

sweetgrass wellness retreat mexico

Sweetgrass Wellness Retreat Mexico: Your Journey to Holistic Harmony

Are you craving a transformative escape? Imagine waking up to the sound of gentle waves, breathing in the scent of fragrant blossoms, and feeling the weight of stress melt away as you reconnect with your inner self. This isn't a dream; it's the reality awaiting you at a Sweetgrass Wellness Retreat in Mexico. This comprehensive guide dives deep into what makes these retreats so special, exploring everything from the unique offerings and stunning locations to practical considerations like cost and booking. Get ready to discover your perfect path to holistic wellbeing in the heart of Mexico.

Unwinding in Paradise: The Sweetgrass Experience

Sweetgrass Wellness Retreats in Mexico aren't just vacations; they're journeys of self-discovery. We're talking about immersive experiences designed to nourish your mind, body, and spirit. Forget the typical all-inclusive resort – this is about consciously crafting a retreat tailored to your individual needs. Imagine personalized yoga sessions overlooking the turquoise waters of the Caribbean, indulging in rejuvenating spa treatments using locally sourced ingredients, and participating in ancient healing ceremonies steeped in Mexican tradition.

The emphasis is on creating a sanctuary where you can disconnect from the daily grind and reconnect with yourself. The retreats typically incorporate a variety of modalities including:

Yoga and Meditation: Experienced instructors lead daily sessions catering to all levels, helping you find inner peace and cultivate mindfulness. Expect a range of styles, from gentle Hatha to invigorating Vinyasa.

Spa Treatments: Indulge in luxurious massages, facials, and body wraps utilizing natural, locally-sourced ingredients. Think aromatherapy with indigenous herbs, rejuvenating seaweed treatments, and traditional Temazcal ceremonies.

Healthy Cuisine: Nourish your body with delicious, wholesome meals prepared with fresh, organic ingredients. Expect vibrant vegetarian and vegan options alongside locally-caught seafood and sustainably sourced meats. Dietary restrictions and preferences are easily accommodated.

Cultural Immersion: Engage with the rich culture of Mexico through excursions to nearby Mayan ruins, cooking classes focusing on traditional recipes, and opportunities to connect with local artisans.

Holistic Healing Practices: Depending on the specific retreat, you might experience ancient healing practices like Temazcal sweat lodge ceremonies, sound healing sessions, or energy work.

Finding Your Perfect Sweetgrass Retreat in Mexico

The beauty of Sweetgrass Wellness Retreats is their diversity. They're not a one-size-fits-all experience. You can choose a retreat based on your specific interests and desired level of intensity. Some retreats are focused on deep relaxation and rejuvenation, while others offer a more dynamic program incorporating challenging physical activities and intensive workshops.

Consider these factors when choosing your retreat:

Location: Mexico boasts stunning diversity. Sweetgrass retreats might be nestled in lush jungle landscapes, overlooking pristine beaches, or situated in tranquil mountain villages. Consider what kind of scenery best aligns with your desired atmosphere.

Duration: Retreats range from short weekend getaways to longer, more immersive week-long experiences. Choose a duration that allows you the time needed for deep relaxation and transformation.

Activities: Examine the itinerary carefully. Some retreats are primarily focused on relaxation and introspection, while others incorporate more active components like hiking, surfing, or dance workshops.

Cost: Prices vary based on location, duration, and the specific services included. Sweetgrass likely offers various packages to suit different budgets. Be sure to review the inclusive elements carefully before booking.

Beyond the Retreat: Sustaining Your Wellness Journey

The transformative experience doesn't end when your retreat concludes. Sweetgrass often provides resources and support to help you integrate your newfound wellbeing into your daily life. This could include personalized recommendations for continued practice, access to online resources, or opportunities to connect with other retreat participants. The goal is to leave feeling empowered and equipped to continue your journey toward holistic harmony long after you've returned home.

Practical Considerations: Booking Your Sweetgrass Wellness Retreat

Booking your Sweetgrass Wellness Retreat in Mexico is usually a straightforward process. Their website will likely provide detailed information on available retreats, dates, pricing, and a booking system. Be sure to book well in advance, particularly for popular retreats, to secure your spot.

