



LA LENGUA DE LAS DIOSAS

A Chingona Retreat

AT CASA SALCIDO | PLAYAS DE ROSARITO, B.C., MEXICO



La Lengua de las Diosas is a gathering devoted to the wisdom of the tongue, the memory of the womb, and the deep knowing held in fascia, voice, and breath. Together we will create an intimate micro-community where learning feels like ceremony and connection becomes a way of remembering ourselves. Over three days, we move through storywork, somatic practice, sound healing, and collective voicework to awaken the knowledges our bodies already carry.

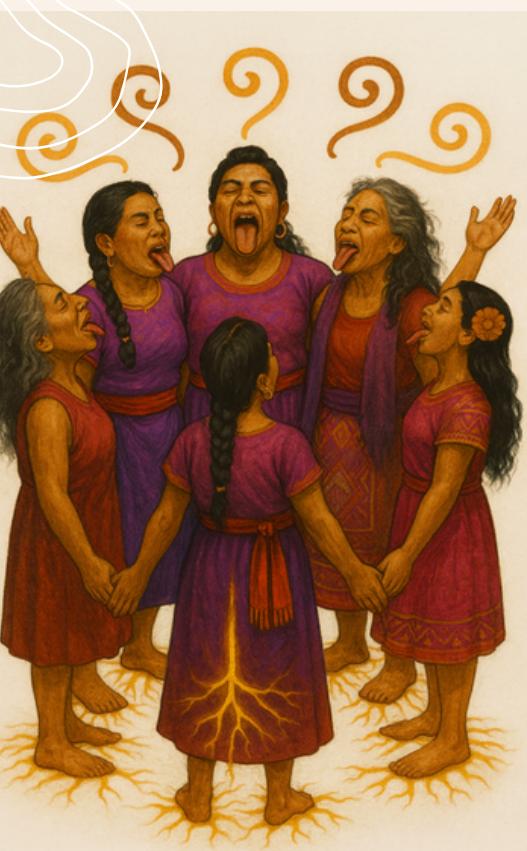
Malinche guides this journey as an archetype of language, courage, and ancestral continuity. Her tongue teaches us to speak from the body's intelligence, to listen to what lives beneath silence, and to reclaim the voice as a source of agency, creativity, and power. Through her, we learn to move across worlds with clarity and tenderness.

This retreat is spacious, relational, and embodied. You will experience polvo ceremony, Monster drawing, somatic grounding, sound baths, and a Vocal Lab that brings voice, breath, and presence into harmony. Throughout the retreat, you will be nourished by meals prepared by Chef Silvana, whose artistry and ancestral cooking traditions make food a central part of the healing. Her dishes carry memory, joy, and cultural depth, offering nourishment that supports both body and spirit.

La Lengua de las Diosas is an invitation to soften into truth, to meet yourself with compassion, to build community through sound and story, and to return home carrying a strengthened sense of voice, lineage, and emotional freedom. It is a space held with integrity, reciprocity, and deep cultural care, where each participant is honored as both learner and knowledge keeper.

ACTIVITIES OVERVIEW

The Vocal Lab is a core part of this retreat and often one of the most transformative experiences. This is not singing class and not performance. No one is expected to "sing in public," carry a tune, or produce anything for others. Instead, we explore sound as a gentle expression of breath, sensation, and instinct.



Vocal Lab

Participants will learn foundational skills that support a grounded, intentional, embodied vocal practice. Through simple movements, guided sound painting, and intuitive vocal play, the voice is invited to move without perfection. Sound painting is about allowing sounds to emerge, following the body's cues, and letting breath guide expression. Many people who arrive nervous about their voices find this practice unexpectedly comforting and healing.

As trust grows, voices begin to integrate together in ways that feel organic, tender, and powerful. This collective sound weaving is relational, courageous, and often deeply liberating. Quiet presence is always welcome, and participation unfolds gently, at each person's own pace.

Sound Healing

Sound baths are offered throughout the retreat to help soothe, settle, and integrate. Participants rest comfortably while vibration and tone move through the body, supporting release and grounding. This is spacious, gentle work that allows the nervous system to exhale.



