



Tierra Morena

Holistic Services | An Integration Of Mesoamerican Healing Traditions

October 2021

Harvest Your Gifts of Beauty

Offerings With Maestra Tereza Iñiguez-Flores

Ongoing Virtual Circles for October

Traditional Limpia | October 23rd, Saturday 7:30-9:30 pm | \$30 | [Register Here](#)

Energetic Cleansing in connection with October's Full Moon. This moon brings us into a perfect time to embrace our abundance. It is a time to claim our knowing, joy, love, and inner essence as our 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.

Intentional Healing Circle | October 24th, 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.

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

In collaboration with Community Well, these circles provide a safe space and tools of empowerment for participants to dive deeper into their experiences that created emotional, cultural, historical trauma, and related stress for inner transformation.

Walking with Nuestra Medicina | October 16th, Saturday 6pm- 8pm | \$35 | [Register Here](#)

.With the teachings and sharing of Mesoamerican healing modalities in rhythm with the seasons, Ricardo Galvan & Maestra Tereza, bring healing to your inner challenges. Descarga (release) y Regalos (gifts). *The Intention of these Ongoing Online Platicas are to build community and reconnect individuals with "Nuestra Medicina." Those who join us, and who are already walking this path, will enhance and integrate it at a deeper level. If you're still in search of how to walk with the Medicina, you'll reconnect to your center and esencia at a pace that is right for you. Intentionally, you will embrace these teachings into your life first, and then carry this Medicina in a way that resonates within your world.*

Bajo and Rebozo Cerrada |October 17th, Sunday 3:00 pm | \$160 | [Register Here](#)

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

This offering will be in person with very limited space.

To keep us all safe: face coverings are required, as well as proof of vaccination, or a negative Covid-19 test result received within 72 hours of the event.

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.
is also beneficial for healing after giving birth.*

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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