Conclusion

A Sweetgrass Wellness Retreat in Mexico offers an unparalleled opportunity for self-discovery, rejuvenation, and transformation. By immersing yourself in the beauty of Mexico and engaging in holistic practices, you can rediscover your inner peace and emerge feeling refreshed, revitalized, and ready to embrace life with renewed purpose. Start planning your escape today and embark on a journey that will leave a lasting impact on your wellbeing.

FAQs

1. What is included in the cost of a Sweetgrass Wellness Retreat? The cost typically includes accommodation, meals, daily yoga and meditation sessions, and access to spa facilities. Specific inclusions vary based on the retreat package chosen. Always check the details carefully before booking.

1. What if I have dietary restrictions or allergies? Sweetgrass is generally very accommodating to dietary needs. Inform them of your requirements upon booking, and they will do their best to meet your needs.

1. What is the typical fitness level required for a Sweetgrass retreat? The retreats cater to a range of fitness levels. While some activities may be more physically demanding, modifications are usually offered to accommodate various abilities.

1. Is transportation to and from the retreat included? Transportation is usually not included, but they may offer suggestions or assistance with booking airport transfers or other transportation options.

1. Can I bring a guest? This depends on the specific retreat and availability. Some retreats may be designed for solo travelers, while others may allow you to bring a companion. Check the details on the chosen retreat's page.

sweetgrass wellness retreat mexico: Finding the Mother Tree Suzanne Simard, 2021-05-04
 NEW YORK TIMES BEST SELLER • From the world's leading forest ecologist who forever changed how people view trees and their connections to one another and to other living things in the forest—a moving, deeply personal journey of discovery Suzanne Simard is a pioneer on the frontier of plant communication and intelligence; her TED talks have been viewed by more than 10 million people worldwide. In this, her first book, now available in paperback, Simard brings us into her world, the intimate world of the trees, in which she brilliantly illuminates the fascinating and vital truths—that trees are not simply the source of timber or pulp, but are a complicated, interdependent circle of life; that forests are social, cooperative creatures connected through underground networks by which trees communicate their vitality and vulnerabilities with communal lives not that different from our own. Simard writes—in inspiring, illuminating, and accessible ways—how trees, living side by side for hundreds of years, have evolved, how they learn and adapt their behaviors, recognize neighbors, compete and cooperate with one another with sophistication, characteristics ascribed to human intelligence, traits that are the essence of civil societies—and at the center of it all, the Mother Trees: the mysterious, powerful forces that connect and sustain the others that surround them. And Simard writes of her own life, born and raised into a logging world in the rainforests of British Columbia, of her days as a child spent cataloging the trees from the forest and how she came to love and respect them. And as she writes of her scientific quest, she writes of her own journey, making us understand how deeply human scientific inquiry exists beyond data and technology, that it is about understanding who we are and our place in the world.

sweetgrass wellness retreat mexico: Integrating Traditional Healing Practices Into Counseling and Psychotherapy Roy Moodley, William West, 2005-04-20 This book seeks to define,

redefine and identify indigenous and traditional healing in the context of North American and Western European health care, particularly in counseling psychology and psychotherapy.

sweetgrass wellness retreat mexico: Travel & Leisure , 2002

sweetgrass wellness retreat mexico: Notable Native People Adrienne Keene, 2021-10-19 An accessible and educational illustrated book profiling 50 notable American Indian, Alaska Native, and Native Hawaiian people, from NBA star Kyrie Irving of the Standing Rock Lakota to Wilma Mankiller, the first female principal chief of the Cherokee Nation An American Indian Library Association Youth Literature Award Young Adult Honor Book! Celebrate the lives, stories, and contributions of Indigenous artists, activists, scientists, athletes, and other changemakers in this beautifully illustrated collection. From luminaries of the past, like nineteenth-century sculptor Edmonia Lewis—the first Black and Native American female artist to achieve international fame—to contemporary figures like linguist jessie little doe baird, who revived the Wampanoag language, Notable Native People highlights the vital impact Indigenous dreamers and leaders have made on the world. This powerful and informative collection also offers accessible primers on important Indigenous issues, from the legacy of colonialism and cultural appropriation to food sovereignty, land and water rights, and more. An indispensable read for people of all backgrounds seeking to learn about Native American heritage, histories, and cultures, Notable Native People will educate and inspire readers of all ages.