Music Circle

We will gather for a gentle music circle. This practice is a celebration of everything the body has remembered. We hum, drum, sway, and allow sound to move through community with softness and joy. This is a shared offering, a way of honoring the journey with warmth and gratitude.

Polvo Ceremony

The Polvo Ceremony is a grounding ritual that awakens ancestral presence and prepares the body to enter ceremonial time. In this circle, we work with sacred tobacco as a reminder that we are formed from earth, memory, and spirit. The polvo is offered to support protection, cleansing, and clarity. This practice invites us to slow down, breathe, and reconnect with our lineage and with the land itself. It signals that we are crossing a threshold into deeper work and restores our relationship to ritual.



Monster Meditation and Drawing

This practice invites participants to meet their shadow with tenderness and curiosity. Through guided visualization, each person encounters their “monster,” the part of self that holds fear, instinct, warning, protection, and truth. The meditation is followed by intuitive drawing, giving shape to what lives inside the body. This process brings what is hidden into view, offering clarity, emotional release, and a creative path toward integration.



Somatic Grounding and Movement

We move gently to open the fascia, soften the nervous system, and reconnect breath, voice, and womb. These sessions support emotional regulation and help the body prepare for deeper voicework, rest, and connection. Somatic practice is not about performance but about listening to what the body is ready to reveal.





Ancestral
cooking

CHEF INSPIRED MEALS

Our meals are one of the most important elements of our retreats because it nourishes both body and spirit. The meals prepared here are ceremony, memory, and cultural inheritance.



Chef Silvana is a renowned chef whose work is rooted in ancestral practice, creativity, and deep love. For many guests, her meals become the most memorable part of the retreat because they are crafted with intention, care, and artistic mastery. Preparing this level of nourishment requires high quality ingredients, time, and the necessary support to help her in the kitchen. Including food, preparation, and kitchen labor within our shared cost reflects the truth that this nourishment is central to the retreat experience. It is part of the teaching, part of the healing, and part of what makes these gatherings unforgettable.

CHEF SILVANA SALCIDO ESPARZA

Chef and Host

Chef Silvana Salcido Esparza is an award-winning chef, visionary, and cultural warrior whose work has redefined Mexican cuisine in the United States. Born into a family of bakers with an 800-year legacy, she blends ancestral traditions with fearless creativity and a lifelong commitment to justice. After studying at the Scottsdale Culinary Institute, she traveled across Mexico learning from traditional cooks, a journey that shaped her mission to reclaim and elevate Mexican gastronomy as art, history, and resistance. Founder of the renowned Barrio Café in Phoenix and its sister projects, Chef Silvana has earned nine James Beard nominations while centering food as activism. She created *Taller de Cocina Mexicana* in Playas de Rosarito, a free culinary program teaching youth ancestral and contemporary cooking as pathways to empowerment. Her book, *La Hija de La Chingada: Chronicles of a Mexican Chef*, is available in Spanish and English. Through flavor, art, and radical love, she continues to protect culture and nourish her communities today.

Chef Silvana will nourish the circle through meals prepared with ancestral intention, creativity, and deep cultural memory. Her food is ceremony, crafted to honor the wisdom of the tongue and the generative power of the womb. Through her artistry and presence, participants will experience nourishment as teaching, as healing, and as a form of love that sustains both body and spirit. Her meals invite guests to slow down, savor, and remember the lineage carried through flavor, texture, and care.

