

# Weaving Well-being Project for Women Entrepreneurs

Component 2: Education, Knowledge Exchange and Healing



Income and Expense Record, Financial Education,  
El Progreso. July 6, 2026

## REPORT JULY 2026

### *2.1 Weaving Knowledge that Transforms*

**By: Flor de María Quiñonez**



# WORKSHOP EXPANSION



Financial education, income and expenses. Nuevo Amanecer. July 7, 2026.

Starting in July, an additional workshop was added for the groups in Sintaná, Nuevo Amanecer, and El Progreso, bringing the total to two workshops per month. In Morelia, the monthly workshop was extended from two hours to three, because they indicated that it wasn't possible to meet twice a month.

This additional workshop is divided into two parts. The first focuses on Financial Education, aimed at strengthening financial management skills and providing tools for incorporating best practices into family and business finances. This session is led by Reyna Solval. The second part, led by Flor Quiñonez, shares self-care and group strengthening tools. The plan is to continue holding bi-weekly meetings and a longer monthly workshop in Morelia in the coming cycles to further enhance women's skills and abilities. Both monthly workshops will include follow-up sessions and feedback on the topics covered.





Childcare. Nuevo Amanecer. July 28, 2026.

In July, the topic of income and expenses was addressed. Women were encouraged to record their monthly income and expenses to better manage their finances. This type of practice presents a challenge for women, as they are not accustomed to this kind of record-keeping. For those with reading and writing difficulties, it represents an even greater challenge. However, they have been encouraged to adopt this habit and ask for support from their children, grandchildren, or other close relatives.

Self-care and group strengthening exercises were also carried out in the different groups, such as: Qi-gong exercises, diaphragmatic breathing, dynamics and games of group cohesion and communication, relaxation and concentration exercises.

Yesica Bolaños attended to the children of the Sintaná, Nuevo Amanecer and Morelia groups, in the workshops held during the month.



Childcare. Sintaná. July 7, 2026.





# EL PROGRESO

At the first financial literacy workshop, they also celebrated the 84th birthday of Micaela, the oldest member of the project. The group decided to buy food with the money collected from fines, and the project contributed a third of the funds to complete the celebration. The women prayed, sang, and hugged Micaela to celebrate her life and give thanks for her.

The second workshop involved body movements focused on joints, energy activation, blood circulation, and stress relief.



Celebration, Micaela's birthday.  
El Progreso. July 6, 2026.

Continuing with the exploration of the mental dimension, the women connected with a negative thought, identifying the sensations and emotions it evoked. They expressed this on paper, creating various shapes spontaneously and fluidly, using colors to represent their feelings. They took a moment to observe their drawings, breathing into the part of their body where they felt that emotion or sensation most intensely. Afterward, they shared what they felt, including anger, fear, sadness, rage, and pain.

A healing tool learned this year during training with the organization Actoras de Cambio was applied to harmonize emotions. The tool is called EFT (Emotional Freedom Techniques), which involves tapping acupressure points on the body with the fingertips while repeating a phrase related to the emotion, sensation, or thought causing discomfort. By tapping these energy points, the nervous system calms, helping to reduce or eliminate the discomfort. Before using this tool with groups, participants receive appropriate training and experienced it firsthand.





Applying EFT.  
El Progreso. July 20, 2026.

The women indicated that they felt calmer and without the emotion they had expressed at the beginning.

Body movements were performed with the intention of liberating and harmonizing the self. Through therapeutic dance, the women moved with ease and freedom, expressing the joy of living. Each member shared a movement with the group, which was then imitated by all.

At the end of the workshop, the women commented that they felt happy and stress-free.

## WOMEN'S COMMENTS

"Now I exercise at home."  
Elsa

"I no longer feel that awful feeling I had before (referring to the discomfort expressed before applying EFT), I feel good."  
Brenda





# SINTANÁ



Applying EFT.  
Sintaná, July 20, 2026.

