

Dr. Omar Miranda-Novales
Social psychologist and body oriented
psychotherapist.

I was born and raised in the Mayan Nahual Tradition. In 1990 I left my homeland Mexico to pursue an academic career in Europe. Along my path I studied Clinical Psychology, Social Psychology, Body Oriented Psychotherapy.

In my work I integrate the academic and old traditional knowledge of the Mayan people, with Dance, Theater and performing Arts. My academic interests and curiosity for other cultures led me to study and work in countries such as USA, Russia, Spain, Italy and Germany.



In 2015 I created the therapeutic methods of dynamic integration.

The Mexican Nahual tradition offers a unique approach based on the ethnomethodology of the Mexican healing techniques which I learned since my childhood.

Currently I am conducting experiential workshops and trainings throughout Europe.

Celebration of life The Mexican Days of the Dead

**Intensive experiential
workshop in Mexico**



**Conducted by:
Dr. Omar Miranda-Novales**

**28.October- 8. November
2019**

Mexico



Celebration of life The Mexican Days of the Dead

The Aztec, Mayan and other ancient Mexican cultures considered death as a living entity, a transition of life, not at ending.

Dying is seen as a positive, joyful and powerful event, even a funny one, because death is not only part of the existence, it is a natural progression of the circles of Nature in which everything changes. Transformation and movement is one constant of life.

When we die, we return to mother earth, where we can be integrated to the consciousness of everything. In this sense we become part of the timeless continuum of space, our new home.

Modern Mexicans still celebrate death in the same way they cheer life. They flatter and woo it, joke about it, care about it and dance with it, by lifting their glass to it and laughing at it. Finally, they challenge it, and in the challenging, death loses its power to intimidate them. Once they know death intimately, death is no longer wrapped in a cloak of mystery or causes them to fear the darkness.

Within the context of the Mexican Day of the Dead celebration participants will explore existential issues in order to meet and enhance their true Self. The method is quite simple, to see life as a consequence of death and to see death as a happy, constant process of letting go old patterns and beginning new structures. Death is seen as a chance for life.

This perspective leads attendants to deep transformation processes, in which they can reinvent themselves.

The intensive journey in Mexico, **Celebration of life** encourages life in motion as an essential quality of one's character, because everyone should experience the Days of the Dead a party of love and change.



Some of the activities, which will take place in Mexico are:

- > Days of the Dead celebration at Tecomitl/ Miacatlan.
- > Mexican sweat lodge ritual at a sacred spot.
- > Ritual of mirrors in sacred ground.
- > Visit to the witch market in Mexico-City.
- > A variety of self centered experiences and some relaxing activities.

The exact program and more other practical information would be sent to you as soon you contact the address below.

Workshop*:

Workshop taking place in:

**Different places and cities in Mexico
28- October -8 November 2018**

Fee: 1620€
(Flight not included)

PLEASE NOTE: Registrations are valid only through the full payment by money transfer till 3.6.2019 Deadline for last registrations is 29.7.2019 Bank account information will be provided on request.

Information and registration:

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**Schedule changes may occur.*