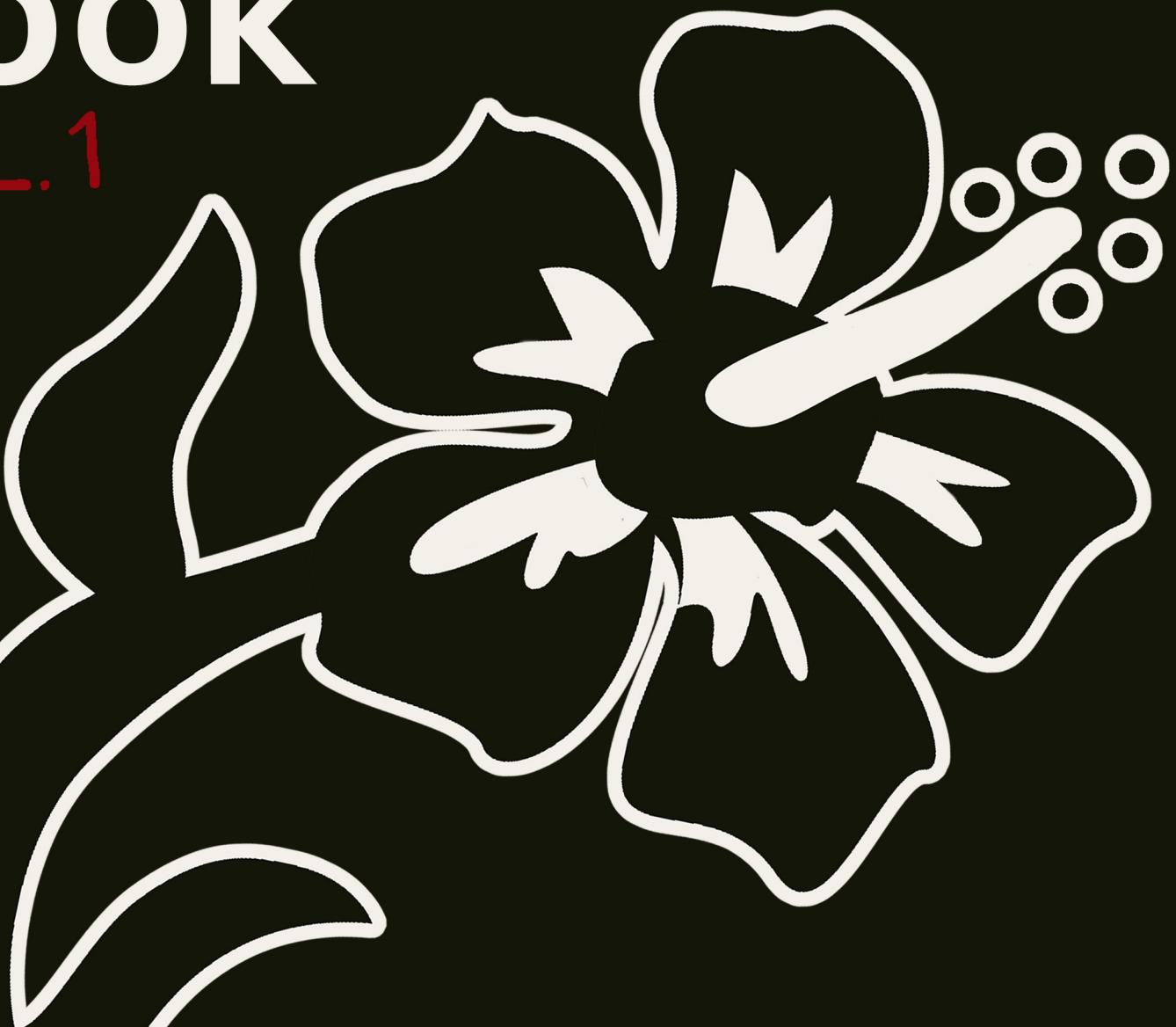


# THE BALVIDA BOOK

VOL. 1



black  
the ~~blue~~prints to  
a modern matriarchy

**“VICTORY IS CELEBRATED IN THE LIGHT**

**BUT IT IS WON IN THE DARKNESS”**

NOVEMBER 2025

# THE BALVIDA BOOK

by: the creator

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## INTRO

This book is an introduction to the who, what, when, where, and most importantly “why” of **BALVIDA**.

