p.m.           | Dr. Monica Lucero (NM)<br>Lucero Sanchez (MX)<br>Dr. Mario Del Angel-Guevara |

**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)

Assignment Due by 8:00 a.m. Wednesday (6/29):

No Daily Reflection for today. **Instead work on Final paper/video**– via UNM Canvas  
**\*\*FINAL PAPER/VIDEO** due Wednesday, June 26<sup>th</sup> no later than 11:59 p.m.

|            |   |   |
|------------|---|---|
| 8:10 a.m.  | <b>Outdoor Community Closing Ceremony - Optional</b>                      |   |
| 8:45 a.m.  | Canto y Corazon: Opening the Heart and Voice through Songs                | Elizabeth del Puerto (NM)                                 |
| 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)                       |
| 10:15 a.m. | <b>BREAK</b>  |   |
| 10:30 a.m. | Cleansings with Songs, Whistle & Dance                                    | Neida Andi (Ecuador)<br>Patricia Peña (Peru)              |
| 11:15 a.m. | <i>Risoterapia</i> Laugh Therapy  | Rita Navarrete (MX)                                       |
| 11:45 a.m. | <b>BREAK</b>  |   |
| 12:00 a.m. | Healing through Music   | Mariachi Tradicional                                      |
| 12:30 p.m. | Closing Comments and Conclusion   | Dr. Eliseo “Cheo” Torres &<br>Dr. Mario Del Angel-Guevara |