

DRAFT Afternoon Workshop Schedule 2026

All workshops start at 2 p.m.					
	Workshop 1	Workshop 2	Workshop 3	Workshop 4	Workshop 5
Monday 6/1	<p>Rita Navarrete</p> <p>Healing Susto (fright) in Children and the Elderly</p> <p>Location: Anthropology Auditorium 163</p>	<p>Aadrian Rivera</p> <p>The Toltec Reverie</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Adrian Koskakoatl</p> <p>The Path to our Desinty</p> <p>Location: Hibben Auditorium 105</p>	<p>Laurencio López</p> <p>Traditional Cosmovision: How to do a Ceremony to the Directions.</p> <p>Location: Kiva Bldg. 104</p>	<p>Melody Tsui</p> <p>Uterine Prolapse Massage</p> <p>Location: Anthropology Rm 178</p>
Tuesday 6/2	<p>Rita Navarrete</p> <p>Cleansing my House, Mind & Soul.</p> <p>Location: Anthropology Auditorium 163</p>	<p>Aadrian Rivera</p> <p>The Toltec Reverie</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Lucero Sanchez</p> <p>The 7 Directions “Tlalmanalli”</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Melody Tsui</p> <p>Yoni Steaming</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Irene Cruz</p> <p>Herbal Medicine for Hypertension</p> <p>Location: Kiva Bldg. 104</p>
Wednes 6/3	<p>Adrian Koskakoatl</p> <p>Mexican Education from Childhood to Adulthood</p> <p>Location: Hibben Auditorium 105</p>	<p>Laurencio López</p> <p>Practice: Healing Intestinal Blockage <i>Empacho</i></p> <p>Location: Anthropology Auditorium 163</p>	<p>Veronica Juarez</p> <p>Introduction to the Obsidian Mirror</p> <p>Location: Kiva Bldg. 104</p>	<p>Dr. Ralph Chavez</p> <p>The Hope Advantage: Hope as a Wellbeing and Success Mindset</p> <p>Location: Anthropology Rm 178</p>	<p>Irene Cruz</p> <p>Urinary Infections treated with Herbal Medicine</p> <p>Location: Grassy area outside of Anth Auditorium.</p>
Thursday 6/4	<p>Dulce Ruby</p>	<p>Aadrian Rivera</p>	<p>Lucero Sanchez</p>	<p>Bob Vetter</p>	<p>Dr. Ralph Chavez</p>

	<p>The Art of Lucid Dreaming</p> <p>Location: Hibben Auditorium 105</p>	<p>Harmonization and Cuecueyos</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Ceremony for Moments of Scarcity</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Sacred Listening as Healing Practice: An Experiential Workshop</p> <p>Location: Anthropology Auditorium 163</p>	<p>Natural Healing, Traditional Medicine, and the Science of Well-Being in Cancer Survivorship.</p> <p>Location: Anthropology Rm 178</p>
<p>Friday 6/5</p>	<p>Rita Navarrete</p> <p>Grief & Day of the Dead</p> <p>Location: Anthropology Auditorium 163</p>	<p>Aadrian Rivera</p> <p>Harmonization and Cuecueyos</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Lucero Sanchez</p> <p>Tying up the Tilma</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Adrian Koskakoatl</p> <p>A Real Look at the Day of the Dead</p> <p>Location: Hibben Auditorium 105</p>	<p>Dulce Ruby</p> <p>Golden Mirrors: Enter the Dreamscape</p> <p><i>(The Art of Lucid Living as a prerequisite)</i></p> <p>Location: Anthropology Rm 178</p>
<p>Monday 6/8</p>	<p>Rita Navarrete</p> <p>Cleansing <i>Limpia</i> with Roses and Candles</p> <p>Location: Anthropology Auditorium 163</p>	<p>Bob Vetter</p> <p>Grief as Medicine: An Experiential Workshop on Loss, Release, and Renewal</p> <p>Location: Hibben Auditorium 105</p>	<p>Lucero Sanchez</p> <p>Moxibustion for Facial Well Being</p> <p>Location: Grassy area outside of Anth Auditorium.</p>	<p>Laurencio López</p> <p>Workshop on Traditional Healing Songs</p> <p>Location: Kiva Bldg. 104</p>	<p>Virginia Marie Rincon</p> <p>Limpias. Curanderismo & Spirituality</p> <p>Location: Anthropology Rm 178</p>

