



Weaving Well-being Project for Women Entrepreneurs
Component 2: Education, Knowledge Exchange and Healing

2.1 WEAVING KNOWLEDGE THAT TRANSFORMS

February 2026 Report

By Flor de María Quiñonez

Sintaná

Sebastiana, the group's president, began the workshop with a prayer.

Each participant stated in one word their purpose or reason for being in the workshop, among which they mentioned: commitment, relaxation, coexistence, learning.

Through the "walking" dynamic, the participants connected with themselves and the group, generating emotional and body awareness, communicating visually without using words, holding fixed gazes between them, taking deep breaths, and performing creative movements using specific parts of their body (hand-elbow, back-head, etc.).

There was a moment to perform physical exercises to release tension, relax and stimulate attention and concentration.



Visual Connection. Sintaná.
February 10, 2026.

The women took a moment to identify their emotions and sensations and express them through their hands, folding a sheet of paper according to their feelings. Afterward, they identified their needs to address what their bodies and emotions were telling them. During this activity, the women mentioned feeling sadness, emotional and physical pain, and relaxation. Among the needs they mentioned were resting, taking time for themselves, and exercising.

They also enjoyed some time together in pairs, putting together a jigsaw puzzle. At first it was a little difficult for some, but they all managed to complete it.

The participants identified their main goal for this year, wrote it down and/or drew it, and then noted the actions they would take to achieve it, along with a motivational phrase. During this month, motivation will be fostered through the WhatsApp group. Each woman was assigned a day to write a phrase or share a motivational image or video in the chat for the rest of the group.



Adelia, writing her goal for this year.
Sintaná. February 10, 2026.

Viviana offered a prayer, asking for blessings for the goals of each participant in the group.

Morelia



Exercises.
Morelia. February 10, 2026.

Sheny, the group's president, opened the workshop with prayer.

The women enjoyed doing exercises to release tension and take care of their bodies. They practiced conscious breathing, connecting with their inner selves. They expressed feeling relaxed peaceful and harmonious.

Through meditation, the women identified their emotions and bodily sensations, expressed them by shaping a sheet of paper with their hands, observed the shape it had, and named their feelings.

They put together a puzzle in pairs and enjoyed the activity.

Attendance at this session was low, which caused concern among the participants. Follow-up will be conducted to improve attendance and punctuality. It was also identified that the treasurer's account management and record-keeping needs improvement due to frequent absences. This will be addressed accordingly.



Assembling puzzles.
Morelia. February 10, 2026.

Nuevo Amanecer



Filling, recapitalization sheet.
Nuevo Amanecer. February 10, 2026.

In February, two sessions were held at Nuevo Amanecer. The first was for the group evaluation and to complete the recapitalization sheet for the upcoming cycle change. During this session, areas for improvement within the group were identified, as well as its strengths.

Areas for improvement include punctuality, commitment, and communication via WhatsApp. Strengths of the group include saving, on-time payments, and good record-keeping and account management.

The second session included exercises to relax and energize the body, accompanied by conscious breathing. Group agreements were reviewed, and some changes were made to strengthen group harmony and commitment. New board members were elected.

Reyna raised women's awareness about the importance of investing resources wisely and the risks of mismanaging money. A turning point was reached.



Exercises.
New Dawn. February 17, 2026.

• Yesica looked after the children during the group workshops.



Sintaná. February 10, 2026.

Nuevo Amanecer.
February 10, 2026.



Nuevo Amanecer.
February 17, 2026.

El Progreso

During this session, the women performed exercises to activate their bodies, connected with their breathing, as well as their emotional and physical feelings. They modeled clay to express what they felt, then shared what they created to identify, name and share their feelings with the group.



Expressing their feelings.
El Progreso, February 25, 2026.

They reported feeling: tranquility, stress, pain in their hands, sadness, anger, guilt, motivation, tiredness.

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They had an introspective moment to identify their need regarding their feelings, and attend to it at that moment.

Upon hearing each other's experiences, the women decided to do the activities together, as their needs were similar. They participated in progressive relaxation therapy to release tension and promote relaxation, including deep breathing exercises, facial massage, body stretches, and targeted massage to release and harmonize emotions.

We reflected on the importance of listening to the body and feelings, attending to needs, and prioritizing self-care.

The women commented that they felt better after the activities, grateful for the opportunity to have that time for themselves and expressed how important it is to get together and dedicate some time to each other.