

Class Schedule Week 1

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

Monday, June 1

Theme: Introduction to 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)

Optional Reading:

1. Healing with Herbs and Rituals: Introduction (pgs. 3-12)
2. Curandero: A Life in Mexican Folk Healing: Introduction (pgs. 1-8)

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

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

Note: Short breaks will be announced during the morning class

7:30 a.m.	Sign-up outside of the Anthropology Auditorium. (Parking passes are purchased online at curanderismo.unm.edu)	
8:30 a.m.	Welcome to the Curanderismo Traditional Medicine without Borders course	Dr. Mario Del Angel-Guevara Dept. Chair Irene Vasquez
8:40 a.m.	Explanation of the Four Directions & Creation of a Sacred Space.	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 instruments: conch shell, drum, rattle, flute, whistle, etc.). 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.	Curanderismo Traditional Medicine Course/Syllabus Overview	Dr. Mario Del Angel-Guevara
10:45 a.m.	Historical Overview of Curanderismo – Herbs, Rituals, & Curanderos(as)	Dr. Mario Del Angel-Guevara
11:30 a.m.	<i>El Aliento Mexica: The Breath of the Mexican within us. Reflections on Mexica Cosmogony.</i>	Adrian Koskakoatl (MX)

Tuesday, June 2

Theme: Traditional Energetic/Spiritual Healing and Curanderismo Exhibit

Course Readings:

1. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 2 (pgs. 7-9) and Ch. 4 (pgs. 25)

Optional Reading:

1. Healing with Herbs and Rituals: Ch. 10 (pgs. 65-68)
2. Curandero: A Life in Mexican Folk Healing: Ch. 12 (pgs. 145-154)

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

1. Daily Reflection – Day 2 via UNM Canvas		
8:30 a.m.	Overview of previous day activities	Dr. Mario Del Angel Guevara.
8:45 a.m.	Discussion of Curanderismo Display	Dr. Eliseo Torres & Dr. Mario Del Angel-Guevara
10:00 a.m.	Toltec Cleansing using Copal Resin	Aadrian Rivera (UT)
11:00 a.m.	The Obsidian Mirror. Leading the Shadow.	Lucero Sánchez (MX)
12:00 p.m.	Oaxacan Energetic/Spiritual Cleansings using the Elements.	Laurencio López Núñez (MX)
Wednesday, June 3 Theme: Healing of the Body and Energy Using Traditional Medicine		
<u>Course Readings:</u> 1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 4 (pgs. 21-30), Ch. 12 (pgs. 69-70), & Ch.20 (pgs. 89-90)		
<u>Optional Reading:</u> 1. Curandero: A Life in Mexican Folk Healing: Ch. 2 & Ch. 3 (pgs. 28-44)		
<u>Assignment Due by 8:00 a.m. Thursday:</u> 1. Daily Reflection – Day 3 via UNM Canvas		
8:30 a.m.	Overview of previous day activities	Dr. Mario Del Angel Guevara.
8:45 a.m.	Mexican <i>Manteadas</i>	Rita Navarrete (MX)
10:00 a.m.	Cleansing <i>Limpia</i> Tonalli	Patricia Federico (AZ)
11:00 a.m.	Traditional Massage for <i>Empacho</i> (Intestinal blockage)	Laurencio López Núñez (MX)
12:00 p.m.	<i>La Poderosa Divinidad Femenina</i> & Sheri Tobacco	Bernadette Torres (NM) & Mino Asheninka (Peru)
Thursday, June 4 Theme: Workshop Day. Practice sessions.		
<u>Course Readings:</u> 1. Curanderismo: The Art of Trad. Med. w/o Borders: Ch. 7 (pgs.37-40). 2. Curandero: Traditional Healers of Mexico and the Southwest: Ch 4 (Pgs. 20-21)		
<u>Assignment Due by 8:00 a.m. Friday:</u> 3. Daily Reflection – Day 4 via UNM Canvas		
8:30 a.m.	Reflection of Previous Day Activities	Dr. Mario Del Angel Guevara
8:45 a.m.	Special Session: Herbal Alchemy & Energetic Stewardship: Intention, Cosmology, and Relationship with Living Medicine	Dulce Ruby (AZ)
Break From 11:15 a.m. to 11:30 a.m.	Workshop A: Healing Herbs for Hair and Skin Care. Location: Anthropology Auditorium 163. If your bracelet is any of these colors, you start in Workshop A. Colors: Yellow, Black, Red, White. 1st group: 9: 45 a.m. to 11:15 a.m. / 2nd group: 11:30 a.m. to 1:00 p.m.	Rita Navarrete (MX)
	Workshop B: <i>Limpias</i> Energetic & Spiritual Cleansings.	Laurencio López Núñez (MX)

Updated 5/1/2026.

1. Article: Proposing a New Health Model: Merging Latinx Traditional Medicine with Modern Allopathic Medicine.
2. Article: Teaching Latinx Traditional Medicine Curanderismo in Higher Education.

