



Celebrating Frida Kahlo with Fiber

Dyeing, Zapotec Weaving and Knitting in Oaxaca and Mexico City, with Ancient Ruins, Aztec History, Chocolate, Mezcal, Mole, and More!



January 22 – February 4, 2027



Honoring Hope and an Independent Spirit

"Feet, what do I need you for when I have wings to fly?"
~ Frida Kahlo

Influenced by pre-Columbian art and Mexican folk art, Frida Kahlo's timeless paintings, with their almost surrealistic colors, embody women's inner strength, a passionate love of Mexico and its culture, and her courage in the face of adversity. As Mexico's most important 20th century artist, recurrent themes in her paintings include suffering and triumph in her own life. Her art recognized the same in the lives of woman in general. Since the mid-1970s, she has been a role model for women in the Mexican American and feminist communities. We pay tribute to this extremely influential woman whose artistic vision forever changed the world.

"Uncommon Textile Journeys that Change Lives."

Meet our Internationally-Recognized Mentors

Jennifer Susannah Miller

A yarn and fiber artist, Jennifer is the creator of Theodora's Pearls, internationally known hand-painted and hand-dyed yarns, featuring unusual and luxury fibers.

Jennifer is dedicated to promoting creative confidence in every dyer and knitter, enhancing skills, and encouraging new and innovative experimentation in yarn! A self-taught artist, sourcing inspiration from the natural world, folk art, and historical textiles, she shares her own creative journey as an example of how you can express yourself through fiber, creating beauty, harmony, and functionality.

Jennifer is known for her content-rich classes, chock-full of tips, tricks, shortcuts, and easy tools to enhance the creative process.



Rhianna Truex

has been knitting since 2020, and dove headfirst into colorwork knitting, teaching knitting, and designing knitwear patterns. Her inspiration is her love of Mother Nature. She has dabbled in spinning and weaving and now dyes wool and bamboo yarn with Theodora's Pearls and co-leads dyeing workshops.

She has been a photographer since she could first hold a camera and loves to photograph people working in creative fields. Rhianna is also an avid bird watcher, finding inspiration for colors and designs in what she sees.



Felipe Hernandez and Family

We have operated 18 tours since 2010 with Felipe and his wonderful family as our weaving instructors. One of the most renowned weavers of Zapotec rugs, Felipe, like many of the weavers of the community, began weaving at age 13. He has carried on the tradition by teaching his three sons how to card, spin and weave. Felipe has been able to support his family with his weaving after he was discovered by a buyer from the United States to whom he has provided rugs for more than 20 years. Felipe weaves five hours every day from 4 AM – 9AM. He is an expert dyer who expertly produces rose, blueberry and peach shades and is one of the few weavers in Teotitlán that dyes for custom orders. Weaving remains Felipe's passion. He says that even if he had different opportunities in another life, he would first and foremost be a weaver.





Friday, January 22 Arrive Oaxaca City

Today you fly from your home to Oaxaca. Upon arrival, you will be greeted and transferred to the charming hotel, Parador San Miguel, a colonial-era home that has been transformed into a lovely hotel. With only nineteen rooms and filled with Old World details, a tranquil leafy inner patio, stained glass, and an elegant restaurant, it is an oasis in the city. Overnight at Parador San Miguel. (No meals included) www.paradorsanmigueloaxaca.com

Saturday, January 23 Exploring Oaxaca City

Today we will have a half day guided tour of Oaxaca City offering a historical perspective on this fascinating city,

The afternoon is free to explore at your leisure.

Oaxaca City literally overflows with handicrafts with a variety of colorful native markets which are considered the city's heart and soul. Overnight at Parador San Miguel. We will have the opportunity for an optional group dinner tonight. (B)





Sunday, January 24

Monte Alban & To Valle de Teotitlán

The Zapotec civilization was one of the earliest complex societies in Mesoamerica. This area is a beautiful treasury of colorful markets, bucolic handicrafts villages, and ancient archeological sites; some of which we will explore. East, west, and south of the city lie countless artistic and archeological wonders.