sweetgrass wellness retreat mexico: On Ocean Boulevard Mary Alice Monroe, 2020-05-19 This “authentic, generous, and heartfelt” (Mary Kay Andrews, New York Times bestselling author) instant New York Times bestseller from the author of *The Summer of Lost and Found* recounts one family’s summer of forging new beginnings against the enduring beauty and resilience of the natural world. It’s been sixteen years since Caretta “Cara” Rutledge has returned home to the beautiful shores of Charleston, South Carolina. Over those years, she has weathered the tides of deaths and births, struggles and joys. And now, as Cara prepares for her second wedding, her life is about to change yet again. Meanwhile, the rest of the storied Rutledge family is also in flux. Cara’s niece, Linnea, returns to Sullivan’s Island to begin a new career and an unexpected relationship. Linnea’s parents, having survived bankruptcy, pin their hopes and futures on the construction of a new home on Ocean Boulevard. But as excitement over the house and wedding builds, a devastating illness strikes the family and brings plans to a screeching halt. It is under these trying circumstances that the Rutledge family must come together yet again to discover the enduring strength in love, tradition, and legacy from mother to daughter to granddaughter. “A heartwarming story of lowcountry love, loyalty, and longstanding friendships” (Booklist), *On Ocean Boulevard* is Mary Alice Monroe at her very best.

sweetgrass wellness retreat mexico: The First Blade of Sweetgrass Suzanne Greenlaw, Gabriel Frey, 2021-08-10 Selected for the Notable Social Studies 2022 List Named to ALA Notable Children's Books 2022 In this Own Voices Native American picture book story, a modern Wabanaki girl is excited to accompany her grandmother for the first time to harvest sweetgrass for basket making. Musquon must overcome her impatience while learning to distinguish sweetgrass from other salt marsh grasses, but slowly the spirit and peace of her surroundings speak to her, and she gathers sweetgrass as her ancestors have done for centuries, leaving the first blade she sees to grow for future generations. This sweet, authentic story from a Maliseet mother and her Passamaquoddy husband includes backmatter about traditional basket making and a Wabanaki glossary.

sweetgrass wellness retreat mexico: Understanding the Global Spa Industry Gerard Bodeker, Gerry Bodeker, Marc Cohen, 2010-08-20 • Spa services and the development of the spa business from its historical beginnings to the size of the market today. • Business development and planning, spa operations and business models. • Spa products and technologies, retailing and the application of branding and marketing strategies. • Infrastructure, design and environmental issues including sustainability and social and environmental benchmarking. • Human resources issues from education and training to professional and regulatory issues and professional and corporate ethics and values.

sweetgrass wellness retreat mexico: *Complementary & Alternative Therapies in Nursing* Ruth Lindquist, Mariah Snyder, PhD, Mary Frances Tracy, 2014 Print+CourseSmart

sweetgrass wellness retreat mexico: **You Are Intuitive** Natalie Miles, 2020-09-29

sweetgrass wellness retreat mexico: Evolutionary Herbalism Sajah Popham, 2019-04-30

Introducing a groundbreaking, holistic approach to the practice and philosophy of herbal healing for the body, spirit, and soul. The first-ever herbalism guide to integrate herbal, medical, and esoteric traditions from around the globe—including astrology, Ayurveda, and alchemy—into one cohesive model. Sajah Popham presents an innovative approach to herbalism that considers the holistic relationship among plants, humans, and the underlying archetypal patterns in Nature. Organized in 5 parts, this work explores a unique integration of clinical herbalism, Ayurveda, medical astrology, spagyric alchemy, and medical and esoteric traditions from across the world into a truly holistic system of plant medicine. A balance of the heart and the mind, and the science and spirit of people and plants, *Evolutionary Herbalism* provides a holistic context for how plants can be used for transformational levels of healing for the body, spirit, and soul. For both the student herbalist and experienced practitioner, Popham's original perspectives guide readers to a more intimate, synergistic, and intuitive relationship with the plant kingdom, people, and Nature as a whole.

