



CURANDERISMO

THE LIVING MEDICINE

A 10-Day Initiation into Traditional Mexican Medicine and Ancestral Wisdom.

October 2 - 11, 2026

Oaxaca, Mexico

An immersive exploration into ancestral knowledge and the deep understandings of elementals, matter, energy, nature, medicinal plants, ritual, physical body, spirit and sacred order preserved through “Curanderismo” healing arts.

RESERVE YOUR PLACE

THE ANCESTRAL WISDOM

Traditional Mexican Medicine emerges from an ancestral understanding that human existence is shaped by both visible and invisible forces.

Within this wisdom, the universe forces, spirit, energy, ritual, nature and consciousness are understood as part of a greater sacred order governing harmony, imbalance and transformation.

Healing is approached not simply as treatment, but as the restoration of alignment between the human being and the forces moving through existence itself.



THE IMMERSION

This immersive initiation offers rare access to ancestral teachings and practices still preserved within Traditional Mexican Medicine today.

Through ritual, reverence, communion, prayer, energetic work, medicinal plants, traditions and ceremonial knowledge carried through generations, participants will enter foundational perspectives on healing, spirit and sacred order beyond modern systems of wellness and spirituality to expand their understanding of themselves, humanity and life.

Introduction to traditional uses of medicinal plants, copal, and energetic cleansing practices known as “limpias”

Practices for depression, anxiety, emotional distress, and other contemporary challenges will be addressed, alongside ancient healing traditions such as soul retrieval, “manteada” and more.

Participants will build a personalized toolkit — an evolving resource that grows with their understanding throughout the program. While this is not a personal healing program, participants often find that the immersion naturally invites their own transformational journey.

Rooted in the ancestral wisdom passed down through my Mixteca lineage, this immersion invites participants into direct encounter with living ancestral tradition.

Guided by Inés José López, Native Mixteca Curandera from Oaxaca, México.



FOUNDATIONS OF THE MEDICINE

Energetic Perception and Sacred Awareness:

Participants will be introduced to ancestral understandings of energetic movement, spiritual disturbance and the invisible forces that influence human life beyond the physical body.

Cleansing and Spiritual Protection:

Traditional cleansing practices have long been used to restore clarity, remove energetic heaviness and protect the spirit through ritual, ceremony, and conscientious presence.

Ritual and Communication with the Unseen:

Within Traditional Mexican Medicine, ritual serves as a bridge between visible and invisible dimensions of existence — a form of sacred communication, alignment and energetic reciprocity.

Mother Nature, Elementals and Prayer:

Medicinal plants, natural elements and prayer are approached as carriers of spiritual force, transformation and restoration within ancestral healing wisdom.

Imbalance and Restoration:

Participants will explore ancestral perspectives surrounding imbalance, fragmentation, soul separation and the restoration of sacred harmony.



OAXACA, MEXICO

Oaxaca is a powerful energetic vortex which remains one of the great living centers of ancestral memory in México — a place where ritual, sacred knowledge and spiritual continuity remain woven into everyday life.

By gathering in this energetic field, participants enter into direct contact with the living source of this ancestral medicine, allowing for a natural shift in perception and awareness.



WHO THIS IS FOR

Designed for practitioners, healers, facilitators and seekers called toward deeper understandings of energy, spirit and ancestral systems of healing beyond modern wellness culture.

SACRED RECIPROCITY

Within ancestral traditions, knowledge is inseparable from responsibility. “Tequio” is part of our everyday lives in our community.

Part of the proceeds from this immersion supports ongoing work with Oaxacan girls living in foster care through cultural, emotional and spiritual accompaniment rooted in dignity, care and continuity.

A DAY WITHIN THE IMMERSION

Each day unfolds through a carefully held rhythm balancing ceremonial practice, ancestral teachings, energetic work, reflection and integration.

While the immersion remains responsive to the energetic movement of the group and the traditions being shared, days may include experiences such as:

- Dawn Silence & Energetic Preparation
- Traditional Teachings & Ancestral Worldview

Midday Rest & Integration:

Time for nourishment, reflection and quiet integration.

Ritual Practice & Energetic Work:

Experiential ceremonial practices exploring energetic perception.

Evening Ceremony:

Night gatherings centered around ritual, reflection and sacred presence.

INVESTMENT

The exchange for this 10-day immersion includes:

- Daily teachings and ceremonial experiences
- Ritual materials and sacred practices
- Immersion guidance and preparation
- Accommodation on double occupancy
- All meals (3 per day)
- All ground Transportation during immersion
- All guided meditative visits to a sacred waterfall and powerful ancestral sites to expand your awareness and deep connection.

- Expert led nature walk for medicinal herb identification and collection

- Entire English instruction to avoid any lost in translation
- 1 Traditional Temazcal Ceremony (sweat lodge)

- Initial Curanderismo toolkit to continue your practice at home

- Virtual pre-immersion orientation session to connect with yourself and each other intentionally as well as to prepare you for your journey.

Exchange:

\$3,300 USD

Flexible payment plans are available for those who need them.

After completing the registration form, please reach out directly via WhatsApp to discuss arrangements.

Limited intimate group (10 - 15)

ACCOMMODATION

Accommodation details will be shared with participants upon registration.

The immersion will take place within a carefully selected environment in Oaxaca designed to support the depth and intimacy of the experience.

Exchange is based on shared accommodation. Limited private accommodations may be available upon request for an additional cost.

RESERVE YOUR PLACE

Spaces are intentionally limited to preserve the intimacy and depth of the immersion.

RESERVE YOUR PLACE

Completing the form allows us to follow up with immersion details and next steps.

Questions or payment arrangements?

Please contact me directly via WhatsApp:
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