



WELLNESS WORKSHOPS

Saturday, August 17

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.

DISSOLVING THROUGH SOUND

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

Alexis Cintron, Energy Intuitive

Our bodies are containers that support the flow of life moving through each of us. Where we are within ourselves will depend on how we receive and give back to life. Join us as we navigate the water within our bodies, utilizing the power of the sound of your voice to dissolve the blocks within the mind and body. Class is \$50.

FULL 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 cycles of the moon. 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 and call forth new beginnings. Together we will honor the sacred feminine energy of the moon through prayer, dancing, rhythm and ceremony. Class is \$50.



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