sweetgrass wellness retreat mexico: The Dialogical Self Theory in Education Frans Meijers, Hubert Hermans, 2017-10-20 This edited volume offers cross-country and cross-cultural applications of Dialogical Self Theory within the field of education. It combines the work of internationally recognized authors to demonstrate how theoretical and practical innovations emerge at the highly fertile interface of external and internal dialogues. The Theory, developed by Hubert Hermans and his colleagues in the past 25 years, responds fruitfully to the issue of educational experts hitherto working in splendid isolation and does so by combining two aspects of Dialogical Self Theory: the dialogue among individuals as well as dialogical processes within individuals, in this context students and teachers. It is the first book in which Dialogical Self Theory is applied to the field of education. In 13 chapters, authors from different cultures and continents produce theoretical considerations and a wide variety of practical procedures showing that this interface is an ideal ground for the production of new theoretical, methodological, and practical approaches that enrich the work of educational researchers and specialists. Academics, practitioners, and postgraduate students in the field of education, particularly those who are interested in the innovative and community-enhancing potentials of dialogue, will find this book valuable and informative. Ultimately the work presented here is intended to inspire more self-reflection and creative ways to engage in new conversations that can respond to real-world issues and in which education can play a more vital role.

sweetgrass wellness retreat mexico: **Sun Dancing** Michael Hull, 2000-10-01 A powerful story of one man's redemption through the Lakota Sun Dance ceremony. • Written by the only white man to be confirmed as a Sundance Chief by traditional Lakota elders. • Includes forewords by prominent Lakota spiritual leaders Leonard Crow Dog, Charles Chipps, Mary Thunder, and Jamie Sams. The Sun Dance is the largest and most important ceremony in the Lakota spiritual tradition, the one that ensures the life of the people for another year. In 1988 Michael Hull was extended an invitation to join in a Sun Dance by Lakota elder Leonard Crow Dog-- a controversial action because Hull is white. This was the beginning of a spiritual journey that increasingly interwove the life of the author with the people, process, and elements of Lakota spirituality. On this journey on the Red Road, Michael Hull confronted firsthand the transformational power of Lakota spiritual practice and the deep ambivalence many Indians had about opening their ceremonies to a white man. *Sun Dancing* presents a profound look at the elements of traditional Lakota ceremonial practice and the ways in which ceremony is regarded as life-giving by the Lakota. Through his commitment to following the Red Road, Michael Hull gradually won acceptance in a community that has rejected other attempts by white America to absorb its spiritual practices, leading to the extraordinary step of his confirmation as a Sun Dance Chief by Leonard Crow Dog and other Lakota spiritual leaders.

sweetgrass wellness retreat mexico: Encyclopedia of Native American Tribes Carl Waldman,

2014-05-14 A comprehensive, illustrated encyclopedia which provides information on over 150 native tribes of North America, including prehistoric peoples.

sweetgrass wellness retreat mexico: *It's Not about the Horse* Wyatt Webb, 2010-06 If you can't meet Wyatt in person, then reading his book is the next best thing! Learn about The Equine Experience, developed by Wyatt Webb, it's a new form of therapy that blends horse sense with common sense. Even though Wyatt has been a practicing therapist for a number of years, his tools don't involve a leather couch, and his helpers don't arrive in suits or high heels. Of course, they wear shoes - but not the kind they sell at Bloomingdale's. "You're going to clean some hooves," he tells the group, "and you're going to groom the horse. How you relate to this animal will tell us what you've learned over the course of your lifetime concerning how you relate to all living things. Your basic training has come from learning how to treat people." He pauses and adds, "remember one thing: It's not about the horse."

sweetgrass wellness retreat mexico: Arrow Over the Door Joseph Bruchac, 2002-07-08 For young Samuel Russell, the summer of 1777 is a time of fear. The British Army is approaching, and the Indians in the area seem ready to attack. To Stands Straight, a young Abenaki Indian scouting for King George, Americans are dangerous enemies who threaten his family and home. When Stands Straight's party enters the Quaker Meetinghouse where Samuel worships, the two boys share an encounter that neither will ever forget. Told in alternating viewpoints, *The Arrow over the Door* is based on a true story. Illustrated by James Watling. Thoughtful and eminently readable. (School Library Journal)

sweetgrass wellness retreat mexico: *To Live to See the Great Day That Dawns* Anne Mathews-Younes, 2011-05 Afghanistan (tm)s de facto system of governance is a politically driven eoehybride order made up of shifting links among many different formal, informal, and illicit actors, networks, and institutions.