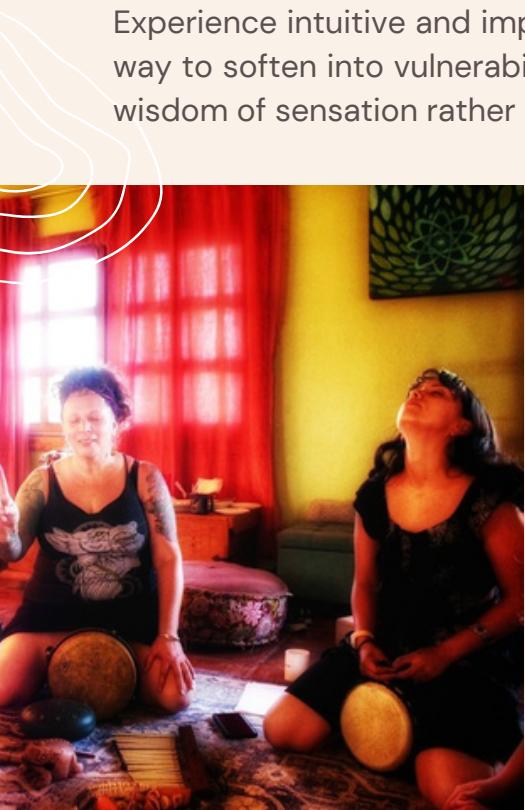


LEARNING *Intentions*

Explore the voice as a living source of memory, sensation, and ancestral knowing, guided by breath, emotion, and the body's wisdom.

Learn the foundational skills that support grounded, intentional, embodied vocal practice, allowing sound to move through fascia, diaphragm, and pelvic bowl with ease.

Experience intuitive and improvisational sound painting as a way to soften into vulnerability, trust instinct, and follow the wisdom of sensation rather than scripted form.



Practice collective sound weaving, where individual voices meet and harmonize to build connection, courage, and a shared emotional landscape.



LEARNING *Intentions*

Reclaim vocal expression as a culturally rooted and embodied form of knowledge that nurtures emotional release, disrupts silence, and strengthens community relationality.

Strengthen the relationship between breath, movement, and sound so the voice becomes an integrated expression of body, lineage, and spirit

Learn to listen with the whole body and respond to others from a place of empathy, resonance, and reciprocity, deepening the micro-community formed in the retreat.



Experience the voice as a site of healing and restoration, inviting participants to return to their own frequencies, expand their emotional capacity, and express themselves with intention and courage.



THE AGENDA

We want to honor those who move through time like a slow, flowing creek and those who live inside the realities of jobs, travel, and schedules shaped by the colonial construct of time. We also want to honor the facilitators by giving them the space they need to offer the wisdom we are gathering for. This retreat brings many truths into one place, and our agenda is designed to hold all of them with care.

Please consider our time together as ceremony. In ceremony, arrival matters because we are entering a shared vessel of intention. **The opening circle is the one moment when we ask everyone to arrive on time.** This is where we begin to build trust, take gentle risks, and create the intimacy that helps us feel safe together. Once we begin, think of the agenda as a bowl rather than a clock, something that holds us rather than directs us.

The flow of the retreat will move like the tide. There is shape and rhythm, but also space to breathe, pause, and listen. Meals will be served at set times because food preparation and serving require coordination, labor, and attention to safety. All other activities are invitations, not obligations. If you need rest or solitude, we encourage you to honor that need and receive whatever is calling you in the moment.

We have intentionally created spaciousness between sessions so we are not moving from one thing to the next without time to integrate. These pauses are for digestion of body and spirit. Facilitators will also respond in real time to the needs of the group, so the agenda may shift with the wisdom and energy of the circle. Nothing is fixed.

The retreat will formally close at the scheduled time, though participants are welcome to take their time leaving the space. If you wish to linger in conversation or find a quiet moment before returning to daily life, you are invited to do so. The official hosting will be complete, but the space will remain gentle for your departure.

ACCESSIBILITY, RECIPROCITY, AND SHARED CARE



Our intention is to offer this retreat as accessible, reciprocal, and grounded in community care. This retreat is offered in reciprocity rather than profit. We invite you to contribute what you can toward the shared expense, trusting that some may offer more and others may offer differently through labor, creativity, or supportive presence. No one will be turned away for lack of funds. To help keep the retreat accessible, we also share simple acts of care throughout the weekend, such as assisting with meal preparation, serving, washing dishes, and gentle clean up. At the end of the retreat, we ask guests to gather their linens and tidy their sleeping space so we may close the home together. These acts are not chores. They are expressions of relationship, a way of tending to one another and to the land that holds us. Through shared responsibility, we sustain a retreat rooted in culture, community, nourishment, and love.



