

A large crowd of people, many wearing traditional Oaxacan clothing like colorful huipiles and serapes, are gathered in the plaza in front of the Cathedral of Oaxaca. The cathedral is a massive stone building with a large dome and intricate carvings. The sky is blue with some clouds.

CURANDERISMO STUDY

IN OAXACA

MAY 20-29, 2024

curanderismo@unm.edu



Disclaimer

This program is not associated with the University of New Mexico in any capacity. The University of New Mexico does not manage, plan or coordinate this program and is limited to only assisting with communication between curanderos and students seeking to deepen their knowledge on traditional medicine. This program is not meant to certify students and the University of New Mexico does not issue certificates for this study. This is an external private program organized between Laurencio Lopez Núñez, Curandero, and the student. The email below is only for registration purposes.

For more information contact
curanderismo@unm.edu



Course Description

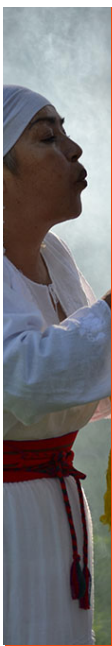
This course will provide information on the history of Curanderismo (the art of Mexican traditional healing). The student will explore and practice an integrative and historical approach to medicine featuring demonstrations and practice that incorporate Curanderismo with various traditional and holistic health techniques, such as: the creation of a sacred space; herbs and rituals; ceremonial use of the sweat lodge (temazcal); energetic cleansings (limpias); death and healing of grief; and indigenous concepts of healing.

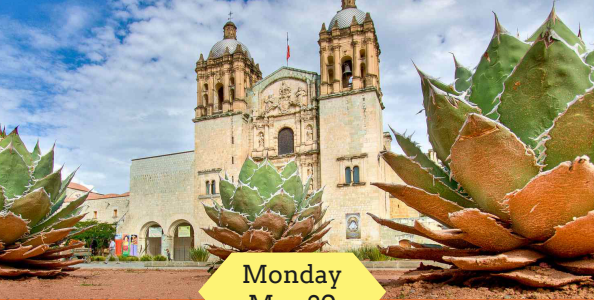
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Learning Objectives

1. Explain how to use plants as herbal medicine using food as medicine, bundles for cleansing, liniments, poultices, tinctures, and incense.
2. Explore different traditional hands-on techniques and their impact on body ailments such as sobadas (loving touch) and traditional massage.
3. Appraise the positive effects involved in ceremonies for honoring the directions, the elements, and the loved ones.
4. Describe the therapeutic benefits of the sweat lodge temazcal for the body, the emotions and the spirit as well as the medicine of the drum and how they can transform a person's life.
5. Compare different tools and culturally significant elements employed in spiritual/energetic cleansings limpias.





**Monday
May 20**

DAY 1

Arrive in Oaxaca

- Meet at Hotel Maela in Oaxaca Downtown
(address at the end of document)
- Meet and greet at 7 p.m. in hotel lobby
- Dinner at restaurant Gozobi



Tuesday
May 21

DAY 2

Activities

- Visit to Hacienda Los Laureles
 - Welcome Ceremony
 - Breakfast at Hacienda
- Visit to Monte Albán archeological site
 - Return to Oaxaca City
 - Lunch in traditional kitchen
- Temazcal sweat lodge ceremony
 - Light dinner
 - Return to hotel



Wednesday
May 22

DAY 3

Activities

- Breakfast at Hotel
- Visit to Cuajimoloyas Village
- Ceremony at the mountain
- Lesson on medicinal herbs
- Lesson with Maestra Doña Lepa
- Lunch
- Lesson with Maestra Doña Sonia
- Visit to Casa Mezcal
- Return to Oaxaca City



Thursday
May 23

DAY 4

Activities

- Breakfast at restaurant Las 15 Letras
- Visit to Lachatao village
- Check in at cabins
- Break (free time)
- Lunch
- Spiritual cleansings
- Dinner



Friday
May 24

DAY 5

Activities

- Walk at the mountain
- Ceremony at the mountain
 - Return to village
 - Breakfast
 - Break
 - Spiritual cleansings part II
 - Lunch
 - Lesson the role of emotions in healing
 - Practicing spiritual cleansings
 - Dinner



Saturday
May 25

DAY 6

Activities

- Breakfast
- Lesson on traditional massage and intestinal blockage
- Lesson on shawl alignment
- Lunch
- Sweat lodge group 1
- Sweat lodge group 2
- Dinner