You can find the most abbreviated answers to these basic questions and contact info on “The Last Page”

This book contains the ideas, goals, sketches, photoshop slop, drawings, photos, explanations, and blueprints of the elements that are being incorporated to create **BALVIDA**.

This book, like **BALVIDA**, is a work in progress, and will be constructed alongside the physical development to document the process.

It's my hope that in addition to functioning as a guide to **BALVIDA**, these periodic volumes of information and anecdotes will provide references & inspiration for other manifestations of women-centered communities.

My name is Cecelia.

I've been creating space for women-centered practice for over 10 years. I consider **BALVIDA** to be a physical culmination of my life's work and feel blessed to have the opportunity to initiate and steward this project.

It is my most deeply-held belief that the full liberation of women is not only achievable but intrinsically-foundational to the liberation, and elevation, **of all**.







# BALVIDA



is an intentional community with the purpose of restoring balance by (re)connecting women to ourselves, each other, and the world around us.

Communities have historically been the fabric of our lives individually and collectively, providing the foundation for our security, stability and growth. The health of our communities is directly related to the health of the women in them, and vice versa. When our communities are healthy, the potential for alignment is limitless.

As the current world systems fail, we are witnessing the natural consequences of thousands of years of structures built on inequality, injustice, and imbalance, imposed and maintained by violence. Women, historically and in particular, have suffered the greatest share of this violence, often unable to seek refuge even within their own homes and communities.

**BALVIDA** is one manifestation of women-centered community, intended to rebalance the current world by providing a safe haven for women to heal, grow, and reconnect to not only the best versions of our selves but to others who want to build with us. Dynamic communities that allow us space to be together and to be our selves. Nurturing communities that understand that care for our selves also means care for our environment and those around us. Safe communities where both physical and emotional needs can be nourished in more sustainable ways. Expansive communities where women are supported in individual and collective healing. Thriving communities that aim to find the balance between the world we currently live in and building the world we want to live in.

Through a foundation of matriarchal, sustainable and balanced principles, **BALVIDA** will serve as a resource for the kinds of spaces, communities and lives women can cultivate together—a nursery for current and future generations of women-centered world-builders.

## FOUNDATION

### **laying the ground work**

We fulfill this vision in the short & long-term future through commitments to the founding principles, with three goals—**engage, elevate, and expand**.

The first is helping women and our communities **engage** these founding principles. In building and maintaining a robust community and thriving space in which to live and share these ideals, we invite both our local and global community to explore manifestations of women-centered living through intentional engagement. **BALVIDA** has been designed as a multi-sensory healing experience, with the understanding that care of self is an indivisible aspect of care for community. All aspects of the experience are created with the goal of making engagement of matriarchal, sustainable and balanced principles accessible, impactful, and aspirational.

In opening our homes and creating space for community engagement through restorative experiences, we **elevate** understanding of old, new, and alternative ways of relating to each other, our environment and our selves. By bringing other women into our home, we show each other that many of the fears and stereotypes that accompany divesting from the current world are unfounded, solvable and/or worth pushing through. Matriarchal frameworks are often desecrated through both intentional and unintentional misreadings of the concepts. **BALVIDA** provides an important counter-balance to these misunderstandings and helps clear the blocks to women accessing the kind of self and communal healing necessary to move beyond a world built on violence. Elevating the collective

understanding and appreciation of what women-centered living has been and can be is a foundational pillar of (re)establishing a modern matriarchy.