Our intention is to be transparent about the cost of hosting while also honoring that everyone arrives with different capacities. The total shared cost for a two-night gathering at Casa Salcido is about \$3000. This includes chef-prepared meals, water, propane, cleaning supplies, waste disposal, preparation of the home, mid-retreat cleaning, labor, and facilitator honorariums. We share this openly so all participants understand what it takes to hold a gathering like this with transparency, respect, and collective responsibility.

Our meals are one of the most important elements of our retreats because it nourishes both body and spirit. The meals prepared here are ceremony, memory, and cultural inheritance. Chef Silvana is a renowned chef whose work is rooted in ancestral practice, creativity, and deep love. For many guests, her meals become the most memorable part of the retreat because they are crafted with intention, care, and artistic mastery. Preparing this level of nourishment requires high quality ingredients, time, and the necessary support to help her in the kitchen. Including food, preparation, and kitchen labor within our shared cost reflects the truth that this nourishment is central to the retreat experience. It is part of the teaching, part of the healing, and part of what makes these gatherings unforgettable.



SLEEPING ARRANGEMENTS

All sleeping arrangements for this retreat are shared. We gather in community, and the way we sleep reflects that spirit of togetherness, care, and reciprocity. Casa Salcido has three bedrooms available, along with several additional spaces that can be made comfortable for rest.

We have one queen bed, one king bed, two full beds, and two twin beds. We also have three full-size cots and a pull out queen bed in the yoga room. If you feel comfortable sharing one of the larger beds with one other person, please let Serina know. This helps us make sure everyone has a place to sleep that feels safe and supported.

All bedding, linens, pillows, and warm coverings will be provided. What matters most is that everyone has a place to land, to rest, and to be held by the space. We will work together to make sure sleeping arrangements honor comfort, consent, and community care.



AGENDA

Friday

Time	Activity	Facilitator	Helpers Needed	Description	Purpose	Nahui Ollin Energy
9:00 AM	Breakfast	Chef Silvana	2 helpers needed, for preparing, and dishes	First nourishment of the retreat. Guests can land gently and settle into the space.	To ground into the home and each other.	Tezcatlipoca • Arrival and reflection
11:00 AM	Opening Circle - Attendance of all is asked	Mama Shabeta, Serina		Introductions, altar creation, shared agreements, breathwork, sound, and grounding.	Establish trust, presence, and communal intention.	Tezcatlipoca • Setting the mirror
1:00 PM	Lunch and Rest	Chef Silvana	Helpers needed for food preparing, setting, and clean up	Nourishing meal followed by spacious time for rest or solitude.	To settle into the rhythm of the retreat and receive nourishment.	Quetzalcoatl • Precious knowledge through rest
3:00 PM	Somatic Movement	Serina		Gentle movement to open fascia, breath, and voice pathways.	To reconnect to the body's knowing and soften into presence.	Huitzilopochli • Awakening action
4:00 PM	Malinche: From La Chingada to Chingona	Serina		Experiential learning on Malinche as archetype of language, memory, and ancestral continuity.	To re-story Malinche and deepen into the retreat theme.	Quetzalcoatl • Knowledge and clarity
5:00 PM	Tobacco Relatives	Mama Shabeta		Teaching on tobacco as elder and relative, followed by a small relational practice.	To enter relationship with plant teachers and ancestral guidance.	Huitzilopochli • Intentional action
6:00 PM	Dinner	Chef Silvana	Helpers needed for food preparing, setting, and clean up	Shared meal rooted in ancestral nourishment and joy.	To feed body and spirit, honor food as ceremony.	Quetzalcoatl • Learning through nourishment
8:00 PM	Music Circle	Serina		Drum, chant, playful exploration of sound and presence.	To build intimacy, voice connection, and community rhythm.	Xipe Totec • Soft transformation
9:00 PM	Sound Healing	Monica		Evening sound session to soothe and integrate the day's teachings.	To settle the nervous system and prepare for rest.	Xipe Totec • Integration

