ANNUAL GATHERING:: WOMAN

Sometimes, reading about an experience fills us with ideas of how it should feel. But this gathering does not aim to meet expectations. There are no promises of immediate transformation, nor formulas to feel more. Just an invitation to arrive as you are, without demanding anything from the moment.

A space to hold you without expectations.

This document is only a map of the rhythm of the gathering.

A guide to perceive its essence, without revealing all its mysteries.

When the gathering becomes available, you will receive complementary material with complete details, symbolic moments, dynamics, and the necessary preparations to fully live it.

RHYTHM OF THE GATHERING

Here, there is no packed agenda of activities nor imposed schedules. The rhythm is felt, not forced. Individual time and group sharing, pauses and speech are honored. Each day has a natural structure, without the need for rigid order; often we allow ourselves to be surprised by what the day itself offers. Not everything is planned: there is room for improvisation, for what emerges without pressure. Three foundational weavings strengthen each moment of the day.

We do not seek to hold ourselves from longing or urgency. What is experienced here does not stay only in the gathering. It continues in daily life, like a thread intertwined with the everyday, reminding us that support does not require demands, only presence.

• Arriving and Reaffirming

We begin in silence, in a natural space, observing and being observed, holding our presence even in the uncertainty of a new place. Without hurry, without words, we invite ourselves to trust in who we are while receiving a flower and a hug, allowing the body to feel before the mind begins to ask.

• Sharing the Table

Sunset will welcome our arrival. In that first shared meal, we are reminded that we can open ourselves to receive, to feel supported, and also to support others. The food is offered as an act of care, a reminder that we too deserve to be nourished. During dinner, shared and prepared together, we explore the joy of simply being and of creating space for others, in balance and gratitude.

• For What Purpose?

To learn to receive without guilt, to share with lightness, to recognize that sustaining ourselves also means allowing ourselves to be sustained, and to let food become a reminder of presence and enjoyment.

Gathering of Stories

The night turns into an intimate space of listening, where each woman shares her story with respect, without judgment, reminding us that our stories matter and are part of something greater. We each draw a number at random, finding in this gesture an order without control—a way of surrendering to the experience of both sharing and listening.

• Waking and Being in the Noise

The day begins without hurry. We come down in our pajamas for our first meal as a symbolic gesture: being in the external noise without losing the internal silence. We accompany each other in calm, respecting our own rhythm, without letting routine set the pace.

Small flower pouches are given for a morning bath—an intimate act of tenderness toward the body. Each woman gets ready and walks in presence, meeting herself before we gather again.

• Words that Live in the Body

At midday, we search for traces of our stories among words and book pages. In pairs, we accompany each other without judgment or mirroring. We create spirals of poetry from cutouts, which are then read aloud or in silence. There is only listening, admiration, and acknowledgment. This practice nurtures presence and mutual support.

• The Body, Food, and Memory

Together, we prepare our own pasta. Each chosen ingredient awakens the body's voice, bringing memories, emotions, and pleasure. It is a moment to reaffirm what we feel and to sustain ourselves also through food.

Dinner, already served, is an opportunity to receive, to rest, and to reflect—a closing in gratitude, without demands, after a day lived in presence.

• Flower Bath and Care for the Body

As evening falls, we meet in the pool for a flower bath. This space holds a conversation about our bodies: how we inhabit them, enjoy them, our relationship with pleasure, guilt, and shame, and how we can transform those feelings into joy without guilt or weight.

The dynamic with water and flowers is a form of self-caress and tenderness—a ritual that invites openness to our body and sensuality through acceptance and love.

• Giving and Holding

We wake without hurry, come down in our pajamas, and prepare breakfast—not for ourselves, but for another woman chosen at random. This act reminds us that we hold one another, that our strength matters to others, and that offering with humility and authenticity is also a way of holding ourselves.

Afterward, we gift ourselves the time needed to get ready, walk through nature, and reaffirm our stories in the present through the senses and the body.

• Receiving, Validating, and Sustaining Resources

Before lunch, we gather to open ourselves to receiving and sharing our stories with discernment, validating ourselves calmly in a space of listening and speaking without judgment.

In this moment, we integrate a practice around our finances as a tool for strengthening—learning to sustain ourselves in the material as well, without attachment or fear, and recognizing that cultivating stability is also part of our story.

• Creating and Celebrating

In the afternoon, we create together, using flowers to imprint the language of our stories onto fabric, while listening to other women share their steps and dreams.

At sunset, we dress up for a celebratory dinner led by Yessenia, where we sing, dance, and embrace—lightly celebrating every story we are and honoring our ways of enjoyment and joy with ease.

If water is with us, we immerse ourselves with flowers, sharing our relationship with sensuality, desire, and the body, remembering that to sustain ourselves is also to delight in living.

• Farewell

At dawn, we will share a breakfast served with gratitude, reminding ourselves to also give thanks to ourselves. From the first day, upon arriving in your room, you will find something special: an invitation to write—whenever you feel called—about that happiest day that has not yet happened. Gathered where it all began, we will take the time to share—calmly, without hurry—what emerges as we imagine it.

Because naming it is also the beginning of inhabiting it. We look at each other. We recognize each other. And we begin to say goodbye, carrying with us the presence and the story we already are.

What bloomed here will continue to grow there.

• Between Each Moment

There is an invitation to rest, to walk with awareness, and to practice being with lightness and joy—also embracing the spontaneity and improvisation that may arise during the day—so that the rhythm feels natural, not rigid.

• To Bloom Is to Hold Oneself

Far from the gaze that has trivialized and made blooming into something ethereal, here we understand it as the ability to be in one's own body, in one's own choices, and to sustain them with presence and commitment.

Blooming is not a distant destination nor an unattainable ideal, but the strength cultivated day by day by remaining steady, authentic, and rooted in what we choose to be and do.