sweetgrass wellness retreat mexico: The Summer Guests Mary Alice Monroe, 2020-03-31 This "authentic, generous, and heartfelt" (Mary Kay Andrews, New York Times bestselling author) novel from the New York Times bestselling author of the Beach House series is about the bonds and new beginnings that are born from disasters and how, even during the worst of circumstances—or perhaps because of them—we discover what is most important in life. Late August is a beautiful time on the Southern coast—the peach trees are ripe, the ocean is warm, and the sweet tea is icy. It's the perfect time to enjoy the rocking chairs on the porch. But beneath the calm surface bubbles a threat: it's also peak hurricane season. When a hurricane threatens the coasts of Florida and South Carolina, an eclectic group of evacuees flees for the farm of their friends Grace and Charles Phillips in North Carolina: the Phillips's daughter Moira and her rescue dogs, famed equestrian Javier Angel de la Cruz, makeup artist Hannah McLain, horse breeder Gerda Klug and her daughter Elise, and island resident Cara Rutledge. Strangers to all but the Phillips, they must ride out the storm together. During the course of one of the most challenging weeks of their lives, relationships are put to the test as the evacuees are forced to confront the unresolved issues they have with themselves and with each other. But as the storm passes, they realize that what really matters isn't what they brought with them to the mountains. Rather, it's what they'll take with them once they leave. "Fans of Elin Hilderbrand and Wendy Wax will enjoy the picturesque setting and heartwarming intertwined character arcs" (Booklist) and "Monroe writes gorgeously, with authority and tenderness, about the natural world and its power to inspire, transport, and to heal" (Susan Wiggs, #1 New York Times bestselling author).

sweetgrass wellness retreat mexico: *Oregon*, 2016-05-10 Travel photographer Greg Vaughn takes us on a photographic journey of Oregon, sharing the spectacular, diverse landscape the state is known for. Enjoy the beauty of Oregon's famous coast with sea stacks, the snowcapped peaks of the Cascades, lush old-growth forests, and fertile valleys. From the cascading waterfalls, serene lakes, and raging rivers of western Oregon to the craggy mountains, deep canyons, and painted hills in eastern Oregon, it's a breathtaking journey.

sweetgrass wellness retreat mexico: Reclaiming Power and Place National Inquiry into

Missing and Murdered Indigenous Women and Girls, 2019

sweetgrass wellness retreat mexico: The Gullah People and Their African Heritage

William S. Pollitzer, 2005-11-01 The Gullah people are one of our most distinctive cultural groups. Isolated off the South Carolina-Georgia coast for nearly three centuries, the native black population of the Sea Islands has developed a vibrant way of life that remains, in many ways, as African as it is American. This landmark volume tells a multifaceted story of this venerable society, emphasizing its roots in Africa, its unique imprint on America, and current threats to its survival. With a keen sense of the limits to establishing origins and tracing adaptations, William S. Pollitzer discusses such aspects of Gullah history and culture as language, religion, family and social relationships, music, folklore, trades and skills, and arts and crafts. Readers will learn of the indigo- and rice-growing skills that slaves taught to their masters, the echoes of an African past that are woven into baskets and stitched into quilts, the forms and phrasings that identify Gullah speech, and much more. Pollitzer also presents a wealth of data on blood composition, bone structure, disease, and other biological factors. This research not only underscores ongoing health challenges to the Gullah people but also helps to highlight their complex ties to various African peoples. Drawing on fields from archaeology and anthropology to linguistics and medicine, *The Gullah People and Their African Heritage* celebrates a remarkable people and calls on us to help protect their irreplaceable culture.