In (re)introducing and (re)establishing these concepts to a wider network of women through engagement and elevation, we plant seeds of possibility to **expand** the manifestation of women-centered living. This personal and collective healing empowers women to unify in like-minded communities and rebuild our connections to each other and our homes. By focusing on balanced principles instead of rigid structures, we create a dynamic foundation that can be adapted many times over for different iterations of community and facilitates progressive thought on what our communities can be. Through this intentional physical & digital presence, we are able to share **BALVIDA** as not only a tangible reality for those who come here but as a conceptual blueprint and receptacle of resources. In nurturing our women this way, **BALVIDA** is a home for world-builders who will go on to realize their own expansive manifestations of women-centered living, ushering in a new era of modern matriarchy and a (re)turn to balance.



## Matriarchal

### women-centered living for modern matriarchy

**BALVIDA** seeks to raise awareness of matriarchy and the associated practices, (re)introducing the concept as a sustainable alternative to our current systems.

Matriarchy has been mischaracterized as non-existent, ineffective or a reproduction of the same kind of violence that has been directed at matriarchy for centuries.

Matriarchies not only exist, they were the earliest and most widespread forms of social organization for the majority of our history because it made most sense to trace tradition, kinship, and lineage through the mother, as the giver of birth.

Matriarchies have an established foundation of honoring women as equals, with an understanding of the importance of sustainability and the practice of balance. Because matriarchy evolves from the natural realities of human reproduction, women-centered structures are intuitive systems that evolve by being the expression of our environment's natural order. Matriarchy stands on its own.

Patriarchy is a reaction to that truth. Initially developed as a system to replace it's natural predecessor, early attempts to enforce patriarchy were met with resistance due to the immediate and obvious deterioration of conditions for both men and women. This fact caused invaders to rely on increased extreme physical and socio-economic violence—a practice that remains the core of patriarchy today. This history of unnatural, sustained violence often leads to the incorrect assumption that matriarchy would reproduce the same level of violence, with reversed roles and men as victims instead.

## **Matriarchy is not a female-led version of patriarchy.**

"'Women at the center' is fundamentally different from 'men at the top' because of how power is held, shared, and used. In matriarchies, women do not rule over men; decision-making is a collective experience where their valued input is respected. Men's contributions are considered beneficial to the community's well-being, and supporting women is considered paramount because supported women focus their energy to manifest a greater good for the collective, creating a regenerative flow of resources and energy that benefits all. It is this mutual exchange that creates balance. This principle of regeneration is best demonstrated by the prioritization of children in matriarchal societies, which is directly tied to the health and capacity of those who birth and care for them. Women-centered structures are the acknowledgement of women's role and contribution to the life cycle that sustains humankind. Research into matriarchies reveal that they are generally more peaceful, safer for all members, and in better harmony with their environments. Practices made difficult by the nuclear family model—such as the sharing of spaces, resources, labor, and energy—can once again resurface, leading to a more balanced way of life. By learning from living matriarchies and conscious reimagining of previous ones, we bring the principles forward by arranging our families and communities as women-centered instead of male-dominated.

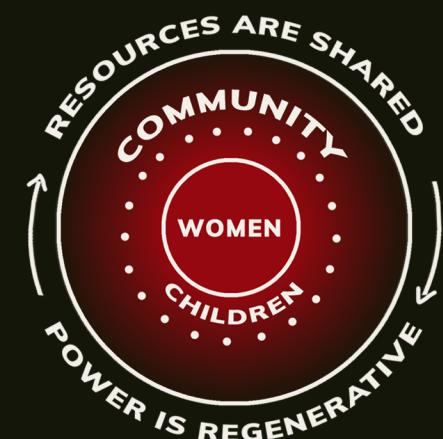
Through thoughtful engagement of these principles in **BALVIDA**'s design and experiences, we create an environment where women immerse themselves in these principles and imagine how to incorporate these ideals into their own lives—taking matriarchy from a dismissed and discarded practice back into today's light as a brighter path for all.

