

A WEEK TO HELP UNA SEMANA PARA AYUDAR

23-27/11/2020

With any donation amount, you will have access to **ALL live sessions** on ZOOM, every day of that week.

<https://deforest.mx/semana-para-ayudar-2020/>

Monday, November 23th - Fitness Day

Yoga for all levels	8 AM Mexico City 3 PM CET	Spanish	With Carina García
Transformational Yoga	11 AM Mexico City 6 PM CET	English	Introduced by "OmSpririTri" With Stephanie Smith
Salsa Class	1 PM Mexico City 8 PM CET	Spanish	With Jazzmin Cordova
Circuit Moves	5 PM Mexico City 12 AM CET	Spanish	With Anangel Deyanira y Tristán Rivera
HIITCore with Anny	7 PM Mexico City 2 AM CET	English	With Anny Huang

Tuesday, November 24th - Day of the Arts

Improve your photography skills	1 PM Mexico City 8 PM CET	English	With Manu Villalobos
Digital Illustration on Ipad Pro for Beginners	2 PM Mexico City 9 PM CET	Spanish	With Alejandra Moreno
Let's Paint with straws (class for children 5-10 years)	4 PM Mexico City 11 PM CET	English Spanish	With Regina de la Concha
Paint your dreams	6 PM Mexico City 1 AM CET	English Spanish	With Clara Bello Baez
Japanese "Sumi-e" painting technique	8 PM Mexico City 3 AM CET	English Spanish	With Hilda Camarillo

Wednesday, November 25th - Cooking Day

Sweet Corn Cake	11 AM Mexico City 6 PM CET	Spanish	With María Andrea Rodríguez
Gnocchi and Glühwein	1 PM Mexico City 8 PM CET	English	With Lucas Leon
Chimichangas	2 PM Mexico City 9 PM CET	Spanish	With José Ramón Ávila
Peanut Butter Cookies	3.30 PM Mexico City 10.30 PM CET	English Spanish	With Michelle Barcena
Baked Goat Cheese	7 PM Mexico City 2 AM CET	English Spanish	With David Fuentes

Thursday, November 26th - Day of Talks

The Real Leadership	11 AM Mexico City 6 PM CET	English	With Alejandra Cruz Azuara
Tips for preparing a successful CV	1 PM Mexico City 8 PM CET	English	With Renate Lugmair
Meditation "Change begins with acceptance"	2 PM Mexico City 9 PM CET	English	With María Concepción González González
Resilience for Companies	4 PM Mexico City 11 PM CET	Spanish	With Clara Govela Ramírez
The relationship between money and happiness	6.30 PM Mexico City 1.30 AM CET	Spanish	With Aura Ramírez de Querido Dinero
Meditation with Bowls	8 PM Mexico City 3 AM CET	Spanish	With Loli Fuentes

Friday, November 27th - Music Day

How to uncover your musicality: Easy steps for Beginner Musicians	11 AM Mexico City 6 PM CET	English	With licht & rauch (Simon Lichtenegger & Verena Rauch)
House Music from Austria with love	2 PM Mexico City 9 PM CET	English	With DJ Flowmotion (Florian Veith) & MATTU (Matthias Perl)
Pop Rock Music	7.30 PM Mexico City 2.30 AM CET	Spanish	Con Óscar Ceceña "Atomix"
Music for everything and everyone	8.30 PM Mexico City 3.30 AM CET	Spanish	With París Renán Gallegos from "Rock You" Music School

If you have any question, please do not hesitate to contact us: probono@deforest.mx
We would be happy to assist you. Thank you very much for your interest and support!