sweetgrass wellness retreat mexico: Ethics in Rural Psychology Sara Boilen, 2020

Ethics in Rural Psychology provides readers with theoretical underpinnings, practical applications, and empirically-based knowledge of the practice of psychology in rural communities. Dr. Boilen explores the similarities and differences within and across rural American communities to provide a framework for understanding this vast and varied population. Focusing on the ethical considerations unique to these communities, chapters use illustrative case examples, useful exercises, and personal anecdotes to highlight obstacles unique to rural areas. Finally, the book emphasizes the opportunity to be innovative and creative in rural practice, demonstrating how rural practices hold promise for cutting edge advancements in the field of psychology. This book will serve practitioners, students, and researchers as a primer, handbook, and roadmap for the challenging, and rewarding, clinical work that awaits in rural America.

sweetgrass wellness retreat mexico: Ethnobotany Barbara M. Schmidt, Diana M. KLASER

Cheng, 2017-09-25 *Ethnobotany: A Phytochemical Perspective* explores the chemistry behind hundreds of plant medicines, dyes, fibers, flavors, poisons, insect repellants, and many other uses of botanicals. Bridging the gap between ethnobotany and chemistry, this book presents an introduction to botany, ethnobotany, and phytochemistry to clearly join these fields of study and highlight their importance in the discovery of botanical uses in modern industry and research. Part I. Ethnobotany, explores the history of plant exploration, current issues such as conservation and intellectual property rights, and a review of plant anatomy. An extensive section on plant taxonomy highlights particularly influential and economically important plants from across the plant kingdom. Part II. Phytochemistry, provides fundamentals of secondary metabolism, includes line drawings of biosynthetic pathways and chemical structures, and describes traditional and modern methods of plant extraction and analysis. The last section is devoted to the history of native plants and people and case studies on plants that changed the course of human history from five geographical regions: Africa, the Americas, Asia, Europe, and Ocean. Throughout the entire book, vivid color photographs bring science to life, capturing the essence of human botanical knowledge and the beauty of the plant kingdom.

sweetgrass wellness retreat mexico: Routledge Handbook of Sustainable and

Regenerative Food Systems Jessica Duncan, Michael Carolan, Johannes S.C. Wiskerke, 2020-08-13 This handbook includes contributions from established and emerging scholars from around the world and draws on multiple approaches and subjects to explore the socio-economic, cultural, ecological, institutional, legal, and policy aspects of regenerative food practices. The future of food is uncertain. We are facing an overwhelming number of interconnected and complex challenges related to the ways we grow, distribute, access, eat, and dispose of food. Yet, there are

stories of hope and opportunities for radical change towards food systems that enhance the ability of living things to co-evolve. Given this, activities and imaginaries looking to improve, rather than just sustain, communities and ecosystems are needed, as are fresh perspectives and new terminology. The Routledge Handbook of Sustainable and Regenerative Food Systems addresses this need. The chapters cover diverse practices, geographies, scales, and entry-points. They focus not only on the core requirements to deliver sustainable agriculture and food supply, but go beyond this to think about how these can also actively participate with social-ecological systems. The book is presented in an accessible way, with reflection questions meant to spark discussion and debate on how to transition to safe, just, and healthy food systems. Taken together, the chapters in this handbook highlight the consequences of current food practices and showcase the multiple ways that people are doing food differently. The Routledge Handbook of Sustainable and Regenerative Food Systems is essential reading for students and scholars interested in food systems, governance and practices, agroecology, rural sociology, and socio-environmental studies.

sweetgrass wellness retreat mexico: *The Illustrated Encyclopedia of Body-mind Disciplines* Nancy Allison, 1999 Introduces various programs and activities designed to awaken the links between mind, body, and spirit, including sensory therapies, subtle energy practices, massage, movement therapy methods, martial arts, yoga, meditation, and creative arts therapies.

sweetgrass wellness retreat mexico: *American Indian Religious Traditions* Suzanne J. Crawford O'Brien, Dennis F. Kelley, 2005-06-29 Publisher Description

sweetgrass wellness retreat mexico: *Principles and Practice of Palliative Care and Supportive Oncology* Ann M. Berger, John L. Shuster, Jr., Jamie H. Von Roenn, 2012-12-03 Unlike other textbooks on this subject, which are more focused on end of life, the 4th edition of *Principles and Practice of Palliative Care and Supportive Oncology* focuses on supportive oncology. In fact, the goal of this textbook is to provide a source of both help and inspiration to all those who care for patients with cancer. Written in a more reader-friendly format, this textbook not only offers authoritative and up-to-date reviews of research and clinical care best practices, but also practical clinical applications to help readers put everything they learn to use.