AGENDA

Saturday

Time	Activity	Facilitator	Helpers Needed	Description	Purpose	Nahui Ollin Energy
9:00 AM	Breakfast	Chef Silvana	2 helpers needed, for preparing, and dishes	Morning nourishment prepared with intention.	To begin the day grounded and cared for.	Quetzalcoatl
11:00 AM	Vocal Lab	Stephanie		Guided vocal exploration through breath, movement, intuitive sound, and relational practice.	To awaken the voice as memory, sensation, and healing.	Huitzilopochtli
2:00 PM	Lunch and Rest	Chef Silvana	Helpers needed for food preparing, setting, and clean up	A meal that celebrates flavor and lineage followed by time for rest, journaling, or solitude.	To integrate the morning's work.	Tezcatlipoca
4:00 PM	Somatic Movement	Refugio		Movement practice focused on grounding and emotional release.	To support embodiment and regulate energy.	Huitzilopochtli
5:00 PM	Polvo Ceremony and Monsters	Mama Shabeta		Polvo blessing followed by Monster meditation and drawing.	To meet the shadow with compassion and courage.	Xipe Totec
7:00 PM	Dinner	Chef Silvana	Helpers needed for food preparing, setting, and clean up	Evening meal prepared with ancestral love and artistry.	To nourish and build community connection.	Quetzalcoatl
9:00 PM	Vocal Lab and Sound Healing	Stephanie		Night session weaving intuitive soundscapes and group resonance.	To deepen relational voicework and emotional expression. Closing with sound healing meditation for restful sleep	Xipe Totec

AGENDA

Sunday

Time	Activity	Facilitator	Helpers Needed	Description	Purpose	Nahui Ollin Energy
9:00 AM	Breakfast	Chef Silvana	2 helpers needed, for preparing, and dishes	Final shared meal together.	To gather energy for closing work.	Quetzalcoatl
10:00 AM	Sound Healing	Monica		Integrative sound session to clear, soothe, and release.	To prepare the body for closure and transition.	Tezcatlipoca
11:00 AM	Closing Ceremony with voice, music, and movement	All facilitators		Collective offering of sound, breath, movement, and final blessings.	To honor what has been learned and release the container.	Xipe Totec
1:00 PM	Lunch and Retreat Closed			Final meal. Guests may stay a bit longer for rest or quiet conversation.	Gentle transition back to daily life.	Return to center

Baja Mexico

CASA SALCIDO





CASA AMOR

Casa Salcido is not a retreat center. It is the lived in, cared for home of wives, Chef Silvana and Serina Payan, shaped through decades of creativity, culture, and community

Chef Silvana has been building Casa Salcido for more than twenty four years, room by room, shaped by provocative and cultural art, resilience, and a deep love for Mexican history. The walls and details reflect her hands, her vision, and her commitment to creating a warm and welcoming home.

Serina and Silvana now live at Casa Salcido full time, deepening their roots in the vecindad and becoming part of daily community life. Their presence has supported local youth and elders and strengthened Casa Salcido's role as a space for gathering and learning.

Casa Salcido sits on a hillside overlooking the ocean, with patios that open to sky and sea. The warm, communal spaces and quiet nooks invite connection or solitude. You can drink your cafecito, journal, rest, or step outside to feel the breeze. It is a home feilled by love, laughter, tears, and relationship.

Casa Salcido continues to evolve. It is a home held with intention, created to gather community, nourish body and spirit, and offer an Elsewheres beyond the gaze of the Ivory Tower, where community can reconnect with themselves and each other.



SUSTAINABILITY

of community and land

Casa Salcido practices sustainability as a daily act of relationship. Our water is captured and stewarded with care, honoring the responsibility we hold in a region where water is precious. Solar power supports the home, and gray water is reused to nourish the plants that surround us. We reduce plastics whenever possible and repurpose what we can for future projects on the land. Aluminum is recycled, and food scraps and paper are composted to build soil and feed the garden.

