



## **Nordic Medicinal Plants through the perspective of Misak traditional healer and midwife *Mamá Cristina Yalanda***

### **Background:**

Mamá Cristina works with traditional medicine in her community of the Misak-people, which for her also includes work as a midwife. Her teachings have been passed down to her from her grandmother, and also come through direct relationship with the territory and ecosystems in which she grew up. She receives patients, and prepares treatments based on the individual's needs - integrating herbal medicine, dietary advice, physical therapy and dream knowledge into her work. Her experience has been requested by clinically trained midwives in the region, and she has also given lectures at Oxford university England, and universities in France, Mexico and Colombia.



**Several of the plants used in the Misak tradition also grow wild in Sweden.** The territory of the Misak people is located in the Andean highlands of Colombia with a climate that is partly similar to the Nordic one. Some are more well-known medicinal plants, others more unknown, and some are plants that we in the Nordics mainly know as everyday elements of our kitchens - which in her tradition are understood as living beings with unique characters that can communicate through dreams.



Midwifery is also an art and a gift, which can be inherited generationally or bestowed through dreams. Beyond pregnancy and childbirth, midwives accompany all the life cycles of their community: they understand life as an interdependent whole and weave the dialogue between people and other beings of the territory. Here, plants play a crucial role as well aiding all cycles, including during birth.

*That this ancient tradition from the Andes works with the same plant species that grow in the Nordic countries creates a rare opportunity for practical knowledge transfer across continents - through shared flora.*

**The workshop will partly be held outdoors and invites an exploration of:**

- Identification of wild Nordic medicinal plants.
- The qualities of plants and the needs of our different bodies.
- Preparation of medicinal plant tinctures, oils, plant baths, and cosmetics.
- Diet as part of creating balance and healing.
- How different parts and combinations of plants create different effects.
- Water as a living and conscious force in relation to health and ecosystems.
- Dreams and their role in traditional knowledge transfer.
- The symbolism of nature - in plants, animals, insects, the elements and landscape.
- Deep listening practices and rituals connecting to our bodies and surroundings.
- How to build more reciprocal relationships with our surroundings.
- Presentation of Misak Midwifery Cosmopolitics and Life Cycle.

**Additional activities:**

- Private plant bath (for babies, children, men and women)
- Womb massage (women)





The workshop will be joined by Riwa, who will be translating Mamá Cristina's Spanish to English. Riwa is a midwife apprentice and doctoral candidate in anthropology, and she has lived with Mamá Cristina in the Misak village of Guambía for three years. Her research focuses on the practices of Misak midwives in Colombia and explores the ways they take care of the "body-territory" and address sexual violence. Together with Mاما Cristina, they have created a Midwifery House in Guambía.

**Date:** 29th - 30th of August 2026 (*arrival is on the evening of the 28th*)

**Place:** OshoFors meditation centre, Avesta, Sweden

**Price:** 3 400 SEK per person

*- Includes: food (on the 28th as well) bed in single or shared room, access to sauna, and guided morning & evening meditations*

*Spots are limited so book as soon as possible!*

**If you are interested in participating contact Hannes via:**

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Warm regards, Mamá Cristina, Riwa and Hannes.