We will be picked up by our private driver this morning and be driven into the Valley of Oaxaca. This is a landscape of a mountain-rimmed patchwork of fertile fields, rivers and streams located within the Sierra Madre Mountains. En route, we will visit **Monte Albán**, considered the “must-see” archeological site in Oaxaca. Monte Albán ranks among Mesoamerica’s most regally magnificent, ruined cities where its vibrant civilization reigned from 500 BC – 750 BC.



Situated on a mountain 1,315 feet above the Oaxaca Valley, Monte Alban (*mohn-the ahl bahn*) was once the holy city of more than 30,000 Zapotecs. It is the area’s most interesting and extensively excavated ruin, yet it is estimated that only about 10% of the site has yet been uncovered.

Our ultimate destination today is Teotitlán del Valle, which means “Place of the Gods” and is world famous for its weavings. The art of weaving in this village dates to 500BC. Currently there are more than one hundred weaving workshops here. Our lodging host will be Felipe Hernandez and his family. Felipe is a master Zapotec weaver and part of a family that has been weaving for generations. We will stay at his B&B on the outskirts of town with incredible views of the Sierra Juarez Mountains. (D)



Mon - Wed, January 25 - 27 Weaving, Dyeing and Optional Knitting

We will spend three full, glorious days beginning today dyeing and weaving or knitting in the incredible setting of Teotitlán. In the morning of our first workshop day, we begin our Frida Kahlo fiber adventure and get going creating color on fiber! Jennifer will begin with some color work and notes on Kahlo's palette. She will assist you to develop the colors that make your heart sing! Using our ideas and inspirations from Frida Kahlo's art and from our own preferred palette of colors, we will dye bespoke, custom-spun skeins of bamboo yarn using the reactive dyes. Bamboo, a cellulose (plant) fiber, takes a particular set of dyes, mordants, and treatments - and produces spectacular results with unparalleled depth of color. You'll receive complete

instructions and information so that you can work with these dyes at home! Instruction includes loads of tips & tricks, background information on bamboo, & special effect techniques



In the afternoons, working on traditional walking looms, Felipe and his family will teach us the Zapotec style of weaving *tapetes*. Using Felipe's naturally dyed wool in a gorgeous palette, we will each create a piece of our own. For those who prefer to knit rather than weave, Jennifer, an amazing knitting designer and instructor will offer guidance in knitting a special shawl simply perfect for those cool Oaxacan evenings. Felipe's wife Maria will prepare all our meals. Each morning, we will be treated to a delicious breakfast

before our day's activities followed by a delicious lunch each day featuring some of the best home-cooked cuisine in Oaxaca. Light soup dinners are prepared by Maria for our dining pleasure each evening. Some days (depending on each weaver's progress) might include an opportunity to visit some of the colorful local sites (optional, additional cost). Right in our backyard, nearly every Teotitlán house is a mini factory where the families still card, spin, and dye wool. One evening we will visit a local cooperative, Vida Nueva, which features the altruistic work of local women weavers. Overnight at our private B&B. (B, L, D daily)

Thursday, January 28

Teotitlán, Tlascaloula Market & Mitla



Early this morning, we will visit the colorful local square in Teotitlán and its daily market. It is unlikely we will see any tourists at this quaint traditional shopping mecca where the locals come to shop and socialize. It is alive with traditional sights, smells and sounds of this charming small village.

From here we travel to another colorful market experience, Tlascaloula Market, one of Oaxaca's largest and oldest markets. Locals from all around the region come to this market for daily supplies and food. They can purchase everything from a yoke for their ox to live turkeys for their Sunday dinner. We'll spend a couple of hours wandering around this lively venue.

In the afternoon, we have another cultural treat in store; this time the ancient Zapotec ruins of Mitla (*"Place of the Dead"* in Zapotec) which features five ruins clusters and was at its height at AD 1350.

We will see the stone carvings in the designs of traditional Zapotec Weavings. You might want to photograph them for inspiration in the weaving you will begin tomorrow.

