

# TEAM ACTIVITIES REPORT

JUNE-JULY 2025

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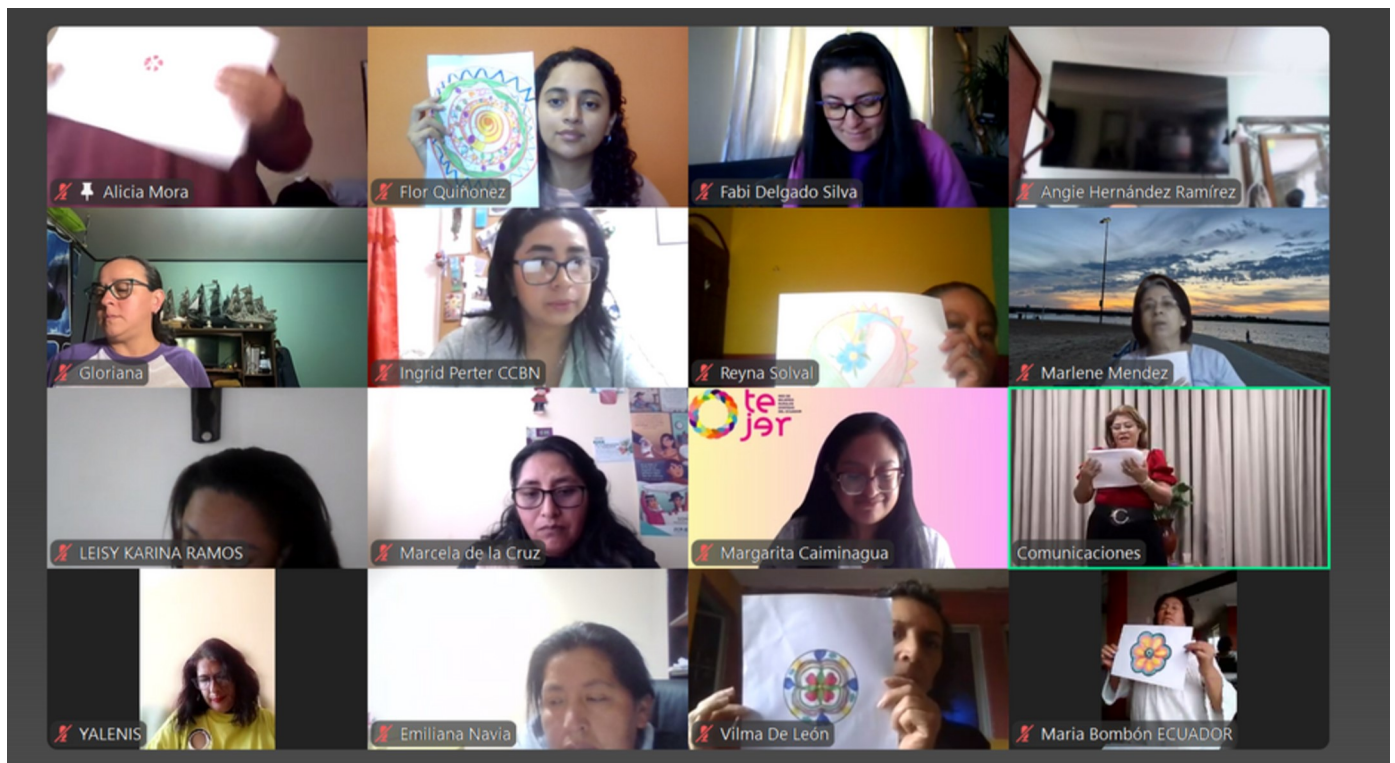


Development of Device A, designed for measuring soil levels, Permaculture Course, June 26, 2025. Kaqla Mayan Women's Center, Sacatepéquez

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# BY FLOR DE MARIA QUINONEZ

VIRTUAL COURSE ON GENDER FOR WOMEN 2025 "UNLEARNING AND RELEARNING NEW ROUTES TO TRANSFORMATION AND EQUALITY"



Art Therapy Workshop, online course, June 19, 2025.

In April, Reyna and I began this virtual course organized by CEP Alforja (further details can be found in the previous report). We concluded it in July. Throughout this experience, we explored the notion of "being a woman" within a patriarchal and sexist framework; acknowledged and empowered our strengths; and took initiative as women collaborating with women. Significant subjects concerning gender, violence, sexuality, love, and power were addressed. Additionally, we enhanced our understanding of pedagogical methodologies—popular education, biocentric education, art therapy, spirituality, ritual dances, and biodance—which play a vital role in enriching the methodological process of the training project through an integrative and holistic perspective.