Optional Reading:

1. Healing with Herbs and Rituals: Ch. 10 (pgs. 65-68)
2. Curandero: A Life in Mexican Folk Healing: Ch. 11 & Ch. 12 (pgs. 129-154)

Assignment Due by 8:00 a.m. Tuesday

Daily Reflection – Day 6 via UNM Canvas

8:30 a.m.	Overview of Last Day Activities	Dr. Mario Del Angel Guevara
8:45 a.m.	Mending Health Care, One Heart at a Time.	Dr. Selma Sroka, M.D. (MN)
10:00 a.m.	Remedios and Resilience: Sustaining the Culture and Practices of Curanderismo in the High School Classroom.	Gabino Noriega (NM)
11:00 a.m.	Ancestral Medicine: Constructing the Path Forward to Decolonize Behavioral Health	Dr. Jorge Partida (CA)
12:00 p.m.	Healing with Dirt: Northern New Mexico Traditions in Western Medicine.	Erica Flores-Vigil (NM)

Tuesday, June 9

Theme: Traditional Herbal Medicine of the Southwest / Herb Walk

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)

Optional Reading:

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

Assignment Due by 8:00 a.m. Wednesday

Daily Reflection – Day 7 via UNM Canvas

8:30 a.m.	Reflection of the Previous Day's Events	Dr. Mario Del Angel Guevara
8:45 a.m.	Medicinal Plants from the Southwest	Marika Alvarado (TX)
9:45 a.m.	Break & Meet with your Groups	<p>Group Leaders:</p> <p>Yellow: Abril Macias, Roxanna Mirabal</p> <p>Black: Peggy Sanchez, Eileen Luna</p> <p>Red: Denise Soto</p> <p>White: Jennifer Schoenhol, Candace Quintana</p> <p>Orange: LeAndra Garcia</p> <p>Blue: Alex Ulibarri</p> <p>Green: Kim Telles Nichols</p> <p>Purple: Celeste Macias, Delia Gutierrez</p>
10:00 a.m.	<p>Herb Walk at UNM Campus</p> <p>This is an activity where you will learn about common medicinal plants in New Mexico that can be observed on the University Campus.</p>	

Updated 5/1/2026.

- Follow your **Group Leader** who will lead you to a **Master Herbalist**. One herbalist will be assigned to your group that will show you the different flora on campus.

11:00 a.m.	<i>Remedios del Rio Grand: Remedies of the Rio Grande</i>	Dr. Monica Lucero (NM)
12:00 p.m.	Panel: The Stories That Heal Us: Honoring Traditional Medicine Through Writing	Dara Saville (NM), Atava Garcia (NM), Robyn Moreno (NY)

Wednesday, June 10

Theme: Healing Trauma with Curanderismo / Fiesta de Salud (Traditional Health Fair)

Course Readings:

1. Curanderismo: The Art of Traditional Medicine w/o Borders: Ch. 2.1 (Pg 10-12)
2. Curandero Traditional Healers of Mexico and the Southwest: Ch. 4 (pg. 35, 54-55).

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

1. Daily Reflection – Day 8 via UNM Canvas

8:30 a.m.	Overview of Last Day Activities	Dr. Mario Del Angel Guevara
8:35 a.m.	Healing through Love + Movement	Dr. Anthony Fleg M.D. (NM)
9:00 a.m.	Curanderos Guide to Identify Emotions & Trauma in the Body	Alex Jackson (MO)
10:00 a.m.	Seasonal Uses of Southwest Plants	Dr. Tomas Enos (NM)

****Health Fair, Fiesta de Salud****

Time: • For Students: starting at 11:00 a.m. • Open to the public: 1:00 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 \$25** 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](#)

Thursday, June 11

Theme: Workshop Day. Practice sessions.

Course Readings:

4. Curanderismo: The Art of Trad. Med. w/o Borders: Ch. 7 (pgs. 41-42), Ch. 2.4 (pgs. 16-18).
5. Curandero: Traditional Healers of Mexico and the Southwest: Ch. 4 (pg.25, 37, 67)

Optional Reading:

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

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

1. Daily Reflection – Day 9 via UNM Canvas

8:30 a.m.	Reflection of the Previous Day's Events	Dr. Mario Del Angel Guevara
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8:35 a.m.	Special Panel Session: Reflections and Practices for Women’s Health.	Julie McGaharan (NM) Melody Tsui (NM) Daniela Montoya (NM)
Break 11:15 a.m. to 11:30 a.m.	<p>Workshop A: Preparation of Medicine with Traditional Herbs. Tinctures & Micro Dosis. Location: Anthropology Auditorium 163.</p> <p>If your bracelet is any of these colors, you start in Workshop A. Colors: Yellow, Black, Red, White.</p> <p>1st group: 9: 45 a.m. to 11:15 a.m. / 2nd group: 11:30 a.m. to 1:00 p.m.</p>	Rita Navarrete & Tarah Burt (MX & NM)
	<p>Workshop B: Making of Traditional Ointment with Wild Oregano from Chihuahua. Location: Hibbens Auditorium.</p> <p>If your bracelet is any of these colors, you start in Workshop B. Colors: Orange, Blue, Green, Purple.</p> <p>1st group: 9: 45 a.m. to 11 :15 a.m. / 2nd group: 11:30 a.m. to 1:00 p.m.</p>	María Teresa Baeza (MX)

Workshop Day Details:

- Each workshop is 1 hour and 30 minutes.
- The 2 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 in Workshop A, then you will move to B. If you start in Workshop B, then you will move to Workshop A)

Friday, June 12

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):

2. No Daily Reflection for today. **Instead work on Final paper/video**– via UNM Canvas

****FINAL PAPER/VIDEO** due Wednesday, June 18th no later than 11:59 p.m.

8:30 a.m.	Outdoor Community Closing Ceremony - Optional	
9:00 a.m.	Canto y Corazon: Opening the Heart and Voice through Songs	Elizabeth Marie (Eli del Puerto) (NM)
10:00 a.m.	The Medicine of the Drum (if you have one, bring your own drum or rattle)	Elisa Lucero (NM) & Kathy Vega (NM)
11:15 a.m.	<i>Risoterapia</i> Laugh Therapy / Poetry Reading	Rita Navarrete (MX) & Gabriela Guajardo (NM)
12:00 p.m.	Healing through Music	Mariachi Tenampa
12:45 p.m.	Closing Comments and Conclusion	Dr. Eliseo “Cheo” Torres & Dr. Mario Del Angel-Guevara