

The Hidden Dimensions of Women's Empowerment: Latina Perspectives

Facilitated by Dr. Patricia Arredondo

Program Description

This immersive, four-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 Mujerismo, 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. Contemporary U.S.-based research on women's persistence and the diverse expressions of empowerment in different contexts will also be examined. Participants will create a personal roadmap for their Mujerista-centered careers and for working effectively with Latina communities.

**Session Dates: Our Summer Program will be held July 8th - July 11th!
(Arrivals on Tuesday, July 7th and departure Sunday, July 12th)**

Daily Schedule

Arrivals Tuesday, July 7th, 2026

Informal meals or activities can be arranged among the participants

Day 1 (Wednesday, July 8th, 2026)

8:00 a.m. – Welcome breakfast at hotel and Guidelines for the retiro

9:00 am-Discussion- Mujerista Theory

10:00a.m. Depart hotel for Orientation and Cacao Ceremony

10:30am Cacao Ceremony with Sylvia

12:00p.m. - Lunch near-by (self-pay)

200p.m. Special guest speaker: Dra. Carolina Armenta Hurtarte,
Universidad Iberoamericana, Ciudad de Mexico

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

7:00 p.m. - Welcome Dinner

Day 2 (Thursday, July 9th, 2026)

8:00 a.m. - Breakfast at hotel

9:00 a.m. - Themes from Historic Mujeristas, especially Antonieta Rivas
Mercado Practices of Empowerment for Self and Others; and the Head, Heart,
and Hand

10:20 a.m. Depart - La Casa Rivas Mercado

12:30 Lunch at the original Sanborns Casa de los Azulejos

3:00 p.m. - El Claustro de Sor Juana with Dr. Jose Ignacio Rivero Calderon.

4:30 p.m. - Explore Centro Histórico (Bellas Artes, El Zócalo, National
Cathedral)

Dinner - On your own

Day 3 (Friday, July 10th, 2026)

8:00 a.m. - Breakfast at hotel

9:00 a.m. - Debrief Sor Juana Inés de la Cruz life and leadership

10:15 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)

2:00pm Lunch

3:30pm Las Dimensiones de Nuestras Identidades Personales y
Competencias.

5:00 Shopping and touring in Coyoacán:

Dinner on your own – Group or individual arrangements

Day 4 (Saturday, July 11th, 2026)

8:00 a.m. – Breakfast at hotel

9:00–11:00 a.m. – Closing Session: Mujerista Theory—Mindset for Personal & Professional Empowerment; Next Steps

Afternoon – free time. Visit 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 5 (Sunday, July 12th, 2026)

Departures as needed

