



REPORT FORMATION PROJECT

NOVEMBER 2025

By Flor de María Quiñonez

El Progreso

In the November workshop, the women participated in activities to connect with themselves, their voice, body, movement, creativity and fluidity; through conscious breathing, body exercises and playing with blankets (creation of movements and images).

Continuing from last month's workshop, the participants explored the dimensions of being—emotional, mental, physical, and spiritual—and self-care practices for each. They discussed how each dimension is interconnected, reflected on situations that contribute to their well-being, and the importance of addressing each dimension.

The women appreciated the space the project creates to take care of themselves, relax, learn new things, and enjoy themselves.



Brenda: Before I come here, I think: what are we going to do again today? Every time we come, we do something new, something different, and I learn a lot.



*Identification of self-care actions.
El Progreso, November 12, 2025*



*Movements with blankets.
El Progreso, November 12, 2025*

Sintaná, Nuevo Amanecer and Morelia



***Body activation.
Sintaná, November 25, 2025***

In commemoration of the International Day for the Elimination of Violence against Women, November 25, and at the request of Julia, a member of the Nuevo Amanecer group, the issue of violence and its manifestations was addressed in November in the Sintaná, Nuevo Amanecer and Morelia groups.

During the workshop, the women carried out activities to activate their bodies, connect with themselves and the group.

Through information sheets and infographics, the women engaged in group readings, discussions, analysis, and reflection on violence, its various manifestations, and its effects. Some of them opened up, sharing their own experiences.

In the "body mapping" activity, the women identified the parts of their bodies where they feel violence and the emotions it generates. Therapeutic tools for emotional harmonization were used, including conscious breathing, massage of painful points, and thymus stimulation.



***Infographic reading.
Nuevo Amanecer, November 25, 2025***



**Massage at the pain point.
Sintaná, November 25, 2025**



**Reading fact sheet on violence.
Morelia, November 25, 2025**

Among the relevant points for reflection are the importance of self-care, cultivating healthy self-esteem, building healthy relationships in children through respectful and violence-free parenting, support among women, setting limits, having spaces to deconstruct violence and learning new ways of relating.

Yesica looked after the children during the workshops.



Morelia, November 25, 2025



Sintaná, November 25, 2025



Nuevo Amanecer, November 25, 2025

Some comments and reflections from women.

Sintaná

Monica

explained how violence affects the body, mind, and emotions, reflecting on the importance of breaking the cycle of violence in parenting.

Viviana

expressed gratitude for discussing these topics, as it empowers women by giving them more information and tools to value and strengthen themselves, and to set boundaries.

Nuevo Amanecer

Julia

reflected on the historical struggle of indigenous peoples and women in Guatemala for well-being and a good life.

Josselyn

raised awareness about the importance of women working on their self-esteem, in order to prevent domestic violence.

Morelia

Luz

expressed that it is important to address the issue of non-violence in the church, in order to raise children differently, since violence is often used against them, and she was grateful to have the space to talk about these issues.

Sheny

She shared that thanks to the shared sheet on the manifestations of violence, it is easier to identify it, and taking this information to other people can help them.