To receive the certificate, we will participate in another workshop in August with additional female leaders and/or facilitators.

## CALDH KNOWLEDGE EXCHANGE ACADEMY 2025-2026



Knowledge Exchange Academy, June 4, 2025,  
Guatemala City.

At the start of June and the conclusion of July, Reyna and I took part in the knowledge-sharing school organized by CALDH (further details can be found in the previous report), which covered subjects such as discrimination, violence, and the political and social issues currently confronting Guatemala, as well as historical memory. We exchanged knowledge with numerous organizations nationwide. In addition to enhancing our knowledge base, we also fortified alliances and built networks with other organizations, aiming to offer support and engage in collaborative advocacy efforts within our territories.

The Aj Kawoq Foundation aims to implement initiatives that enhance well-being and promote a more fulfilling life. This includes engaging in diverse sectors and collaborating with other organizations. Establishing a network and fostering unity are essential components of driving change.



Meeting of the Women's Knowledge Exchange School,  
July 30, 2025, Guatemala City

Juana and Alma, who are members of Aj Kawoq, also took part in a Knowledge Sharing School for women organized by CALDH. In June and July, they engaged in workshops alongside other women from various organizations throughout the country. This initiative fosters reflection, analysis, and the empowerment of women by addressing issues such as violence, the patriarchal system, gender, and historical memory.



Preparation of bio stimulants, bio repellents, and biocontrol agents,  
July 26, 2025, Kaqla Mayan Women's Center, Sacatepéquez

In June, the Kaqla Mayan Women's Organization, which trained Reyna, Alma, and me as social therapists, invited us to take part in the training process on Permaculture, conducted by the Mesoamerican Institute of Permaculture - IMAP <https://www.imapermacultura.org/>

There will be two one-day intensive workshop each month for a duration of five months.

Kaqla oversaw a project that enabled social therapists to access this training at no cost. We are required to travel monthly to Sacatepéquez (Kaqla's headquarters) or Sololá (IMAP headquarters) to participate in the workshops. The funds designated for the administrative expenses of the microcredit project assist in covering travel expenses.

IMAP integrates ancient Mayan science and wisdom into its permaculture model. In these sessions, we have explored the impact of the moon on agriculture and the milpa system, both of which are significant to the Mayan worldview. We have also acknowledged and contemplated how these practices have persisted over time, through our grandparents, parents, and mothers, despite the pressures of the current economic system. It is important to note that many ancestral practices have been replaced by those that are more detrimental to both humans and the environment, a consequence of the prevailing economic system.



Vegetable cultivation, July 25, 2025, Kaqla  
Mayan Women's Center, Sacatepéquez

Permaculture represents a sustainable lifestyle through agriculture that is rooted in natural ecosystems, honoring nature, and promoting the health and well-being of all living beings. Consequently, it avoids the use of chemicals or products that could damage the ecosystem or human health. The approach aims to utilize space and local conditions effectively to fulfill human needs while maintaining harmony with nature.

The insights gained from this process, which are anticipated to be shared with the women of the groups in the future, will be one of the new elements integrated into the project. This aims to enhance health through the cultivation of organic food, support the economy, promote environmental balance, and facilitate the recovery of ancestral knowledge.

## NATUROPATHY PROGRAM



Production of medicinal shampoo,  
June 27, 2025, Quetzaltenango.

During June and July, I (Flor) participated in a weekly naturopathy course, where I learned about utilizing plants to address minor ailments and prevent illness. In the future, the knowledge I have gained will be integrated into the training project to enhance the well-being and financial stability of women and their families.

# DIPLOMA IN BUSINESS MANAGEMENT AND ENTREPRENEURSHIP

BY REYNA



Virtual course, attended by Reyna July 24, 2025.

In July, I began the Diploma in Business Administration and Entrepreneurship. The subjects discussed in class pertain to the significance of acquiring management skills, enhancing leadership for effective decision-making, and assessing the impact of each activity on outcomes.

Administration involves the processes of planning, organizing, and striving towards a goal, which is the focus of our efforts with the Foundation.

Both the microcredit initiative and the Foundation necessitate leaders to oversee and direct their advancement, accompanied by effective planning.

Armed with this understanding of administration, we can conduct financial education workshops for women, outlining the necessary steps they must take to attain financial freedom.