The Hidden Dimensions of Women's Empowerment: Latina Perspectives

Facilitated by Dr. Patricia Arredondo

Arrivals January 19th and Departures January 24th, 2027

Limited to 12 participants

Program Description

This immersive, five-day residential program in Mexico City explores historic and contemporary perspectives on the strengths and contributions of Latinas to their families, communities, and women's psychological empowerment. Drawing on the concepts of Mujerista leadership, empowerment, and intersecting identities, the retreat highlights four groundbreaking icons —Sor Juana Inés de la Cruz, Antonieta Rivas Mercado, Julia de Burgos, and Frida Kahlo—to illustrate how their leadership and contributions on behalf of others have shaped Latina feminist values. Participants' women ancestors will be recognized and their legacies of leadership will be shared. Participants will examine their intersecting identities and create a personal roadmap for their Mujerista-centered careers.

Daily Schedule

Day 1: (Tuesday, January 19th, 2027)

Arrivals by 3 pm to the CDMX airport and transport to Hotel Royal

7:30 p.m. – Welcome Dinner

Day 2: (Wednesday, January 20th, 2027)

7:30 a.m. – Welcome breakfast at hotel and Guidelines for the retiro

8:30 a.m. –Discussion- Mujerista Theory and our women ancestors

10:30 a.m. – Depart hotel for Cacao Ceremony with Sylvia

12:00 p.m. – Lunch at Casa Diaz historic restaurant on Londres St. (self-pay)

2:00 p.m. – Special guest speaker: Dra. Carolina Armenta Hurtarte, professor with Universidad Iberoamericana, Ciudad de Mexico

4:00 p.m. – Legacies of our ancestors. and How These Inform One's Work

Day 3: (Thursday, January 21st, 2027)

7:30 a.m. – Breakfast at hotel

8:30 a.m. – Themes from Historic Mujeristas, especially Antonieta Rivas Mercado and her practices of empowerment for herself and others; and the Head, Heart, and Hand Model

10:30 a.m. – Depart to La Casa Rivas Mercado

11:00 a.m. – Tour Casa Rivas Mercado

1:00 p.m. – Lunch at the original Sanborns - Casa de los Azulejos

3:00 p.m. – Visit El Claustro de Sor Juana

5:00 p.m. – Optional–Museo de la Mujer

5:00 p.m. – Optional–Explore Centro Histórico (Bellas Artes, El Zócalo, National Cathedral, Templo Mayor and other sites)

Dinner – On your own

Day 4 (Friday, January 22nd, 2027)

7:30 a.m. – Breakfast at hotel

8:30 a.m. – Discuss Julia de Burgos, Frida Kahlo and debrief Sor Juana Inés de la Cruz life and leadership

10:30 a.m. – Depart for Coyoacán (Visit the Casa Azul of Frida Kahlo, Mercado de Coyoacán, Jardín Hidalgo, Iglesia de San Juan Bautista; Optional: Casa Roja de la familia de Frida)

12:00 p.m. – Tour home/museo of Frida Kahlo

2:00 p.m. – Lunch

3:30 p.m. – Our Intersecting Identidades Personales y Competencias

5:30 p.m. – Shopping and touring in Coyoacán:

Dinner on your own – Group or individual arrangements

Day 5 (Saturday, January 23rd, 2027)

7:30 a.m. – Breakfast at hotel

8:30–11:30 a.m. – Closing Session: Mujerista Theory—Mindset for Personal & Professional Empowerment; Learnings from the Retiro

Afternoon – Free time to visit Museo de la Mujer, Chapultepec Park and Museo de Arte Moderno or visit La basílica de Santa María de Guadalupe

6:30 p.m. – Depart for final dinner

7:00 p.m. – Final Dinner

Day 6 (Sunday, January 24th, 2027)

Departures as needed

Considerations: Participants may arrive a day early or stay a day later to visit the Piramides of Teotihucan or the Floating Gardens of Xochimilco