

Therapy by Angelina

The Day of the Dead

Art Tour

Oaxaca

2012

By



TOUR DETAILS

Off The Beaten Track Rating ● ● ● ●

Duration

6 days

Activity Rating ◆ ◆ ◆

ITINERARY

28.10

Transfer from airport to Hotel in Oaxaca City. Welcome dinner in Zocalo. Overnight Oaxaca City (Casa de los Frailes Hotel). Meals: D

29.10

Oaxaca is famous for his food. Especially around Dia de muertos everybody is preparing chocolate, bread, tamales and the famous molé. We will start our first day with the visit of a local market and a cooking class. Of course we will prepare only things dedicated to the deaths and for our altar. It's a party for your senses...

After our self-cooked lunch we will visit the archaeological site of Monte Alban. The place of the ancestor's....powerful and present until today. Overnight at Casa de los Frailes Hotel in Oaxaca. Meals: B, L

30.10

Off we go on the old trading routes of the central valley and their prehispanic arts. Our first stop will be the village of San Marcos Tlapazola. Red pottery demonstration by the women cooperative of Macrina you will have the possibility to work with clay by yourself.

Afterwards we will visit Tlacolula, the hometown of your guide Eric. He will introduce you to all secrets of his town. And together with him you will do your shopping for our altar. You will have lunch with his grandmother.

In the late afternoon you will have the opportunity to participate in a ritual Temazcal (Indian Steam Bath). The Temazcal is an indigenous vapour bath of both therapeutic and religious importance. It is used as a method of physical and spiritual purification that allows us to step out of our daily experience and reach a level of consciousness similar to that of meditation. The four elements are brought together in the Temazcal: fire, water, air and earth (in the form of healing herbs). Together they serve to relax both body and mind. Our Temazcal will be dedicated to our ancestors. Overnight at Casa de los Frailes Hotel in Oaxaca. Meals: B, L

31.10

Visit of the convent and the museum of Ocotlan, the hometown of the famous painter Rodolfo Morales. On the way, we stop at Josefina Aguilar's home and workshop. Visit of San Martin Tilcajete where the whole village carve wooden animals, the alebrijes.

Demonstration of carving and painting with natural colours at Jacobo and Maria Angeles' workshop. Paint your own skulls and skeletons for our altar. Lunch at Azucena Zapoteca (they organize every year a Day of the Dead festival). In the late afternoon, we will prepare our own altar. At 8.00 pm we drive to Xoxocotlan to visit the cemetery and participate in the celebration. Overnight at Casa de los Frailes Hotel in Oaxaca. Meals: B, L

1.11

Some nature for our last full day...

Visit of the village called Benito Juarez, one of los Pueblos Mancomunados to see the "real" Oaxaca, the Zapotec villages in the northern Sierra. We hike to the viewpoint located at 10,000 feet high in a beautiful pine wood forest where you have a spectacular view over the central valley. We will stay there for a while to paint the breath taking landscape.

And of course we will visit the graveyard of the village.

On the way back we will stop at the weaving village of Teotitlan del Valle. A lot of plants we found today in the mountains are used for natural colours. We will have a small introduction into the weaving process of rugs. Coming back to the city we will do a walking tour to see altars and sand sculptures. We end our walk at the city graveyard with his 1000s of candles. Overnight at Casa de los Frailes Hotel in Oaxaca.Meals: B, L

2.11

Depart for airport for onward flight. Meals: B

The Day of the Dead Art Tour of Oaxaca 2012

| PRICING | USD |
|-----------------------------|------------|
| Per Person double occupancy | \$1250 |
| Optional single supplement | \$250 |

PRICE INCLUDES

- Private transportation (Mercedes Sprinter)
- English speaking guiding throughout
- All entrance fees and excursions as in the program
- Meals are listed in the program (**B = breakfast, L = lunch, D = dinner**)
- All overnight stays
- 10 CEU's by Angelina H. Rodriguez, LPC-S, ATR-BC – Please notify participation by email and details will be shared. Email-
life@therapybyangelina.com

For Continuing Education Units, participants will meet 2 hours daily to review travel and art experiences. Participants will be asked to keep a daily art journal and create art during designated art trips. Presenter will review customs, beliefs and the grieving and healing process of the Day of the Dead celebrations.