In July, mental agility exercises, group strengthening, and body self-care were carried out.

This group is exploring the mental dimension further. The previously described activity was carried out in the Sintana group, inviting participants to feel and express the physical effects of negative thoughts. Among the emotions mentioned by the women were: fear, frustration, anxiety, sadness, and anger.

The discussion focused on how thoughts influence our perspective on life and how modifying our thoughts can also alter our feelings and, sometimes, reality. The women shared personal problems and situations, reflecting on their capacity for self-change and the importance of being aware of and identifying what they can personally change and what is beyond their control, with the intention of letting go of worries, control, guilt, and self-imposed responsibility.

EFT was applied to harmonize the being.

To release unpleasant emotions or sensations, fluid, loose, sweeping movements were performed, with a musical background to stimulate movement and freedom.

Josselyn, a former member of the Nuevo Amanecer group and now a member of Sintaná, was chosen as the group's new treasurer, because Marna, the previous treasurer, cannot attend the workshops due to her work in her baking course.

# NUEVO AMANECER



Conscious breathing in motion.  
Nuevo Amanecer, July 20, 2026.

Continuing with the theme of emotional dimension, the women reinforced their self-knowledge and emotional awareness by identifying their emotions or sensations, giving them shape, color, size, and recognizing them in the body.

The discussion focused on emotions often labeled as forbidden, the beliefs and mandates that perpetuate this pattern of repression, and how the body feels within this dynamic. Among the beliefs and mandates the group identified and deconstructed were: men don't cry, you have to be strong, if you're a mother you can't get tired, you can't be afraid, and if you get angry you lose. They reflected on how these beliefs and mandates are culturally reinforced in different contexts and their impact. The women analyzed and identified the importance of normalizing crying regardless of gender or age, and the importance of not repressing emotions, but rather learning to regulate them. It was emphasized that emotional expression is not synonymous with violence, and the importance of self-regulation was highlighted. Conscious breathing was practiced as a tool for emotional regulation, and participants learned how to teach it to children in a dynamic and understandable way.



The women were invited to move their bodies freely, performing different movements to the rhythm of a collective dance. Dance is a powerful tool for promoting expression, freedom, and liberating the body and mind; it heals the oppression and repression of bodies. However, due to the religious context, it cannot be applied in all groups. Where dance has been used as a therapeutic tool, exercises in deconstructing beliefs and mandates have been conducted beforehand. Not all groups have been open to it; however, it is important to respect the pace and availability of each group.

A grounding activity was also carried out, which consisted of an introspective meditation with body awareness and healing phrases of acceptance and self-love.

## MORELIA

In Morelia, relaxation and self-relaxation techniques were practiced: conscious breathing and self-massage.

Continuing with the spiritual dimension, the women answered the questions: Who am I? Where do I come from? Where am I going? They used drawings, words, and other forms of expression. Through these questions, the women reflected on their identity, origins, and purpose in life, all of which are related to their spiritual dimension. It was observed that these questions help foster greater self-awareness and self-knowledge.

A sequence of movements was performed to release tension and lubricate the joints.



Answering the question, who am I?  
Morelia, July 21, 2026.

## WOMEN'S COMMENTS



Gloria, answering the question, "Who am I?"  
Morelia, July 21, 2026.

Gloria is the oldest participant in the Morelia Group; she didn't have the opportunity to study. Despite living farthest from the meeting point, she's one of the first to arrive, well in advance. She enjoys participating in the activities, even though it can sometimes be challenging. During the question-and-answer activity, she said, "I can't write, I can't draw."

However, she was encouraged to use another way to express herself. She used paper to create symbols and represent her answers. At the end of the activity, she said, "I really enjoyed this activity. I really enjoyed answering these questions and realizing who I am and what I do."

"I had never asked myself this before, I know, but I hadn't stopped to think about it. It's good to do so; it helps us to be more aware."

Lesly (after the question activity).