The rest of the afternoon is free to explore the sights and shops of Teotitlán, design your weaving, or simply relax on the terrace. Overnight at our private B&B. (B, D)





Friday - Saturday, January 29 – 30 More Weaving, Dyeing and Optional Knitting

For two more days, we will continue our color adventure with more weaving and dyeing in our artistic haven. You will come away with skeins of your hand-dyed yarns and a woven treasure created with Felipe and his family. Overnight at our private B&B. (B, L, D daily)

Sunday, January 31 Exploring Oaxaca's Handicrafts



On our way back to Oaxaca City we have a variety of treats in store en route. This morning, we visit a cochineal farm where we can observe how the cactus is cultivated with these fascinating beetles to create magnificent red dyes. From here we will visit **San Antonia Castillo Velasco** which is famous for its lovely embroidery. A stop at **San Martín Tilcajete** introduces us to *alebrijes*, the prime source for fanciful wooden creatures found the world over. **San Bartolo Coyotepec** is renowned for its black pottery (*barro negro*) which is sold throughout Mexico. In the evening, we will return to Oaxaca City and Parador



San Miguel, where we may enjoy an optional group dinner and overnight. (B)

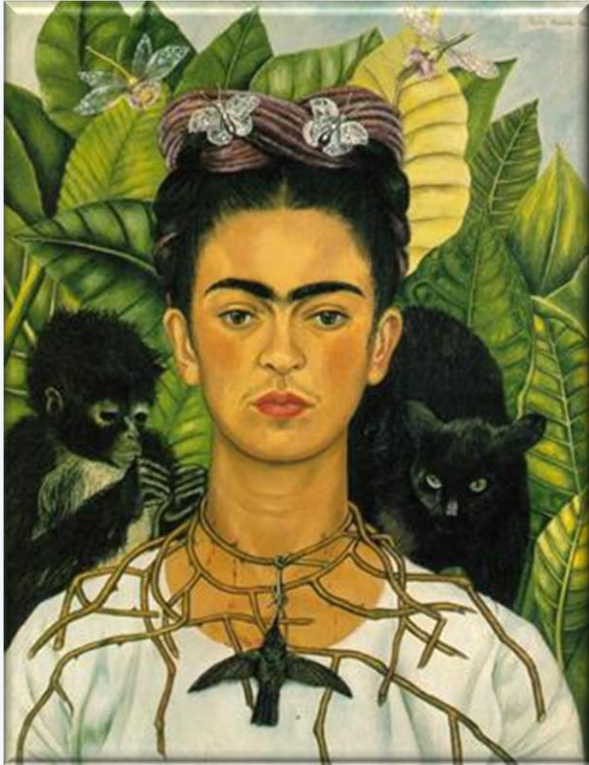


Monday, February 1 To Mexico City

This morning, we will be transferred to the airport for our flight to Mexico City. Built in the 16th century by the Spanish on the ruins of Tenochtitlan, the old Aztec capital, Mexico City is now one of the world's largest and most densely populated cities. It has five Aztec temples, the ruins of which have been identified, a cathedral (the largest on the continent) and some fine 19th- and 20th-century public buildings such as the Palacio de las Bellas Artes which boasts some of Mexico's finest murals from the early twentieth century, including one of the most important works by Diego Rivera. Upon arrival, at the airport, we will be greeted by our local guide and transferred into the Centro Histórico of the city. A UNESCO World Heritage Site, this section of the city is home to seven centuries of Mexican history found in its architectural landscape.

Most of the buildings in the Centro Histórico were built during the 300 years when Mexico was under Spanish rule. However, the large urban plaza near the eastern edge of the district, known as the Zócalo, was part of the fourteenth-century Aztec city. We'll enjoy lunch at El Cardenal, a local favorite where we can settle in with a delicious meal before stepping out to discover the city on foot. On a privately guided tour, we'll explore the city's grand plazas, lively markets, and hidden courtyards that tell the story of Mexico's past and present. We'll visit key landmarks like the Zócalo and the Palacio de Bellas Artes while discovering local stories and vibrant street life along the way. An evening welcome dinner will introduce travelers to Mexico's rich culinary heritage and contemporary dining scene.

From here, we head out to the quaint neighborhood of Coyoacán which will be our home for the next three nights. It is a large residential area south of Mexico City and will be our cultural oasis. Here we find a colorful local market, world class museums, restaurants, mature trees, and cobblestone streets which all contribute to its charm. For those that are interested, we can gather for dinner at a nearby restaurant (cost not included). Overnight at a boutique hotel in Mexico City's Coyoacán neighborhood. (B,L)



Tuesday - Wed, February 2 - 3

Following in the Footsteps of Frida Kahlo

After spending days dyeing, weaving, and knitting with the rich palette of this remarkable artist in Oaxaca, we now have the opportunity to see where she lived and created her vivid artwork. We will spend these two days exploring the home city of Frida Kahlo.

