



Tierra Morena

Holistic Services | An Integration Of Mesoamerican Healing Traditions

September 2021

Embrace Your Inner Knowing

Virtual Offerings With Maestra Tereza Iñiguez-Flores

Upcoming Courses

New Seeds of Ancient Wisdom | Begins September 11th, Saturday, 9:30 am

Course Cost \$477.

[Register Here](#)

By utilizing the fundamentals of your Ancestral Wisdom, this intensive 6 month course will awaken your inherited wisdom and reconnect you to your inner gifts as you step into transformation. This course is filled with rich information around the layers of trauma, its effects and how to bring healing with intention, rituals, and nature's gifts. You will also learn how to integrate these teachings into all aspects of your life including your professional path.

We all have a story that needs mending and/or restructuring. Through these teachings you will receive support as you discover the freedom to reweave your own colorful tapestry of life filled with self expression. You will receive medicine and tools to unravel the entanglements from present life traumas, as well as the traumas that have been inherited (lineage, historical, family). Each month, within a supportive circle, you will receive rich information with guidance for you to heal and transform your story.

Rebozo Cerrada | Early- to Mid-October

For Practitioners working with postpartum mothers and trauma

For more information please send email to terezalamorena@gmail.com

The Rebozo Cerrada (*closing wrap, postpartum binding*) is a beautiful and nurturing way to hold the birth mother and reconnect her to the earth, herself and enhance her connection to the baby. It also supports, closes, and re-aligns the womb as it balances the body's temperature This sacred way of bringing closure and honor to the mother.

The Rebozo Cerrada (postpartum binding) is also beneficial for the recovery of body trauma experienced during the pregnancy, child birth as well as other traumatic experiences This method helps integrate balance the nervous system as it helps to contain and restores energy.

Upcoming September Circles

Traditional Limpia | September 18th, Saturday 7:30-9:30 pm | \$30

[Register Here](#)

Energetic Cleansing in connection with Septembers Full Moon. This moon brings us into a perfect time to embrace our abundance. 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, inviting clarity to our vision and walk into beauty, abundance and inner growth.

***Date Change* Next Walking with Nuestra Medicina | September 25th, Saturday 6:30pm-8:30pm | \$35**

[Register Here](#)

On-going every month.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 is 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 with 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.

***Time Change* Intentional Healing Circle | September 26th, Sunday 11:30am-1 pm | Heartfelt Donation**

[Register Here](#)

On-going 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. We gather every 4th Sunday of the month.

Transformational Circle | Every Wednesday Evening 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.

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