



**CEREMONIAL
TEMAZCAL**

**Saturday,
February 10th,
2024**

The
Warrior's
Path®

Place:

Eco Aldea Tonanzin. If you're coming from San Miguel de Allende, head towards Celaya, following the instructions on Google Maps. The specific location is 20.668612, -100.789491.

Another option is for us to pick you up at the Black Garlic Store (AJO NEGRO), located on the road to Celaya at 20°38'17.0"N 100°46'39.3"W. From there, we will take you to Eco Aldea Tonanzin.

Please tell us if you prefer this option

Program:

Reception and ceremony explanation	9 to 10 am
Temazcal Ceremony (starts with Fire lighting)	10 am
out od Temazcal	13 am
Lunch and sharing	13 pm

What to bring:

- Appropriate clothing for entering the temazcal (men: shorts, women: swimsuit or skirt)
- Sandals
- Towel
- Bandana or headband.
- If you have, Own instruments for the temazcal, such as drums or rattles.

Food and beverage:

- We offer fresh fruit upon exiting the temazcal.
- Bring food to share, preferably avoiding meat.
- Bring your own fresh watter to drink.

**Space limited to
20 People**

Pets:

- Given the nature of the event, we cannot accept pets, as they may interfere with the ceremony's process and disturb the participants.


Important Notes:

- All ceremony is in english.
- If you have any conditions such as high blood pressure, claustrophobia, or any illness, please let us know so we can talk with you and determine if the temazcal is a suitable therapy for you.

Recovery fee:

- \$1000 Mexican pesos.
- Please deposit your contribution into the following bank account and send a photo of the deposit by Whatsapp 461-354-0306, giving your name.



Whatsapp contact:
Yei Malinali
 461-354-0306

