



WELLNESS WORKSHOPS

Saturday, July 13

Take one or two classes, or spend the day with us for this transformative experience.

TATEMATINIERE (TA TE'MATEE NEE AIR E): THE SACRED WATERS; OUR FIRST MEDICINE

10:00 - 11:30am | Teepee (Meet at the Medicine Wheel)

Concha Garcia Allen, Aztec Ceremonial Leader

We are told that the Mother water is our first medicine. In this workshop, we will stop and take the time to taste the mother water and honor it. When do we ever do this? You will remember what is innate in All our relations, what unites us as species on our Mother Earth. This is a ceremony to honor, taste and make a relationship with our first Medicine, the waters. You will be reminded how when we are united with one thought, one prayer and one vision, miracles can happen. Class is \$50.

CULTIVATING YOUR POTENTIAL

1:00 – 3:00pm | Teepee (Meet at the Medicine Wheel)

Jade Gonzalez, Hypnotherapist

Go on a guided-hypnosis journey, tapping into your extraordinary potential. Rediscover your creative force within. Experience the higher vibrational frequencies of directed subtle intention with Source energy, a powerful tool used to create meaningful experiences. Share these energy building techniques with others, and expand your visions in beautiful ways. Guided hypnosis is a great way to discover new pathways to your personal success. Class is \$50.

MOON CEREMONY

7:30 - 9:00pm | Bosque (Meet at the Medicine Wheel)

Jessica Ibarra, Spiritual Guidance

The moon has long been a symbol of transition and change, directing the tides of the sea and the shifts in our lives. Come dance around the fire as we honor the arrival of the second half of the year. Listen to the beat of the drum and the rhythm of the rattles, allowing yourself to let go of those things that no longer serve you. Together we will call forth new beginnings as we celebrate the moon through ceremony. Class is \$50.



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