



YOU ARE INVITED TO

JOIN OUR MORNING PLATICA

WE WILL DISCUSS LIFESTYLE, HEALTH &
WELLNESS USING A CURANDERISMO
PERSPECTIVE

SELF CARE, PLANTS, HERBS, STONES, AZTECA CALENDAR,
HEALING MODALITIES, TEMAZCALLI, TRIPS TO MEXICO!

Monthly 3rd Sunday Mornings 9:00-10:00AM
MST January – December 2025 cost \$25

Dr. Sofia Chavez DNM
Professor Juan Carlos Solano

Dr. Sofia Chavez is a Board-Certified Doctor of Natural Medicine, and Master Herbalist, Doctorate in Ministry Spiritual Medicine DSM, Practitioner of Curanderismo. Sofia is sharing her own experiences and opinions and is not representing the CO Natural Medicine Board or DORA.

Professor Juan Carlos Solano is affiliated with the University of Morelos, is a Temazcalero and Curandero

Questions- call 303-726-7119 Sign Up Email: schavez.estarahealth@gmail.com