sweetgrass wellness retreat mexico: *Voices from the Ancestors* Lara Medina, Martha R. Gonzales, 2019-10-08 *Voices from the Ancestors* brings together the reflective writings and spiritual practices of Xicanx, Latinx, and Afro-Latinx womxn and male allies in the United States who seek to heal from the historical traumas of colonization by returning to ancestral traditions and knowledge. This wisdom is based on the authors' oral traditions, research, intuitions, and lived experiences—wisdom inspired by, and created from, personal trajectories on the path to spiritual *conocimiento*, or inner spiritual inquiry. This *conocimiento* has reemerged over the last fifty years as efforts to decolonize lives, minds, spirits, and bodies have advanced. Yet this knowledge goes back many generations to the time when the ancestors understood their interconnectedness with each other, with nature, and with the sacred cosmic forces—a time when the human body was a microcosm of the universe. Reclaiming and reconstructing spirituality based on non-Western epistemologies is central to the process of decolonization, particularly in these fraught times. The wisdom offered here appears in a variety of forms—in reflective essays, poetry, prayers, specific guidelines for healing practices, communal rituals, and visual art, all meant to address life transitions and how to live holistically and with a spiritual consciousness for the challenges of the twenty-first century.

sweetgrass wellness retreat mexico: *Lifting the Wheel of Karma* Paul H. Magid, 2012-07 After the gifted high school athlete has a tragic accident leaving him a paraplegic he travels to India to study with a wise man in the Himalayas hoping to train his mind to control his body. He makes a profound spiritual journey that changes his life.

sweetgrass wellness retreat mexico: *Native Providence* Patricia E. Rubertone, 2020-12 2021 Choice Outstanding Academic Title A city of modest size, Providence, Rhode Island, had the third-largest Native American population in the United States by the first decade of the twentieth century. *Native Providence* tells the stories of the city's Native residents at this historical moment

and in the decades before and after, a time when European Americans claimed that Northeast Natives had mostly vanished. Denied their rightful place in modernity, men, women, and children from Narragansett, Nipmuc, Pequot, Wampanoag, and other ancestral communities traveled diverse and complicated routes to make their homes in this city. They found each other, carved out livelihoods, and created neighborhoods that became their urban homelands--new places of meaningful attachments. Accounts of individual lives and family histories emerge from historical and anthropological research in archives, government offices, historical societies, libraries, and museums and from community memories, geography, and landscape. Patricia E. Rubertone chronicles the survivance of the Native people who stayed, left, and returned, or lived in Providence briefly, who faced involuntary displacement by urban renewal, and who made their presence known in this city and in the wider Indigenous and settler-colonial worlds. Their everyday experiences reenvision Providence's past and illuminate documentary and spatial tactics of inequality that erased Native people from most nineteenth- and early twentieth-century history.

sweetgrass wellness retreat mexico: *Complementary & Alternative Therapies for Nursing Practice* Karen Lee Fontaine, 2005 A clearly written book that provides an excellent introduction to alternative therapies. Systematized health care practices, botanical healing, manual healing methods, mind-body techniques, spiritual therapies, and more. For nurses and practitioners in allied health fields who seek to expand their practice to offer wider choices to consumers of health care.