Tuesday 6/9	<p>Rita Navarrete</p> <p><i>Partera del Alma:</i> Transition from life to the eternal resting place.</p> <p>Location: Anthropology Auditorium 163</p>	<p>Atava Garcia & Veronica Juarez</p> <p>La Medicina of Dreams</p> <p>Location: Hibben Auditorium 105</p>	<p>Alex Jackson</p> <p>Maya - Uterine & Digestive Health with Supportive Self-Care Techniques</p> <p>Location: Anthropology Rm 178</p> <p>See Sign-up link in description below.</p>	<p>Laurencio López</p> <p>Fundamentals, Training and Values of a Curandero</p> <p>Location: Kiva Bldg. 104</p>	<p>Irene Cruz</p> <p>Colitis Treated with Herbal Medicine</p> <p>Location: Grassy area outside of Anth Auditorium.</p>
Wednes 6/10	Traditional Community Health Fair – <i>Fiesta de Salud</i>				
Thursday 6/11	<p>Rita Navarrete</p> <p>Care for the Elderly with Traditional Methods</p> <p>Location: Anthropology Auditorium 163</p>	<p>Bob Vetter</p> <p>Medicine Songs Across Cultures: Creating Your Own Healing Song</p> <p>Location: Hibben Auditorium 105</p>	<p>Laurencio López</p> <p>Mexican Sweat Lodge <i>Temazcal</i></p> <p>Location: Kiva Bldg. 104</p>	<p>Veronica Juarez</p> <p>Mexica Energy Practices</p> <p>Location: Anthropology Rm 178</p>	<p>Melody Tsui</p> <p>Somatic Release</p> <p>Location: Grassy area outside of Anth Auditorium.</p>
Friday 6/12	<p>Rita Navarrete</p>	<p>Lucero Sanchez</p> <p>Finding your Animal of Power</p>	<p>Melody Tsui</p> <p>Herbs for Healty Cycle</p>	<p>Irene Cruz</p>	

Updated on 5/29/2026

	Remedies for Empacho (intestinal blockage) Location: Anthropology Auditorium 163	Location: Grassy area outside of Anth Auditorium.	Location: Hibben Auditorium 105	Premenstrual syndrome and Herbal Remedies Location: Anthropology Rm 178	
--	---	--	--	--	--

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. 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 are listed for each workshop.
- Space availability is on a first come first served basis.
- Questions or concerns must be addressed directly to the instructor listed for each workshop.
- Suggested donations are \$20-30 per workshop per person.

Workshop Descriptions

Class Title: Maya – Uterine & Digestive Health with Supportive Self-Care

Instructor: Alex Jackson

Contact: alex@centeredspirit.com | 816-377-9599

Website: centeredspirit.com

Sign-up link: <https://www.centeredspirit.com/event-details/maya-uterine-digestive-health-with-supportive-self-care>

Date: June 9, 2026

Time: 2:00–5:00 PM

Updated on 5/29/2026

Suggested Donation: \$30

In Traditional Maya Medicine, the abdomen is key to emotional and physical health. Correct position of a woman's uterus is vital for a healthy reproductive cycle and can eliminate many conditions such as painful and irregular menstruation, cysts, endometriosis, infertility and more. You will learn ways to address a "tipped" uterus along with digestive and overall abdominal health issues.

In this class, you will learn techniques to support a "tipped" or displaced uterus, along with practices that promote digestive and overall abdominal health.

Topics Covered:

Signs and symptoms of a displaced uterus

Common causes of uterine displacement

Digestive and overall abdominal health

AIH Abdominal (Asupportive self-care remedies and techniques

What to Bring:

If possible, please bring a yoga mat or blanket for lying down during the session.

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.

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.

Sacred Listening as Healing Practice: An Experiential Workshop

In many traditional healing systems, transformation begins not with advice, but with presence. This hands-on workshop introduces sacred listening as a practical skill—one that can be used in healing work, counseling, education, and everyday life.

Drawing on cross-cultural practices such as plática in curanderismo and council traditions from other cultures, participants will learn how intentional, non-intervening listening can help others "desahogar"—to release what has been held inside—and restore a sense of clarity and balance.

Through guided partner exercises and small group work, participants will:

Practice listening without interrupting, fixing, or interpreting

Updated on 5/29/2026

Learn to recognize when they are taking on another person's emotional energy—and how to release it

Experience how focused presence alone can shift emotional and relational space

Participants will leave with simple, grounded techniques they can immediately apply in one-on-one conversations, healing sessions, or group settings.

Grief as Medicine: An Experiential Workshop on Loss, Release, and Renewal

Grief is not limited to death—it arises from all forms of loss, including relationships, identity, health, and life transitions. In this experiential workshop, participants will explore grief as a natural and necessary process that, when given space, can restore movement, meaning, and connection. Through guided reflection and simple practices, participants will learn ways to acknowledge, express, and gently work with grief in themselves and others.