# WHAT IS MATRIARCHY?

and how it's different...

**Matriarchy is formed from “matri”--mother-- and the Greek word “arkhein” which is either translated as “to begin” or “to rule”**

**Since matriarchies were the first societies & there has not been evidence of matriarchies in which the women ruled over the men, “matriarchy” is most accurately translated as “at the beginning, mothers”**



**MODERN HUMANS APPEAR  
300,000 YEARS AGO**

**In matriarchy, women are valued as the center: power radiates out, reaching the whole community, maintaining balance.**

**MATRIARCHIES WERE THE MOST PREVALENT STRUCTURES FOR MOST OF HUMAN HISTORY**

## The Bri Bri

are indigenous people native to the Talamanca region of Costa Rica, and one of today's living matriarchies



## Modern Matriarchy

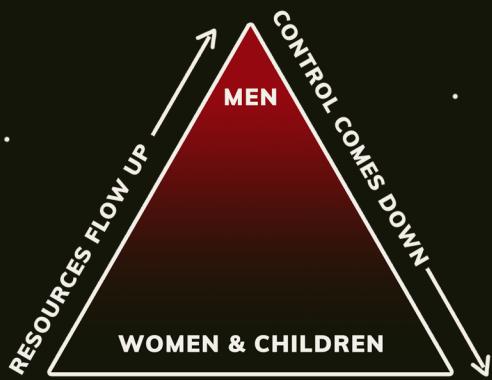
draws upon the historical legacies of thousands of years of matriarchy-collaborative principles, consensus decision-making, and regenerative practices

## The Goddess Statues

Figurines uncovered over time are believed to be artifacts of the matriarchal societies & goddess religions practiced for 1000s of years



# ...from **PATRIARCHY**



**Patriarchy is a relatively new system which developed as a pillar of capitalism, monotheistic religions and white supremacy.**

**Patriarchy is a hierarchy, and typically translated as “rule of fathers” since “at the beginning, fathers” was not considered historically, spiritually, or biologically accurate by the people that preceded the imposition of patriarchy.**

**In patriarchy, men sit at the top of a hierarchical structure: power is consolidated, and only reaches some, creating imbalance.**

**PATRIARCHY ESTABLISHED  
5,000-10,000 YEARS AGO**

While there exists scholarly debate on the exact timing of the advent of patriarchy, it is now established that the creation of patriarchy brought intentional and centuries-long campaigns to destroy and suppress goddess worship, women's rights and the written & oral histories documenting these societies.

In addition to destroying the existing practices of honoring and centering women, these invaders imposed a new culture of domination and restriction.

Women's right to choose--marital & reproductive autonomy were some of the first freedoms patriarchs took from women and their families, establishing their fundamental goal of complete sexual and financial ownership of their female counterpart & her capacity to give birth.

These same basic goals drive the institution of patriarchy in present-day.

**MODERN MATRIARCHY**

**PRESENT DAY**

With the renewed interest in finding more sustainable solutions to issues facing our current world

Women and the men invested in our collective liberation are finding their ways to more inclusive, balanced ideals that honor and uplift women as a key.

Holistic, compassionate communities are possible. With a foundation of matriarchal principles that center women as creators of not only life, but of abundance, renewal, joy, pleasure, and balance, women regain their full and limitless possibility for expansion. This light is reflected back out.

Bringing wholeness back to our families, our communities and the world.



# **MATRIARCHY IS THE NATURAL ORDER.**

## SUSTAINABLE

### **“Observe & interact”**

is the 1st principle of permaculture design. This describes a principle of getting to know the land and environment in which you wish to create your sustainable solution. For **BALVIDA**, this means not only applying sustainable practices in the design, build, and execution of the project itself, but also creating an environment where residents and guests can actively engage with these ideals.