These choices are simple but intentional. They reflect our belief that caring for the land is caring for the body, and that small, consistent practices create long-term change. Sustainability is a way of living in right relationship with land and bodies.



TALLER COCINA

Chef Silvana's has dedicated her career to decolonial education, uplifting communities, and fighting for representation. Her work is guided by a simple ethic: "I can't keep it if I don't give it back."

Her commitment to the next generation inspired the creation of Taller de Cocina Mexicana at Casa Salcido, a free culinary program where youth learn traditional and contemporary Mexican cuisine through hands-on practice rooted in ancestral knowledges.

The next phase of this work is the construction of a professional teaching kitchen, opening summer 2026. With the support of community members who believe in this vision, Casa Salcido is building a cocina taller that will offer youth a dedicated training space and expand community learning.

In addition to youth programming, the taller will host sustainably priced master classes, cooking immersions, and culinary excursions. Chef Silvana will bring ancestral doña cooks from across Mexico to share regional techniques passed down through generations.





Facilitators *and hosts*



DRA. SERINA PAYAN HAZELWOOD

Host and Facilitator



Dra. Serina Payan Hazelwood (Dra/She/Ella) is a queer, Indigenous Chicana scholar, educator, and community gatherer. Steward of The Elsewheres, she creates spaces for learning rooted in ceremony, storywork, and embodied practice. She holds a PhD in Sustainability Education and an MA in Interdisciplinary Studies from Prescott College and is currently pursuing a second master's in Regenerative Design.

As an AASECT Certified Sexuality Educator, Organizational Provider, and Supervisor in Training, her work bridges professional education with Indigenous and decolonial pedagogies. Living on Kumeyaay lands in Playas de Rosarito, she teaches from a core truth: violence to the land is violence to our bodies. Guided by the Nahui Ollin, her work re-animates Chingonisma as a body of knowledge that restores voice, memory, and communal power. Through The Elsewheres, Serina stewards spaces where people remember themselves, practice accountability, and build futures with land, body, and ancestors in right relation.

Serina will guide participants through somatic grounding, movement, and voice practices that reconnect the tongue, womb, and fascia as sites of remembering. She will offer teachings on Malinche as archetype, experiential work on embodied voice and Chingonisma, and a music circle that invites collective sound as medicine. Her facilitation centers ceremony, intimacy, and embodied truth.

CHEF SILVANA SALCIDO ESPARZA

Host and Facilitator



Chef Silvana Salcido Esparza is an award-winning chef, visionary, and cultural warrior whose work has redefined Mexican cuisine in the United States. Born into a family of bakers with an 800-year legacy, she blends ancestral traditions with fearless creativity and a lifelong commitment to justice. After studying at the Scottsdale Culinary Institute, she traveled across Mexico learning from traditional cooks, a journey that shaped her mission to reclaim and elevate Mexican gastronomy as art, history, and resistance. Founder of the renowned Barrio Café in Phoenix and its sister projects, Chef Silvana has earned nine James Beard nominations while centering food as activism. She created Taller de Cocina Mexicana in Playas de Rosarito, a free culinary program teaching youth ancestral and contemporary cooking as pathways to empowerment. Her book, *La Hija de La Chingada: Chronicles of a Mexican Chef*, is available in Spanish and English. Through flavor, art, and radical love, she continues to protect culture and nourish her communities today.

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MAMA SHABETA

Facilitator



Mama Shabeta is a curandera, elder, and spiritual guide whose medicine is rooted in the sacred relationship between land, body, and spirit. She works with sacred tobacco as a teacher and healer, honoring it as a bridge between the seen and unseen worlds. Her teachings remind us that every plant is a relative and every act of care is ceremony. Guided by ancestral lineages of healing, she tends to the wisdom of herbs, dreams, and prayer, helping others remember that wellness begins in reciprocity with the earth. As a teacher and mentor, Mama Shabeta invites students to slow down, listen, and learn directly from the land to honor what grows, what dies, and what returns. Her presence within The Elsewheres grounds our learning in sacred practice and humility, offering a living reminder that healing cannot be commodified. It must be cultivated, tended, and shared in love.