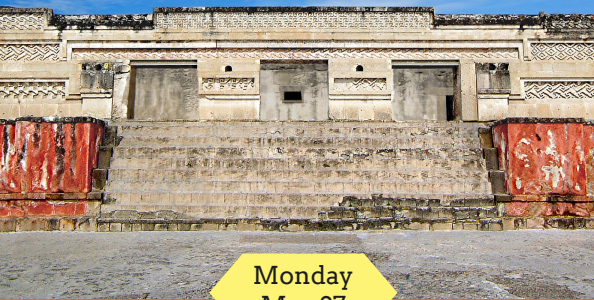


**Sunday
May 26**

DAY 7

Activities

- Breakfast
- Return to Oaxaca City
- Check in at Hotel Maela
- Explore Oaxaca Downtown (free time)
- Dinner at restaurant Guelaguetza



Monday
May 27

DAY 8

Activities

- Breakfast at restaurant Mayordomo
 - Visit to Mitla village
- Visit to Archeological site at Mitla
 - Visit to traditional market
- Lunch at restaurant Tia Chica
 - Visit to Teotitlan village
- Lesson from Maestra Doña Viviana
 - Return to Oaxaca City



Tuesday
May 28

DAY 9

Activities

- Breakfast at restaurant Terranova
- Lesson from Maestra Doña Queta
- Lunch at El Tule
- Visit to sacred tree El Tule
- Return to Oaxaca City
- Free evening



Wednesday
May 29

DAY 10

Activities

- Breakfast at hotel
- Conclusion of the program

What is included?



Lodging



Transportation
between sites



Spanish-English
interpretation



Sweat
lodges
Temázcil



Lessons,
ceremonies,
practice and
materials



Meals
(except 4)

What is included?

What is not included?



4 MEALS

In some places, some meals ARE NOT included and will be paid by the student. This is the case for 1 lunch and 3 dinners in the whole trip. All other meals are included.

AIRPORT TRANSPORTATION

Transportation from and to the airport IS NOT included. We recommend paying for an airport taxi to the hotel address in Oaxaca City downtown (approx. 500 pesos). Ubers in Mexico do not pick up at the airport.

ROUNDTrip FLIGHT

Students are responsible for arranging their flight to and from Oaxaca City, Mexico.

What is not included?

Cost and Registration



- ✦ The cost is \$2,000 U.S. per person.
- ✦ Capacity is limited to 16 students.
- ✦ 3 installments of \$667
 - 1st due by: 10/15/2023
 - 2nd due by: 01/30/2024
 - 3rd due: 04/15/2024
- ✦ Payment is submitted via Remitly see page ahead for details.
- ✦ After first payment, send email and receipt to curanderismo.unm.edu to reserve space.
- ✦ After each subsequent payment, send email and receipt to curanderismo.unm.edu to confirm.



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Additional Information

- ✦ Vegetarian options available for meals.
- ✦ Rooms are double occupancy. If interested in a private room, payment will change. Send email to curanderismo.unm.edu
- ✦ Program is open to the public. Students can reserve as many spaces as they would like.
- ✦ Reservations are made on a first come first served basis.
- ✦ Refunds can be issued if requested before 04/15/2024

IMPORTANT: Refunds are subject to changes in the currency exchange rate. If rate is different at the time of refund, amount paid and amount refunded can differ.

For more information contact
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Hotel Maela

Address: C/ de la Constitución 206,
RUTA INDEPENDENCIA, Centro,
68000 Oaxaca de Juárez, Oax., Mexico
Phone: +52 951 516 6022

Remitly

Create account at:

<https://www.remitly.com/us/en/mexico>

Enter amount.

Choose debit card deposit.

Choose Bank Citibanamex

Enter number: 5204 1655 3692 7894

Enter first name: Laurencio

Last name: Lopez Nunez

City: Oaxaca / State: Oaxaca

Ph: (+52) 951-505-6186



Passport

Make sure to have a valid passport
with at least 6 months before
expiration date.

Useful Spanish words & phrases

1. ¿Puede llevarme al hotel Maela en el centro?

Could you take me to hotel Maela in Downtown?

2. ¿Cuánto cuesta?

How much is it?

3. Disculpe, ¿Dónde está el baño?

Excuse me, where is the restroom?

4. ¿Puedo hacer una llamada?

Can I make a call?

5. ¿Qué hora es?

What time is it?

Buenos días

Good morning

Gracias

Thank you

De nada

You are welcome

Por favor

Please

Igualmente

Likewise, You too

Disculpe

Excuse me