

DRAFT Afternoon Workshop Schedule 2025

| All workshops start at 2 p.m. | | | | | |
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| | Workshop1 | Workshop 2 | Workshop 3 | Workshop 4 | Workshop 5 |
| Monday 6/2 | SaraLiza Tzipahkwauhtli Sanchez El ultimo aliento " The Last Breath" Location: TBA | Aadrian Rivera The Toltec <i>Ensueño</i> (dream) Location: TBA | Rita Navarrete Healing Susto (fright) in Children and the Elderly Location: TBA | | |
| Tuesday 6/3 | Aadrian Rivera Ceremony for Detachment Location: TBA | Adrian Koskakoatl The Count of the Universe: Revisiting the Ancient Timekeeping System Location: TBA | Laurencio López Núñez Emotions and Back Pain Location: TBA | Lucero Sanchez The Making of a <i>Tlalmanalli</i> (offering altar) Location: TBA | |
| Wednes 6/4 | Pascual Yaxon Identifying Our Three Mayan Energies Location: TBA | Adrian Koskakoatl Mexica Cosmogony: The Teaching of the Old Word in Our Days. Location: TBA | Virginia Marie Rincon Curanderismo & Spirituality Location: TBA | Lucero Sanchez Treatment of <i>empacho</i> (intestinal blockage) caused by fright Location: TBA | Rita Navarrete Cleansing my House, Mind & Soul. Location: TBA |
| Thursday 6/5 | Alex Jackson AIH & Maya Abdominal Massage | Dr. Sofia Chavez Indigenous Reiki and Ancestral Symbols | Efrain Vicente | Rita Navarrete Grief & Day of the Dead | Juan Trujillo Uses of Eagle and hawk feathers for |

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| | <p>Location: TBA</p> <p>Click Here to Register</p> | Location: TBA | <p>Know Your Energy within the Mayan wheel of Life</p> <p>Location: TBA</p> | Location: TBA | <p>healing cleansing among the Lakota (Native American Tradition) and the Wixarika indigenous people of Jalisco, Mexico</p> <p>Location: TBA</p> |
| Friday 6/6 | <p>Dr. Sofia Chavez</p> <p>Indigenous Reiki Modalities</p> <p>Location: TBA</p> | <p>Bob Vetter</p> <p>Engaging the Four Directions to Heal Yourself and Others</p> <p>Location: TBA</p> | <p>Juan Trujillo</p> <p>Uses of Eagle and hawk feathers for healing cleansing among the Lakota (Native American Tradition) and the Wixarika indigenous people of Jalisco, Mexico</p> <p>Location: TBA</p> | <p>Atava Garcia Swiecicki and Vero Metzlicoatl Juarez</p> <p>La Medicina of Dreams</p> <p>Location: TBA</p> | <p>Jesús Villa</p> <p><i>La Luna en Pena: A Lunar Cycle Healing Ritual for Grief</i></p> <p>Location: TBA</p> |
| Monday 6/9 | <p>Margarita Camarena</p> <p>Guardianship: Energetic Boundaries and Protection</p> <p>Location: TBA</p> | <p>Rita Navarrete</p> <p>Cleansing <i>Limpia</i> with Roses and Candles</p> <p>Location: TBA</p> | | | |
| Tuesday 6/10 | <p>Margarita Camarena</p> | <p>Aadrian Rivera</p> <p>The Toltec <i>Ensueño</i> (dream)</p> | <p>Bob Vetter</p> <p>From Wound to Wisdom: The</p> | <p>Laurencio López Núñez</p> | <p>Rita Navarrete</p> <p><i>Partera del Alma: Transition from</i></p> |

Updated on 5/15/2025

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| | Tezcatlipoca and the Other Faces of Obsidian Location: TBA | Location: TBA | Essentials of Soul Medicine Location: TBA | The Qualities and Education of a Curandero Traditional Healer Location: TBA | life to the eternal resting place. Location: TBA |
| Wednes 6/11 | Traditional Community Health Fair – <i>Feria de Salud</i> | | | | |
| Thursday 6/12 | Lucero Sánchez Tying of the <i>Tilma</i> . Spiritual Traditional Life. Location: TBA | Aadrian Rivera Ceremony for Detachment Location: TBA | Rita Navarrete Remedies for Empacho (intestinal blockage) Location: TBA | | |
| Friday 6/13 | Rita Navarrete <i>Ventosas</i> (cupping) and Remedies for sore hands and feet. Location: TBA | Laurencio López Núñez Bridging between Life & Death Location: TBA | | | |

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:

Updated on 5/15/2025

- 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 \$25-30 per workshop.

Workshop Descriptions

AIH & Maya Abdominal Massage

Proper abdominal health is vital to prevent and solve many health conditions such as digestive disorders, reproductive issues, anxiety and more. AIH Self-Support Massage empowers you with a self-scare massage to release tension and stress in the body while gently addressing emotional layers. It supports the release of abdominal congestion and adhesions, potentially impacting the alignment and function of various organs including the uterus, colon, intestines, liver, stomach, kidneys, bladder, and prostate. This practice restores essential life force energy — known as “Ch’ulel” in the Maya tradition — while enhancing blood flow, oxygenation, lymphatic drainage, and nervous system regulation.

[Click Here to Register](#)

Mexica Cosmogony: The Teaching of the Old Word in Our Days.

“The ancients said we walk among mirrors... what does our reality reflect back to us?”

Through the Nahuatl language, we will explore a new way of understanding the world, teachings, and our relationship with the universe. We will study the four unfoldings of *Tezcatlipoca*, the mirrors of our journey.

The Count of the Universe: Revisiting the Ancient Timekeeping System

“Time is not just what happens... it's what guides us. How do we read the path it marks for us?” Learn how Tonalpowalli and Xiupowalli, two precise timekeeping systems, work. We'll explore how Tonalamatl helps us plan our lives and understand our role in the universe.

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 dreams and share practices to help us to work with our dreams, such as keeping a dream journal or working with herbal allies for dreaming. 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.

Updated on 5/15/2025

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.

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.

Know Your Energy within the Mayan wheel of Life

Every single human being has energy and fits in the wheel of life. In this workshop, we are going to explore the wheel of life and all the 20 energies that are the creators of this sacred wheel of life. We are going to talk about how we can awaken this energy and how to apply it to the rest of our lives to harmonize our lives and live in the ways we are most healthy and happy.

This workshop will be in Spanish and translated to English by Margarita Camarena

Identifying Our Three Mayan Energies

In this workshop we are going to talk about the three Mayan energies how they affect us and how we can ask for their assistance while we are close to doing a ceremony with the so much that we bring and the little that we have to contribute.

This workshop will be in Spanish and translated to English by Margarita Camarena

Guardianship: Energetic Boundaries and Protection

This workshop will talk about the importance of implementing the key principles of Curanderismo: Humbleness, Responsibility and Respect. The importance of taking care of our internal and external environments looking at the energies involved. We are going to look at different ways to keep a place clear and protected. We are going to explore the ways our bodies show when things are out of balance.

Tezcatlipoca and the Other Faces of Obsidian

Tezcatlipoca Negro is the deity of the direction of the north. The white tezcatlipoca also known as Quetzalcoatl who rules the direction of the south. We will go in depth on their sacred relationship and how they are related when healing the body. In this wonderful workshop we are going to go beyond the black obsidian. We are going to look at the other faces of obsidian and their colors, compositions and how they aid with their power in healing and protecting. obsidians and their incredible powers and how to use them.