

# THE MALINALCO HEALING SANCTUARY

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## General Information

*The Malinalco Healing Sanctuary opened August 14-24, 2013*

**Our Treatment Program Runs in Tandem with Conventional Medicine**

**It is divided into 8-day healing incubation units**

**"My first trip to Mexico will not be my last. I and all the participants were met personally in the Mexico City airport by Jill Fischer, The Malinalco Healing Sanctuary's Clinical Director and then we were transported under her watchful eye by a local and knowledgeable driver to our amazing retreat setting. A personal, English speaking guide was available for hire to accompany novice travelers to Mexico on wanderings through local sites. Despite my anticipatory angst about traveling in Mexico, I couldn't have felt more at ease."**

**Donna Upchurch, 8/2013**

Each unit consists of:

- Nutrition - an individualized dietary cleansing program
- Individual dreamwork for each of the eight days
- Mindfulness Meditation
- Individualized Therapeutic Yoga
- Fine Arts
- Embodied Imagination and Journaling
- Body Work
- Watsu (Water Therapy)
- Theater
- A variety of elective integrative therapies such as Acupuncture and Massage are offered.

Each unit has a central focus on dream incubation—for over one thousand years the primary medical modality of classical antiquity at the root of Western medicine. Dream incubation gives a dreamer access to forms of embodied intelligence far removed from our habitual consciousness, which are seen to correspond to the endogenous healing response present in every living system.

As a whole, our program is geared towards enhancing the innate ability of the body to heal itself. In the same way that conventional medicine attempts to eradicate illness, **sanctuary medicine is designed to promote health**. Based on the understanding that a combination of both works better than each individually, it has been the original principle of Western medicine that the eradication of illness and the promotion of health need to work in tandem.

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At the end of each 8-day module a sustainable individualized health program is designed by our medical team, including the optimal uses of conventional as well as integrative medical modalities. **Each 8-day module can be taken individually or as part of a programmatic series of healing retreats connected by private individualized treatment.**

### **MALINALCO**

Malinalco is outside a beautiful small Mexican village well known for its historic value. **The Malinalco Healing Sanctuary is located on a private, safe, and beautifully protective residential estate.** The legend says that Malinalco was founded by Malinaxochitl, the sister of Huitzilopochtli, the god of war.... There is a prehispanic pyramid in the mountains that surround the village and its' beautiful Augustine convent with 12 chapels.

You will be coming in either May, the dry season or August, which is a warmer, greener season, or January when it is very pleasant and cool in the evenings. The Sanctuary is on 10 acres of land. There is one main house and many smaller ones on the property. Everyone will have a private bedroom. A sitting room holds over 30 people, a large separate building (called the Abaton) is used for Yoga, body work, and is the place where the central dreaming sanctuary, as in ancient Greece, is located. There is also a dining room, several terraces, a swimming pool and a medicine wheel, and with a Ceiba tree (Mayan sacred tree).

**Program Date for 2014-15:     *August 11-19, 2014***

***January 31-February 8, 2015     May 29-June 7, 2015***



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### **For More Information**

Call the **Sanctuary's Director of Clinical Services, Jill Fischer PsyA, MS, APRN, BC** at **1-860-984-6429** or e-mail **jillyfisch@mindspring.com**

### **Travel To Malinalco**

You fly into Mexico City (Benito Juarez International Airport). Malinalco is 2 hours from Mexico City. We start in the evening so **please arrive no later than 1PM. We will arrange for vans to take you directly from the airport to Malinalco.**

**When departing Mexico plan to leave after 3:30 PM.** Transportation to the airport from Malinalco can be arranged.

### **Airline Tickets:**

For your convenience Chris Stewart of Stewart International can make your reservations.

Remember the date to arrive...January 31, 2015 or May 29, 2014 so we can begin in the evening.

Leave as late as you can on February 8, 2014 or June 7, 2014

**Christine Stewart 1-800-738-1575**  
**c/o Stewart International**  
**50 Boylston Street**  
**Brookline, MA 02445**

### **The Malinalco Healing Sanctuary Team**

**The Sanctuary's physicians, therapists, and supporting professionals provide a high level of experience and expertise in the healing arts and sciences.**

**Robert Bosnak, PsyA, Executive Director and Founder**

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Robert Bosnak is a Jungian psychoanalyst with 40 years of clinical experience working with dreams. He has developed a method of working with dreams that profoundly affects physical health. It is currently in use by health practitioners around the world.

### **Jill Fischer, PsyA, APRN, BC, Director of Clinical Services**

Jill Fischer is a Jungian Analyst and advanced practice registered nurse who has taught embodied dreamwork world-wide. She has over 45 years of clinical experience and has created and administrated programs for hospitals, public health settings, and community-based clinics.

### **Carlos Alvear, MD**

Carlos Alvear comes from a family tradition of medical practitioners. After obtaining his medical degree, he continued exploring different elements that would provide a clearer understanding of the complexities of health. Additional trainings he has received include clinical training at the Mind Body Medicine Institute at Harvard University run by Dr Herbert Benson, holotropic breathwork training with Dr. Stanislav Grof, past-life therapy with Rashna Imhasly Ghandi, clinical herbology with Dr. Marco Chung Shu Lam, transpersonal psychology, hypnotherapy and traditional healing techniques with Dr. Carlos de León. He has also been exposed to the wisdom and healing arts of the Huichol marakames, the South African sangomas, the Peruvian curanderos and Tibetan lamas.

### **Marie-Aimée de Montalembert M.S**

Marie-Aimee de Montalembert a native of France has lived in Mexico for 27 years. A Jungian-oriented psychotherapist, she has also completed the Marion Woodman Foundation BodySoul Rhythms® Leadership Training Program with Jungian analyst Marion Woodman, movement specialist Mary Hamilton, and voice coach Ann Skinner. She has also been trained in past-life therapy by Rashna Imhasly Ghandi. Marie-Aimée uses active imagination through movement, art and voice to deepen the exploration of dreams and to integrate the rich and undiscovered material from the unconscious.

### **Circe Peralta**

Circe Peralta is a plastic artist who conducts creativity and plastic arts workshops for both children and adults at various museums, cultural centers and schools. Her challenge is finding organic ways of adapting to our changing times. Her tool: transforming through colors, shapes, space and silence. Her passion: sharing with others how to find their creative nature and helping them come to know themselves.

### **Gerardo Castillo (S.D.Uddipo)**

Gerardo Castillo is trained in Hatha Yoga, Yang Family Tai Chi Chuan, Kung fu, Wing Chun,

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body therapy, Janzu (Watsu), Zen meditation, bioenergetics and Chi Kung. He has been a practitioner, instructor and service provider in these self-awareness methods for more than thirty years.

### **Teresa Ojeda**

Teresa Ojeda is the sanctuary chef. The owner, along with her husband, of a very successful restaurant in Malinalco, she will be directing the nutritional program along with Dr. Carlos Alvear. Sanctuary participants will be offered an individualized nutritional cleansing that can be followed even when completing the program.

**If you definitely want to attend you will be sent an admissions and nutritional packet. Please fill them out and return them as soon as possible so we can arrange your special nutrition evaluation with our physician, Carlos Alvear.**

**Be assured you will be receiving more information as we get closer to the date.**

**Feel free to e-mail for more information or call The Sanctuary's Director of Clinical Services: Jill Fischer, MS, APRN, BC at 860-984-6429 or e-mail [jillyfisch@mindspring.com](mailto:jillyfisch@mindspring.com)**