

## DRAFT Afternoon Workshop Schedule 2024

All workshops start at 2 p.m.				
	Workshop1	Workshop 2	Workshop 3	Workshop 4
<b>Monday 6/10</b>	<p>Atava Garcia <a href="mailto:ancestralapothecary@gmail.com">ancestralapothecary@gmail.com</a></p> <p><b>La Medicina of Dreams</b></p> <p><b>Location: Anth Auditorium 163</b></p>	<p>Juan Trujillo <b>CANCELLED</b> <a href="mailto:xaureme7@gmail.com">xaureme7@gmail.com</a></p> <p><b>Cleansing with feathers and Singing in the North American tradition</b></p> <p><b>Location: DSH 123</b></p>	<p>Laurencio López Núñez <a href="mailto:lauroax@gmail.com">lauroax@gmail.com</a></p> <p><b>Emotions and Back Pain</b></p> <p><b>Location: DSH 125</b></p>	<p>Virginia Marie Rincon <a href="mailto:laluna.rincon888@gmail.com">laluna.rincon888@gmail.com</a></p> <p><b>Curanderismo &amp; Spirituality</b></p> <p><b>Location: Anth 178</b></p>
<b>Tuesday 6/11</b>	<p>Rita Navarrete <a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a></p> <p><b>Healing Susto (fright) with Flowers and Fragrances</b></p> <p><b>Location: Anth Auditorium 163</b></p>	<p>Veronica Juarez <a href="mailto:vero.metztlicatl@gmail.com">vero.metztlicatl@gmail.com</a></p> <p><b>Introduction to Working with the Obsidian Mirror.</b></p> <p><b>Location: DSH 123</b></p>	<p>Aadrian Rivera <a href="mailto:riveradrian1@hotmail.com">riveradrian1@hotmail.com</a></p> <p><b>Shamanic Journey (Ensueño Shamánico)</b></p> <p><b>Location: DSH 125</b></p>	
<b>Wednes 6/12</b>	<p>Laurencio López Núñez <a href="mailto:lauroax@gmail.com">lauroax@gmail.com</a></p> <p><b>The Qualities and Education of a Curandero Traditional Healer</b></p> <p><b>Location: Anth Auditorium 163</b></p>	<p>Juan Trujillo <b>CANCELLED</b> <a href="mailto:xaureme7@gmail.com">xaureme7@gmail.com</a></p> <p><b>Cleaning the energetical field and healing the body with the Obsidian crystal</b></p> <p><b>Location: DSH 123</b></p>	<p>Rita Navarrete <a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a></p> <p><b>Natural Remedies for Achy Feet and Circulatory Issues</b></p> <p><b>Location: DSH 125</b></p>	
<b>Thursday 6/13</b>	<p>Rita Navarrete <a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a></p>	<p>Aadrian Rivera <a href="mailto:riveradrian1@hotmail.com">riveradrian1@hotmail.com</a></p>	<p>Lucero Sánchez <a href="mailto:miirra714@gmail.com">miirra714@gmail.com</a></p>	

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	<p><b>Cleansing <i>Limpia</i> with Roses and Candles</b></p> <p><b>Location: Anth Auditorium 163</b></p>	<p><b>Toltec Cleansing with Sacred Copal</b></p> <p><b>Location: DSH 123</b></p>	<p><b>Cacao Ceremony for the Harmonization of the Mind and the Heart.</b></p> <p><b>Location: DSH 125</b></p>	
<p><b>Friday 6/14</b></p>	<p>Rita Navarrete</p> <p><a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a></p> <p><b>Cleansing my Home with Copal, Flowers and Songs</b></p> <p><b>Location: Anth Auditorium 163</b></p>	<p>Margarita Camarena</p> <p><a href="mailto:margaritalcamarena@gmail.com">margaritalcamarena@gmail.com</a></p> <p><b>Energetic Protection, Boundaries &amp; Sacred Toltec Principles to Protect our Tonalli (hands-on workshop)</b></p> <p><b>Location: DSH 123</b></p>	<p>Elisa Sweigert</p> <p><a href="mailto:elisasweigart@gmail.com">elisasweigart@gmail.com</a></p> <p><b>Yoga Therapy &amp; Film</b></p> <p><b>Location: DSH 125</b></p>	
<p><b>Saturday</b></p>	<p><b>Location: Anth Auditorium 163</b></p> <p>Rita Navarrete</p> <p><a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a></p> <p><b>History of the <i>Sahumerio</i> (Incense burner) and Cleansings <i>Limpias</i> Part 1</b></p>			
<p><b>Sunday</b></p>	<p><b>Location: Anth Auditorium 163</b></p> <p>Rita Navarrete</p> <p><a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a></p> <p><b>History of the <i>Sahumerio</i> (Incense burner) and Cleansings <i>Limpias</i> Part 2</b></p>			
<p><b>Monday 6/17</b></p>	<p>Efrain Vicente</p> <p><a href="mailto:margaritalcamarena@gmail.com">margaritalcamarena@gmail.com</a></p> <p><b>The Different Healing Cleanses From The Indigenous Mayan Perspective</b></p>	<p>Laurencio López Núñez</p> <p><a href="mailto:lauroax@gmail.com">lauroax@gmail.com</a></p> <p><b>Bridging between Life &amp; Death</b></p> <p><b>Location: DSH 123</b></p>	<p>Alex Jackson</p> <p><a href="mailto:alex@centeredspirit.com">alex@centeredspirit.com</a></p> <p><b>AIH &amp; Maya Abdominal Massage</b></p>	

