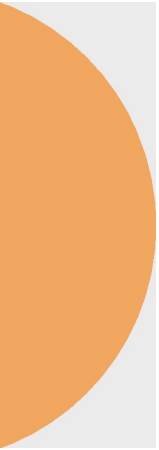


July 2025 Report

# Formation Project

By Flor de Maria Quiñonez





## El Progreso

In this session, the women strengthened their connection to themselves, nature, and the group.

Participants were invited to experience a moment of calm, engage their senses and perception, and give space to feeling and flow. This was achieved through breathing exercises, body activation, energetic connection, and walking.

To promote emotional expression and release, the women participated in vocalization activities (use of voice and breathing) and body exercises.

Through the exploration of movement, the women practiced flow, the demechanization of thought, and flexibility, while strengthening their creativity.

The women explored movements, forms, and ways of connecting collectively through the creation of images, at different levels, and with changing groups. This activity culminated in an image that connected everyone from the different spaces they were in. They were guided by using only their bodies to communicate and create.

They organized themselves into three groups, each reading an excerpt from the brochure on conscious breathing, including the section on "Why do we stop breathing deeply?" Each group analyzed the reading and shared their thoughts in the plenary session. The discussion strengthened the contributions of each group. Through this activity, the women delved deeper into the topic, gaining awareness of the effects of trauma on the body and the emotional influence on breathing and, consequently, on the body.



Some comments during the workshop:



school. She motivated her to attend her classes to help her finish primary school.

## Maria

"I couldn't do the deep breathing exercises before, it was so difficult for me, but now I can. When we started, I couldn't stand stretching my legs, but now I can. As the teacher says, it's just a matter of practice. I do this at home. Today I felt bad, but I said, even if it's like this, I'll go to the meeting, because all of this is good for me, I feel better."

Elsa hasn't missed a single workshop during this cycle, and in previous cycles, her attendance has been constant. Increasingly, Elsa expresses herself more easily, has strengthened her creativity, and enjoys the games and exercises. For the first time in the group, she shared one of her dreams: to continue studying. She commented that she dreams of studying; she always wanted to be a secretary; however, she only attended fourth grade. Elsa said she sometimes intended to study, but her husband told her, "Why bother?" It wouldn't be of any use to her. Reyna Solval shared her experience with her, how she returned to school after 26 years and the benefits it has brought to her life. We encouraged Elsa to continue her studies. Rosa is in charge of teaching literacy and classes to adults who haven't been able to finish primary





Elsa

# Sintana

In July, women activated their bodies and memory through physical exercises.

They connected with themselves through breathing and walking.

They explored movements and created images using a bamboo stick. They strengthened their attention, concentration, perception, fluidity, creativity, expression, and de-mechanization. They used breathing to sustain images; these exercises contribute to strengthening emotional regulation.

They were organized into three groups, each reading and analyzing a page from the brochure discussing the benefits of conscious breathing for the individual. Each group presented their main ideas from the reading through games and/or actions that reflected their understanding. Each presentation received feedback.

In this workshop, women discussed their health status, most of whom are suffering from some illness. One of the goals of studying naturopathy is to contribute to strengthening women's health through an educational program that allows them to prevent illnesses and treat certain conditions with the help of medicinal plants.

Yesica attended to the children during the workshop.

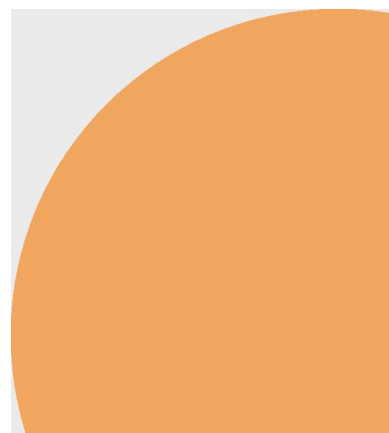




## Viviana

She said she has practiced breathing when she has felt very angry and has found that it helps her calm down.

Participants had time to de-stress and have fun through group games, which enhance concentration, attention, mental agility, organization, and teamwork.





## Nuevo Amanecer

They energized their bodies through exercises and also relaxed by doing various stretches and muscle-relaxing movements. Several of them reported experiencing pain and stiffness in their bodies. These types of activities help generate self-awareness and self-knowledge, as well as motivate the practice of exercises that contribute to their well-being.

The women had time to connect with themselves and their productive economic activity. They captured their goal for this cycle through a drawing and shared it with the rest of the group.

The group agreements developed in the previous cycle were read for evaluation, and the group agreed to continue with them, adding a new agreement: to charge a fine of Q50 per day of late payment after the due date for payment of principal and interest.

Each participant was given a folder to store project documents, and stickers were shared for decoration. Each woman personalized her folder according to her own creativity.

This session marked the change of cycle. The same members from the previous cycle continued, except Rosa Bdmaca, and two new members joined. There are now a total of 12 participants.

Yesica attended to the children during the workshop.



These are some of the members' comments during the drawing activity and sharing their goals for this new cycle.



Selene

"I had been selling them only in pots (she sells cacti and other plants), now I'm going to sell them as souvenirs and centerpieces."



Josselyn

"Now I want to start selling spare parts and gifts (in addition to the store)."



Obdulia

She shared that she will invest the capital in a spare parts store for her daughter, which will operate every weekend. She is currently in her final year of high school. This productive activity will help her learn to earn her own money and cover part of her tuition. Obdulia will accompany and support her in this entrepreneurial journey.



In this workshop, women developed body awareness and deepened their interpersonal and intrapersonal relationships.

They had a moment to take care of their bodies through physical exercises.

They walked through the space, being aware of their bodies and their feelings, to a melody. They walked at their own pace, noticing their steps, breathing, and posture. They walked in different directions, breaking the pattern of walking only in circles. They stopped when needed, taking deep breaths. With their eyes closed, they identified a strength within themselves, repeating it mentally three times. They continued walking through the space, stopping and recognizing each participant with their eyes, being aware of the place each member occupied in the group, and of the place they occupied. They continued walking, stopping and recognizing a strength in the others in the group. When they crossed paths during the walk, whoever felt in their heart would tell their partner the strength they saw in her; whoever listened should stop, pay attention, and receive. Through this dynamic, they also exchanged laughter and hugs. It was a moment that generated admiration, expression, and affection among the women.

The reading of the pamphlet on conscious breathing continued, focusing on the subtopic "benefits for the individual." A moment was held to analyze the reading and create a representative summary (through group games or actions).

Yesica attended to the children during the workshop.





Comments from the women at the end of the workshop:



**Aide**

"Being here helps us live together and connect. What I learned today is that breathing is very important in our lives, both psychologically and physically."



**Maria**

"I learned to feel my body, my steps, and I relaxed while doing that. I feel very relaxed."



**Sheny**

"We relax, sometimes we have other thoughts, we forget what we came here to do, thank you because it has helped us a lot."



**Amparo**

She expressed having a beautiful experience being aware of her walking and awakening her perception with the melody used during the walking activity.



## Gloria

She commented that she enjoyed creating an image with the building games; she had never done it before. At first, she asked, "What is that?" Then, she let her creativity flow and, together with her group, created an image that was the result of a synthesis of the group reading.

## Aura

"What I liked about the workshop was when we were walking, we had the opportunity to hug each other, to say what we wanted. Sometimes we just look at each other and say, 'Good afternoon,' but never been together like this before. I liked that."