Mama Shabeta will lead a sacred polvo ceremony and guide participants through the Monster meditation and drawing practice. Her offerings support transformation, ancestral presence, and the courage to meet shadow with tenderness. She will share teachings carried by the plants and by sacred tobacco, helping participants enter relationship with land, breath, and spirit.

STEPHANIE LÓPEZ

Facilitator



Stephanie López López is a vocal facilitator, music therapist, and community nurturer whose work centers the voice as a living source of memory, sensation, and healing. She holds a Master's in Music Therapy and teaches through the guiding ethic "ser música para ser libres, canto vivo, terapéutico, sagrado e indomable," which translates as "be music to be free, lively, therapeutic, sacred, and indomitable song".

Stephanie is the creator of the Vocal Laboratorio Femenino: Taller de Profundización y Tejido Vocal in Tijuana, where women gather for breathwork, movement, and intuitive singing that emerge from the body rather than scripted form. Each session begins with emotional presence and intention, allowing participants to weave layered soundscapes that cultivate connection, restoration, and embodied truth.

Her work reclaims vocal expression as a culturally rooted form of knowledge that honors the interconnectedness of body, emotion, and spirit. Through tender, skillful guidance, Stephanie helps women return to their own frequencies, reminding them that a freed voice is a site of healing, clarity, and ancestral remembering.

Stephanie will guide the Vocal Lab, teaching foundational skills for grounded, intentional, embodied vocal practice. Through breathwork, movement, sound painting, and improvisational voicework, she will help participants explore the voice as memory, sensation, and ancestral knowing. Her sessions weave individual and collective sound, nurturing vulnerability, presence, and relational connection within the group.

MONICA MAGDALENA

Facilitator



Monica Magdaleno is a Los Angeles-born Chicana and intuitive sound healer who creates calming, heart-centered sound bath experiences rooted in presence and vibration. Though formally trained, Monica is guided by her own naturally grounded essence, offering sound baths that support emotional release, mindfulness, and energetic harmony.

She has facilitated sound baths for private gatherings, corporate events, and community mindfulness circles, always focusing on grounding, clarity, and inner peace.

Monica will offer sound healing sessions throughout the retreat, using vibration, tone, and intuitive presence to support emotional release and energetic harmony. Her sound baths create spaciousness for integration and grounding, helping participants settle into their bodies, soften the nervous system, and prepare for deeper ceremonial and vocal work.



LAURA REFUGIO BUSTAMANTE DE LA O

Facilitator



I am a blend of goddesses of kindness and wisdom, of grandmothers' births that birth the soul. Northern, of Zacatecan blood with Wixola inheritances. Sonoran, stubborn, and a dancer of the Yaqui peoples.

In this body, the drums of the ancestors dance. They echo in a heart alert to guidance and harvest. Perhaps a midwife, like my great-grandmother, a revolutionary warrior—a midwife of dreams and ideas.

Silent, I am not. I am desire and revolution. In my blood runs the idea of a better world. Life teaches me through dance, through the vision of the deer and the drum of the earth.

My tongue stretches across Chicano, pocho, Spanish, English—singing a language that says: I am not angry.

My existence holds many worldviews, converging in time at the midpoint of the universe: Tijuana, Baja California.

This restless body was nourished by kitchens full of ritual—jocoque and tamales, gallina pinta, flour tortillas, coffee sacks, firewood, and goat birria on damp earth. That is why my belly can hold any emotion.

I grew among nopal, fruit trees, fallen oranges, and rose thorns—the most beautiful tattoos of the soul.

I am the one who teaches and learns, who shelters and transforms. A human being who expands and grows, knowing the ending, dancing.

Chingona Retreats

Playas de Rosarito, Baja California, Mexico

www.ChangonaRetreats.com

www.PayanMedicine.com

www.TheElsewheres.com

www.LaHijadelaChingada.com

serina@payanmedicine.com