First, we'll visit the **Frida Kahlo Museum**, also known as the *Casa Azul*, to provide context to our visit in Kahlo's Mexico City. Remarkably, this museum competes with the National Museum of Anthropology for the distinction of "most visited museum" in Mexico City. The museum is housed in the property that belonged to the Kahlo family since 1904. After Kahlo's death, it was converted into a museum. The family home was the meeting place for many of the great personalities who lived or met with Diego and Frida. Among them, Leon Trotsky, Henry Moore, Remedios Varo, and André Breton. Here we also learn more about the passionate relationship between Kahlo and artist Diego Rivera. The kitchen has been preserved in its original condition which showcases its original dinnerware and cookware that reflect the strong impact of

Mexican culture on the artists' daily lives.

We'll also visit the **Dolores Olmedo Museum** which houses the largest public collection of Kahlo's original works. Its gardens are home to peacocks, geese, ducks, turkeys and *xoloitzcuintle* dogs.

Our exploration will also include **The Centro de Coyoacán** where five centuries of Mexican architecture and culture are found in the narrow cobblestone streets and plazas. We stop at the



artisan's market to discover handmade treasures and the Coyoacán Market for fresh tostadas.

A visit to this area would not be complete without experiencing **the floating gardens of nearby Xochimilco**. Here we'll take a boat tour through the canals that stretch for more than 100 square miles. Xochimilco is a UNESCO World Heritage Site featuring stunning natural and cultural beauty. We'll sail on a colorful *trajinera* boat through floating garden islands

constructed by the Aztecs from juniper branches. These little man-made islands made it possible for the Aztecs to grow various crops. Overnight at hotel in Mexico City. (B,L daily)

Thursday, February 4

Travel Homeward

Sadly, it is time to say good-bye to the vibrant culture of Mexico City. You will be transferred to the Mexico City airport for your flight(s) home. (B)

Land Costs Include:

- 11 Nights, double occupancy (all in individually atmospheric accommodation - no large impersonal chain hotels!). Single accommodation is available at additional cost (see below)
- Airport Transfers
- Private tours and visits
- Workshops including all materials (all workshops are optional – you need not participate in all of them)
- Private coach and local expert guide
- Private visits and demonstrations with talented artisans
- Meals as described:

Land Costs Exclude:

- Any air transportation including flight to Mexico City
- Any item not specifically included in your program including snacks, extra personal beverages & bottled water, etc. other than during designated meals, alcoholic beverages
- Tips for your guide, drivers, hotel porters and other service staff
- Additional insurance of any kind. We HIGHLY recommend trip insurance!



Loom Dancer Odysseys

does not believe in large group, bargain, or “ordinary” tours. Instead, we strive to immerse the creative and adventurous traveler into the wondrous world of global fiber arts with quality cultural encounters. Our group is limited to 10 guests for this tour to allow for a more hands-on, intimate travel experience.

Be a creative traveler, not a tourist.

Cost: \$3,295 USD Per Person Based on Double Occupancy

If you prefer a single room, there is a Single Room Upgrade of \$950**

****Single accommodations limited to 5 travelers. Shared accommodations (unless by a couple) limited to 4 travelers.**

As with all true adventures, this itinerary is subject to change without notice based on a variety of factors. Although Loom Dancer Weaving Odysseys will do our best to adhere to the scheduled itinerary, we are all at the mercy of Mother Nature and varying weather conditions. As is the case with all true adventures, your itinerary should be considered an approximation of activities only. The itinerary or accommodations may be changed subject to unexpected and worthwhile opportunities, weather, group desires, and circumstances beyond our control, etc. Loom Dancer Weaving Odysseys and its guides reserve the right to alter the itinerary without prior notice. Also please be aware that any voluntary changes on your part to your itinerary while on the tour will be made at your own expense.

Save Your Spot!

Please call our office for details or questions!

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