



*A Spiritual Journey
with*

Curanderos of Oaxaca, Mexico



Frida Kahlo Institute
for Women at the Borderlands



Take a spiritual journey to Oaxaca, Mexico to learn from and work with Curanderas/os, traditional healers of Mexico. We begin the 14-day journey in the beautiful capital city of Oaxaca state, attending presentations by healers to learn about the history of Curanderismo, the healing power of plants, and ritual. Mornings will be spent in intensive Spanish language classes and afternoons with healers for a variety of experiences including a botanical field trip in the Sierra Norte mountains, a visit to a local market to buy plants for making medicines, as well as participating in a limpia (spiritual cleansing), and a Temezcal (Aztec steam bath). From the city of Oaxaca, we travel to the Pacific coast of Oaxaca to visit with healers near the Lagoon of Chachahua, in the jungle, and in the Isthmus of Tehuantepec, considered the "heart" of Oaxaca. We will visit and learn about community development programs in rural Mexican environments. Join us for a life changing experience!

August 31— September 14, 2008

Cost \$1995

Call 575-737-0313 or 505-550-5519 for more information or to register.