



TIERRA MORENA

Holistic Services | An Integration Of Mesoamerican Healing Traditions

December 2021

Release and Embrace your Vision .



Offerings With Maestra Tereza Iñiguez-Flores

December Virtual Circles

Traditional Limpia

12/18/2021 Saturday 7:30-9:30 pm \$30 [Register Here](#)

Energetic Cleansing in connection with November's Full Moon. This moon brings us into a perfect time to embrace the abundance of our inner beauty with gratitude. It is a wonderful time to embody your knowing, joy, love, and inner essence as your medicine. Join me, as we remove the residue of conflict, doubt, and heaviness, and invite clarity to our vision and walk into beauty, abundance, and inner growth. A time to realign yourself with your inner treasures to prepare for inner reflection as we move towards transformation.

Intentional Healing Circle

11/28 Sunday 11:30 -1 pm Heartfelt Donation [Register Here](#)

Ongoing every 4th Sunday of the Month. Intentional community prayers bring healing to self, family, friends, community, and the world. The power of unity prayer is the beauty of this circle.

This beautiful circle brings focus with heartfelt intention for the well-being of others. When we connect with all our senses and heart the miracle of distance healing touches not only others but our own well being as well. .

Transformational Circle

Wednesday Evenings 6:30-8:15 pm | No Cost [Register Here](#)

In collaboration with Community Well, these circles provide a safe space for community building where participants may dive deeper into their experiences that created emotional, cultural, historical trauma and related stress. Tools will be shared to alleviate anxiety, stress and create a new healthy perspective of self. The goal of these circles is to provide embodied experiences in which participants can feel empowered as they release and invite transformation into their lives.

In Person Circle

To keep us all safe: this circle has limited space, face coverings are required.

Bajo and Rebozo Cerrada

The womb space is our center, let's heal our womb stories.

Next offering will be December 19th 3 pm

\$160

[Register Here](#)

If you are interested in learning these healing modalities, contact Tereza

Self reflection, rebirth, forgiveness, healing, and balance through our womb.

Using the grandmother's medicine to bring healing to the stories that lay within our womb. This is also beneficial for healing after giving birth.

Bajos, meaning "down low," vaginal steaming is a beautiful practice found in all indigenous cultures around the world including in the Mesoamerican healing traditions. Bajo energetically restores harmony as well as helps release trauma that may be held in the womb. With the connection of the elements of life: herbs, water, heat, and prayers--Bajo nourishes, tones, and brings fresh, oxygenated blood as it cleanses the womb space.

Trauma Release Steam This ritual is especially beneficial for stagnant fertility conditions, endometriosis, scar tissue from fibroid removal, vaginal tears, long cycles, blood clotting during menstruation, and eases cramps. It is beneficial for women who have had sexual trauma, pregnancy loss, hysterectomies or are in full menopause.

Postpartum Steam In many regions women use steam baths after giving birth. It is part of the traditional remedy to recover energy, health, and pelvic tone after giving birth. It helps nourish, bring circulation, heal the pelvic floor, and clear the uterine lining.

The Rebozo Cerrada (Cocooning wrap) This is a beautiful and nurturing way to reconnect to the earth and to the self. It is a supportive technique to heal and realign the womb as well as other traumatic experiences. This method helps integrate balance to the nervous system as it contains and restores energy. This is a sacred way to bring closure after the Bajo Ritual.

The Rebozo Cerrada (postpartum binding) This is beneficial for balancing the body's temperature and recovering from trauma experienced during pregnancy or childbirth. This is a sacred ritual for closure and honoring the birth mother.

For more information on any of these offerings or to schedule private sessions for individuals & couples, contact: terezalamorena@gmail.com | 415.260.8252