sweetgrass wellness retreat mexico: *She of the Sea* Lucy Pearce, 2021-08-02 The tenth book from bestselling author of *Burning Woman*, *Medicine Woman*, *Moon Time* and *Creatrix*, Lucy H. Pearce. *She of the Sea* is a lyrical exploration of the call of the sea and the depth of our connection to it, rooted in the author's personal experience living on the coast of the Celtic Sea, in Ireland. This book spans from coastal plants to the colour blue, pebbles to prayer, via shapeshifting and suicidal ideation, erosion and immersion, cold water swimming and water birth, seaweed and cyanotypes, from Japanese freedivers and Celtic sea goddesses, selkies to surfing, and mermaids to Mary. *She of the Sea* is a strange and wonderful deep dive into the inner sea and the Feminine, exploring where the real and the magical, the salty and the sacred meet, within and without, and what implications this has for us as both individuals...and a species in these tumultuous times. Dreamlike, meditative, poetic, *She of the Sea* is a love song. To the ocean. To becoming. To magic. To freedom. With contributions from thirty sea-loving artists, musicians, cold water swimmers, mothers, environmental educators, witches, mermaids, priestesses and writers from around the world, who share their love for the stretch of sea they call home, from the Irish Sea to the Caribbean, via the Mediterranean and the North Sea, the Pacific and the Atlantic.

sweetgrass wellness retreat mexico: *Great Tide Rising* Kathleen Dean Moore, 2016-02-01 Even as seas rise against the shores, another great tide is beginning to rise—a tide of outrage against the pillage of the planet, a tide of commitment to justice and human rights, a swelling affirmation of moral responsibility to the future and to Earth's fullness of life. Philosopher and nature essayist Kathleen Dean Moore takes on the essential questions: Why is it wrong to wreck the world? What is our obligation to the future? What is the transformative power of moral resolve? How can clear thinking stand against the lies and illogic that batter the chances for positive change? What are useful answers to the recurring questions of a storm-threatened time - What can anyone do? Is there any hope? And always this: What stories and ideas will lift people who deeply care, inspiring them to move forward with clarity and moral courage?

sweetgrass wellness retreat mexico: *Pimatsiwin* Priscilla Settee, 2013-11

sweetgrass wellness retreat mexico: *WishCraft* Shauna Cummins, 2021-02-04 Shauna Cummins widens the lens of how we think about manifestation, re-introducing it as the art of wishing well, for ourselves, for others, and for the wider world. The mind is a magical tool, and with Wishcraft she shows us how to actively engage it for self-healing. - Ruby Warrington, author of *Material Girl*, *Mystical World*, and *Sober Curious* When we learn the art, benefit and practice of well-wishing, our subconscious mind becomes a proverbial wishing well; an ideal place to plant our wishes, and manifest the positive future we can see in our mind. Featuring an explanation of what

WishCraft really is: a detailed history of wishing in social and historical context, methods for preparing your 'wishing mind, descriptions on the myriad of ways to wish, self-hypnosis and most importantly, the wishes themselves. This book will help you to discover how to turn your fears, phobias and negative feelings into positive, empowering tools and to find your inner strengths and skills. Wishes can act as a focusing lens for our desires and portal for divine intervention, and WishCraft is here to show you how. So what are you waiting for? PERCEIVE. BELIEVE. RECEIVE.

sweetgrass wellness retreat mexico: The Jamestown S'Klallam Story Joseph H. Stauss, Betty Oppenheimer, 2019-05-06 Tells the story of the remarkable success of a small Indian Tribe on the Olympic Peninsula.

sweetgrass wellness retreat mexico: Decolonizing Indigenous Education in the US Samuel B. Torres, 2024-05-02 Over more than a century of failed education policy, Indigenous peoples have yet to witness a comprehensive Indigenous education program that fundamentally honors the federal trust responsibility of the United States government. This book proposes a distinctly Indigenous framework that demands the expansion of the curricular canon and invites and empowers the Indigenous voice as a powerful entity capable of bridging epistemological divides toward true emancipation within education and learning community contexts. It provides an overview of the history of settler-colonial educational practices in the United States, followed by a specific methodology of five principles that assist educators and educational institutions to respond to these histories and build new, decolonial, Indigenous educational practices. Grounded in Darder's critical bicultural theory, Santos' epistemologies of the South and Paraskeva's itinerant curriculum theory, Torres argues for a counterhegemonic vocabulary and practice that favors learning for collective liberation. The book includes a dialogue with Marcos Aguilar, Executive Director and Co-Head of School, Anahuacalmecac International University, USA, which covers the practical applications of the framework in a school setting.

sweetgrass wellness retreat mexico: Herbs of Commerce Michael McGuffin, John T Kartesz, Albert Y Leung, Arthur O Tucker, Ph.D., 2001-10-01

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