A world that improves upon our current one must prioritize renewable, adaptable solutions— ideals that align with matriarchal communities. Sustainable practices are a core value of **BALVIDA** —the land and spaces are being (re)developed using a variety of eco-friendlier construction and conservation measures. Land restoration through permaculture design supports Costa Rica’s ongoing efforts to create balanced environments. These choices address practical cost&energy-saving goals, lessen our impact on our environment and works to showcase sustainability in many beautiful forms.

By creating and integrating exposure to these ideals, we help expand what sustainable practice can look and feel like. Many associate “sustainability” and collective interests with personal sacrifice, a “loss” on the part of our selfish interests. Providing an interactive experience helps shift this understanding, making sustainable practices more accessible and demonstrating that the conscious choice can be as beautiful, delicious, and fun as it is practical, responsible, and necessary. This increased awareness of the personal benefits helps reinforce established understanding of sustainability as a collective interest—making the benefits of restoring balance apparent for both.

# A SHOWCASE OF SUSTAINABILITY

the ways

**BALVIDA**

IS FINDING

**BALANCE**

ON GOING

**GREEN(ER)**

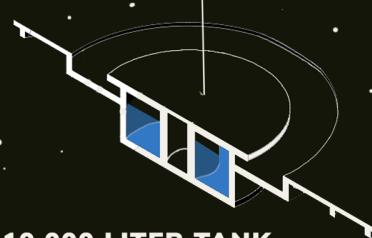


**OLD TECHNIQUES  
NEW TECHNOLOGIES**



## RAINWATER SYSTEM

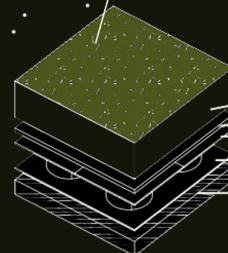
using rain catchments reduces our reliance and strain on the existing system



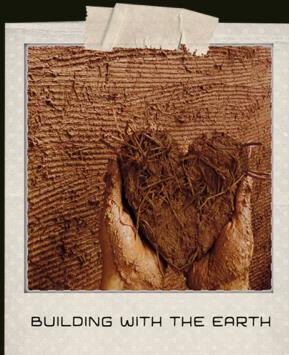
**10,000 LITER TANK**

## EARTH WALLS

earth-building techniques like bahareque & tadelakt demonstrate the beauty and strength in building with earth



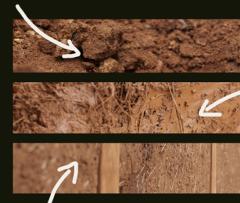
- SUBSTRATE 30MM
- GEOTEXTILE 2MM
- MEMBRANE 30MM
- NYLON 200 MICRONS
- WOOD 12MM



BUILDING WITH THE EARTH

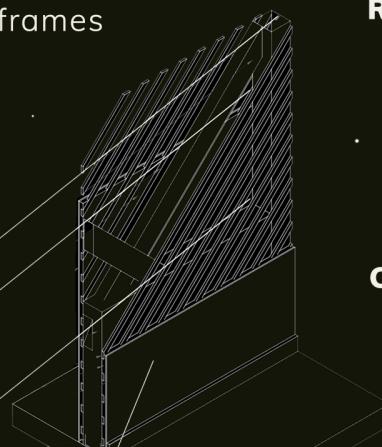
**BAHAREQUE**  
is an indigenous building technique that uses a mix of soil, sand, & straw on wooden frames

## RAW EARTH



**STRAW FIBER**

## CANE FRAMES



METAL BRACING 10X10CM

CANE FRAMING 1X3CM

CLAY, SOIL, SAND, FIBER MIX 3CM

**TADELAKT**  
is a moroccan lime plaster polished with soap & oil

MANY OF BALVIDA'S WALLS WILL BE CONSTRUCTED WITH THE SOIL REMOVED DURING THE EXCAVATION PROCESS

## A BALANCED LIFE

### **“balance is something you create”**

Matriarchal and sustainable principles are aligned in many ways, and maybe most prominently through a tendency towards balance.

