



# Tierra Morena

Holistic Services | An Integration Of Mesoamerican Healing Traditions

**July 2021**

**Embrace Your Beauty**

Upcoming Virtual Offerings With Maestra Tereza Iñiguez-Flores

## **Upcoming Circles**

**Traditional Limpia | July 24th, Saturday 7:00-8:30 pm | \$25 | [Register Here](#)**

Energetic Cleansing in connection with June's Full Moon, known as the Super Flower Moon. This moon brings us into a perfect time to blossom and to give birth to your dreams into reality and celebration. A time to invite tenderness, joy, love and laughter as medicine.

Join me as we remove the residue of conflict, doubt and heaviness, allowing us the energetic space to invite magical energy and growth.

**Intentional Healing Circle | July 25, Sunday 10-11:30 am | 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.

**Next Walking with Nuestra Medicina | August 14, Saturday 6pm- 8pm | \$35 | [Register Here](#)**

**On-going every 2nd Saturday of the 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.*

# Upcoming Courses

**Seeds of Ancient Wisdom | Begins mid-August | [Register Here](#)**

**Pre-registration is required; [Register Here](#) for the Intro class July 18th. Course Cost \$477.**

*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, ritual, and nature's gifts. You will also learn how to integrate these teachings into all aspects of your life.*

We all have a story that needs mending and / or restructuring. Through these teachings you will receive support and 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 caused by traumas in your present life experiences, 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 embody as you heal your story.

**Grief Doula Heart-Centered Certification | Begins August 8, Sunday 9:00am | [Register Here](#)**

**Pre-registration required, Cost \$250.** Grief is a natural response to loss, how we hold it and process through it is very personal. Stepping into the role of a Grief Doula. Gain guidance to support others through their grief process. This is a 6-session certified course, beautifully designed from the hearts center. In this course we will be building community, guidance and providing you with supportive tools to better prepare you as a Grief Doula. Each session holds heart to heart story sharing (Platica) and is filled with rich information and universal modalities to support you as a Grief Doula. All sessions will be recorded.

**To schedule private sessions for individuals & couples, contact:**

**[terezalamorena@gmail.com](mailto:terezalamorena@gmail.com) | 415.260.82352**