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	Location: Anth Auditorium 163		Location: DSH 125	
Tuesday 6/18	Health Fair	Health Fair	Efrain Vicente <a href="mailto:margaritalcamarena@gmail.com">margaritalcamarena@gmail.com</a>  <b>Illnesses and Treatments Recognized Within the Mayan Indigenous Medicines.</b>  Location: DSH 125	Health Fair
Wednes 6/19	Lucero Sánchez <a href="mailto:miirra714@gmail.com">miirra714@gmail.com</a>  <b>Moxibustion and Treatment for the Facial Movement Blockage</b>  Location: Anth Auditorium 163	Elisa Lucero <b>CANCELLED</b>  (see additional workshops on website) <a href="mailto:medicinedrumcircle@gmail.com">medicinedrumcircle@gmail.com</a>  <b>The Spirit of the Drum</b>  Location: DSH 123	Rita Navarrete <a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a>  <b>Healing the Healer in the Sweat Lodge <i>Temazcal</i> using songs and Centers of Pain.</b>  Location: DSH 125	
Thursday 6/20	Margarita Camarena <a href="mailto:margaritalcamarena@gmail.com">margaritalcamarena@gmail.com</a>  <b>Copal: The cosmic Portal ceremonies, Limpias, and healing applications.</b>  Location: Anth Auditorium 163	Rita Navarrete <a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a>  <b>Healing Fright (susto) for Infants and the Elderly.</b>  Location: Anth 178	Robert Vetter <a href="mailto:bobv1111@aol.com">bobv1111@aol.com</a>  <b>Engaging the Energies of the Four Directions to Heal Yourself and Others</b>  Location: Hibben Auditorium	
Friday 6/21	Lucero Sánchez <a href="mailto:miirra714@gmail.com">miirra714@gmail.com</a>	Rita Navarrete <a href="mailto:ritanavarrete2018@gmail.com">ritanavarrete2018@gmail.com</a>		

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	<b>Cuecueyos: Healing our Centers of Light. A Mesoamerican Tradition.</b>  <b>Location: Anth Auditorium 163</b>	<b>Cleansing the Lymphatic System and the Liver with Juices and Vegetables</b>  <b>Location: DSH 123</b>		
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**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.

**La Medicina of Dreams**

For anyone on the path of curanderismo, dreams can be an invaluable source of healing and guidance. In this workshop we will discuss the different kinds of healing dreams and learn about herbal allies that can enhance dreaming. We will share practices to help us to work with our dreams, such as keeping a dream journal and dream incubation or planting. We will also learn about the ancient dreaming practices of Mexico and the power of the nahual, or dream body. Please bring a journal and a dream you would like to work with to the session.

**Curanderismo and Spirituality**

A personal story of integrating spirituality into the practice of limpia’s, platicas 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.

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### **The Different Healing Cleanses From The Indigenous Mayan Perspective**

Mayan cleansings have been approached from many perspectives, in reality indigenous peoples have their own vision about their use, and implementing the tools and instruments that they have at hand, specially when an emergency emerges. The indigenous healer has the ability to analyze, observe and initiate treatment according to the situation followed by a treatment program according to the person's needs.

### **Illnesses and Treatments Recognized Within the Mayan Indigenous Medicines.**

There are several psychosomatic diseases recognized and treated in the Mayan indigenous medicine that are not recognized or treated in western medicine. These are sometimes classified as viral or bacterial, which in reality in ancestral medicine they are not. For example, the temperature of internal organs. This workshop will guide you to demystify and help the individual to go deeper into healing the root cause of illnesses that have been misdiagnosed by conventional medicine.