

2.1 WEAVING KNOWLEDGE THAT TRANSFORMS

Report May 2026

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Recreational activity, El Progreso Group. May 2026

El Progreso

On May 27th, a recreational activity was held with the group from El Progreso at Senderos y Manantiales San Miguel, located approximately 40 minutes from the village of El Progreso. The women had organized at the previous workshop to celebrate Mother's Day at this location. They held their gathering there last year and enjoyed it so much that they decided to return.

Some women brought their children and/or mothers to share this special day. Each person contributed Q30 to cover part of the bus fare. The project covered the entrance fee, part of the transportation cost, and the meat for lunch; each woman also contributed some food to supplement the meal.



Recreational activity, El Progreso Group. May 2026

The women enjoyed the trails, the natural water pools, and the group and family time. They expressed their gratitude that these kinds of activities are a reality thanks to the project.

In addition to strengthening community life, this activity creates a recreational space that contributes to the mental health and well-being of women.



*Rosa and her daughters, Juanita (left) is also a member of the group.
Recreational activity, El Progreso Group. May 2026*

Sintaná

The May workshop included games designed to strengthen communication, teamwork, problem-solving, creativity, and organization. Exercises were conducted to activate the body, improve blood circulation, and release tension. Conscious breathing was practiced as a tool for self-care and emotional regulation.

The topic of the dimensions of being, previously covered in the last cycle, was revisited. In pairs, students chose a dimension—spiritual, emotional, mental, or physical—and shared their knowledge in a plenary session; afterwards, they explored self-care practices corresponding to each dimension in greater depth.



Identification of self-care actions. Sintaná. May 2026.

Among the self-care practices the women mentioned were: healthy eating, maintaining regular meal times, exercising, taking walks, positive thinking, breathing exercises, feeling their heartbeat, and praying. They also discussed other important aspects of holistic self-care: responsible phone use, the impact of junk food on the body and emotional state, and emotional repression as a parenting pattern. The discussion delved into the interrelationship of each dimension of being in achieving balance and well-being.

Nuevo Amanecer

During this cycle, the Nuevo Amanecer group is delving deeper into the emotional dimension with the intention of generating self-knowledge, emotional and body awareness, and providing tools that contribute to emotional regulation.

For the May workshop, through a dynamic activity, the women expressed basic emotions with their bodies, experiencing bodily changes according to the emotions mentioned.

They also performed exercises to release tension and activate the body.

They worked in groups of three, chose two basic emotions, and read a sheet about them. They drew the silhouette of one of the members and indicated the location on the the silhouette where they felt the chosen emotions, using shapes and colors according to their feelings.



*Drawing the silhouette.
Nuevo Amanecer. May 2026.*



*Body mapping: identifying emotions in the body.
Nuevo Amanecer. May 2026.*

Next, they named the bodily sensations they felt when experiencing their chosen emotions and wrote them around the silhouette. Each trio then shared their chosen emotions in a plenary session, explaining the function of each emotion and emphasizing that emotions are a response to an internal or external stimulus, are short-lived, and help us adapt to our environment. They discussed the suppression of tears or anger as a common parenting pattern and how it persists into adulthood, reflecting on its effects on the body and the importance of emotional regulation. The women were encouraged to incorporate the tools shared during the workshops into their daily lives.

The controlled breathing technique of five steps was shared, which helps relax the nervous system and induce a state of calm and well-being. The women appreciated that these topics were addressed, as learning new things helps them both personally and in their parenting.



*Controlled breathing in 5.
Nuevo Amanecer. May 2026.*

Morelia

Relaxation and stretching exercises were performed, as well as diaphragmatic breathing.

The body was activated through tapping and massage on energy points.

A group cohesion and de-mechanization of thought dynamic was carried out.



*Identifying the dimensions of being.
Morelia. May 2026.*

The participants drew self-portraits. They identified aspects of their being, such as thoughts, emotions, and values. The four dimensions of being—spiritual, emotional, physical, and mental—were explored in depth. Using colored paper, they identified these dimensions in their drawings. The discussion focused on how these dimensions are interconnected and how an imbalance in one affects the others. Working in pairs, each participant chose a dimension and discussed actions that could help nurture it. They mentioned actions such as rest, positive thinking, walking, exercising, praying, and giving gifts. The women decided to prioritize the spiritual dimension for the next session.



*Childcare.
Morelia. May 2026.*

As a result of self-evaluation and group evaluation, the group improved its attendance and punctuality. Mayra shared corn atole with the participants during the workshop. She also suggested that for the next meeting, everyone bring a piece of fruit to share and a Bible verse.

Juana attended to the children during the workshops in Sintaná, Nuevo Amanecer and Morelia.