Medicine Songs Across Cultures: Creating Your Own Healing Song (Thursday, June 11)

Across cultures, medicine songs are used not for performance, but for healing, prayer, and transformation. In this experiential workshop, participants will explore how simple, repetitive songs can emerge from intention, emotion, and lived experience.

Drawing on examples from Indigenous traditions, curanderismo, and cross-cultural practices, we will briefly explore common elements of medicine songs—then move quickly into direct experience.

Participants will:

- Listen to short examples of traditional medicine songs and identify common themes and structures
- Engage in a guided inner reflection to connect with a personal intention or healing theme
- Learn a simple process for shaping words, rhythm, and repetition into a song
- Begin creating their own medicine song in a supportive group environment

No musical experience is necessary.

Participants will leave not only with an understanding of how medicine songs work, but with the beginning of their own song—and a process they can continue to use for personal or community healing.

The Art of Lucid Living

Lucidity techniques to help further your journey in awakening to the sacred dream of life - manifestation, presence, and metaphysical walk-throughs to enhance your reality.

Updated on 5/29/2026

Golden Mirrors: Enter the Dreamscape

The Art of Lucid Living as a prerequisite as you will need to have practiced/walked through the techniques to move onto this next lesson/workshop that will welcome you into an ancient ritual of hermetic and indigenous roots - bringing the 'as above, so below' into our lives and perception to alter our dreams and in turn, our reality. This is a very advanced practice technique created over 15yrs of working with clients around the world - it is beautiful, simple, and life-altering.

Introduction to the Obsidian Mirror

Learn a brief history of the obsidian mirror, how it fits into the Mexica cosmology, and its power as a spiritual tool for personal transformation.

Mexica Energy Practices

This workshop explains how the ancient Mexica viewed the human energy system and presents specific practices you can use to gather, enhance, and protect your personal energy.

The Hope Advantage: Hope as a Wellbeing and Success Mindset

Instructor, Ralph Rafael Chavez, University of New Mexico, Contact: rafachavez@unm.edu

Hope is more than optimism—it is a powerful cognitive, emotional, and behavioral resource that strengthens resilience, guides decision-making, and supports human flourishing. In times of adversity, hope enables individuals to pause, assess challenges, and respond with greater clarity and intention.

This engaging and practical workshop introduces The Hope Advantage, an evidence-informed framework that integrates the Survival Rule of Threes, the psychological three-second reset, and Maslow's Hierarchy of Needs to explore hope as both an immediate survival tool and a lifelong developmental asset. Participants will discover how hope enhances emotional regulation, fosters belonging, improves coping and decision-making, and supports the journey toward becoming one's best possible self.

Through reflection, discussion, and applied strategies, attendees will learn how to intentionally cultivate hope in academic, personal, professional, and community settings. Participants will leave with practical tools and a personalized Hope Advantage action plan designed to strengthen resilience, well-being, and long-term success.

Note: Please bring with you a tablet, laptop, or smartphone to access class activities.

Updated on 5/29/2026

Natural Healing, Traditional Medicine, and the Science of Well-Being in Cancer Survivorship.

Instructor, Ralph Rafael Chavez, University of New Mexico, Contact: rafachavez@unm.edu

Join me for a deeply personal and transformative workshop as I share my cancer journey and the life-changing path that led me beyond conventional treatment options. Faced with difficult choices, I made the decision—against the recommendations of my medical team—to decline chemotherapy and radiation and instead pursue a healing journey grounded in natural medicine, traditional healing practices, and well-being science.

Nearly four years later, my survivorship journey continues to be shaped by the practices, strategies, and healing philosophies that helped me reclaim my health, vitality, and purpose.

In this workshop, participants will explore powerful traditional and natural approaches to healing and wellness that may support the body, mind, and spirit in overcoming health challenges, restoring balance, and cultivating greater life-force energy and resilience. Whether you are navigating a current health concern, supporting a loved one, or simply seeking to elevate your well-being to its highest potential, this session offers practical tools and meaningful insight.

Participants will learn:

- The mindset shifts that transformed my healing journey
- Natural and traditional healing practices that supported recovery and wellness
- Strategies for building a personal healing and wellness ecosystem
- Tools for cultivating resilience, vitality, hope, and purpose
- How to create a personalized roadmap toward optimal health and well-being

Most importantly, this workshop is about empowerment—discovering how to take ownership of your healing journey and adapting these principles in ways that are meaningful and sustainable for your own life.

Come explore what is possible when hope, intention, traditional wisdom, and holistic wellness come together in the pursuit of healing and human flourishing.

Note: Please bring with you a tablet, laptop, or smartphone to access class activities.