Balance is not a static, unchanging state but rather the dynamic space between two forces engaged in a constant push-and-pull, moderating and modifying each other. It is this characteristic that **BALVIDA** intends to embody at its core—a balancing act between living in this world and building a better one.

Most of this world’s most egregious injustices manifest as (and as the result of) a manufactured imbalance. Our bodies, our societies, and our environments are all collapsing under the weight of this imbalance. By making movement towards equilibrium our most foundational goal, **BALVIDA** aims to rebalance and replace systems that create this dysfunction.

**BALVIDA** implements the concept of balance throughout its foundation, in physical ways—like creating a mix of both individual and communal spaces; in its design, balancing light and dark elements, and in its concept—centering women and matriarchy as an alternative to the unsustainable trajectory of our current systems.

Because if the telltale sign of dysfunction is imbalance, that means **creating a better balance is creating a better world.**

Seeking a better balance  
on opposing concepts,  
we create movement  
towards a better  
future, world,  
and **life**.

A nod to the Costa Rican  
slogan “Pura Vida”, we  
carry this forward-  
a foundation of  
pure life, one  
of **balance**.

# BALVIDA

SELF OTHER  
FIXED FLUID  
NEEDS WANTS  
SIMPLE COMPLEX  
LINEAR CURVED  
MODEST ELEGANT  
MODERN ANCIENT  
HARMONY TENSION  
AESTHETIC FUNCTION  
INNOVATION TRADITION  
REFINEMENT EXPANSION  
INDIVIDUAL COMMUNITY

## LOCATION



Costa Rica—with its legacy of sustainable environmental policy, strong social fabric, and culturally-diverse population—makes an ideal landscape for a matriarchal intentional community. The countrywide commitment to and demonstrated success of practices like demilitarization, universal healthcare and conservation efforts have helped distinguish Costa Rica as a world leader in achieving a better, more progressive balance on addressing much of the dysfunction created by capitalist, patriarchal systems in today's world. As today's world creates intensified pressures, **BALVIDA**'s intends to assimilate into and fortify these more balanced practices. By integrating our foundational principles in alignment with Costa Rica's established ones, it becomes a perfect home to form a symbiotic relationship.

Costa Rica is also home to stunning beaches, lush expanses of mountains, rivers, waterfalls and some of the world's most biodiverse rainforests. The natural beauty of Costa Rica is paired with year-round temperate weather in most of their 12 microclimates, meaning travel to areas with warmer, cooler or drier temperatures is easily-accomplished.

Because of this, Costa Rica places a high priority on outdoor living, which is reflected in the abundance of national parks and activities available, including surfing and other water sports, snorkel&scuba, kayaking, hiking, hot springs, and more.

Costa Rica's capital, San Jose, is a well-established area with one of Costa Rica's 2 major airports and most conveniences typical to cities, including world-class dining and other urban amenities.

**BALVIDA** is located on the Caribbean coast, where the cultural ties to Jamaica and other diaspora nations is readily-observed in the diverse population and “laid-back” lifestyle. This slower pace of life encourages a higher quality of life, lending itself well to mindfulness and living with intention. **BALVIDA** is located 10 minutes from town where most needs are easily met and less than 20 minutes from an even bigger town with a wide array of restaurants and boutiques. **BALVIDA** is 15 minutes from beaches, 15 minutes from the Bri Bri municipality and 1 hour from Panama.

## LAND OF DESTINY

**the first time i walked the land for BALVIDA  
the first thing i noticed was the rambutan trees  
beautiful and bright, and amongst the living trees,  
the dead ones--brown, on the ground, decomposing  
and becoming earth again.**

**“we cut down some of the male trees,  
because if we don’t keep them in balance,  
they take over everything”  
the caretaker explained  
“and, this makes the female trees more fruitful”**

## DESIGN

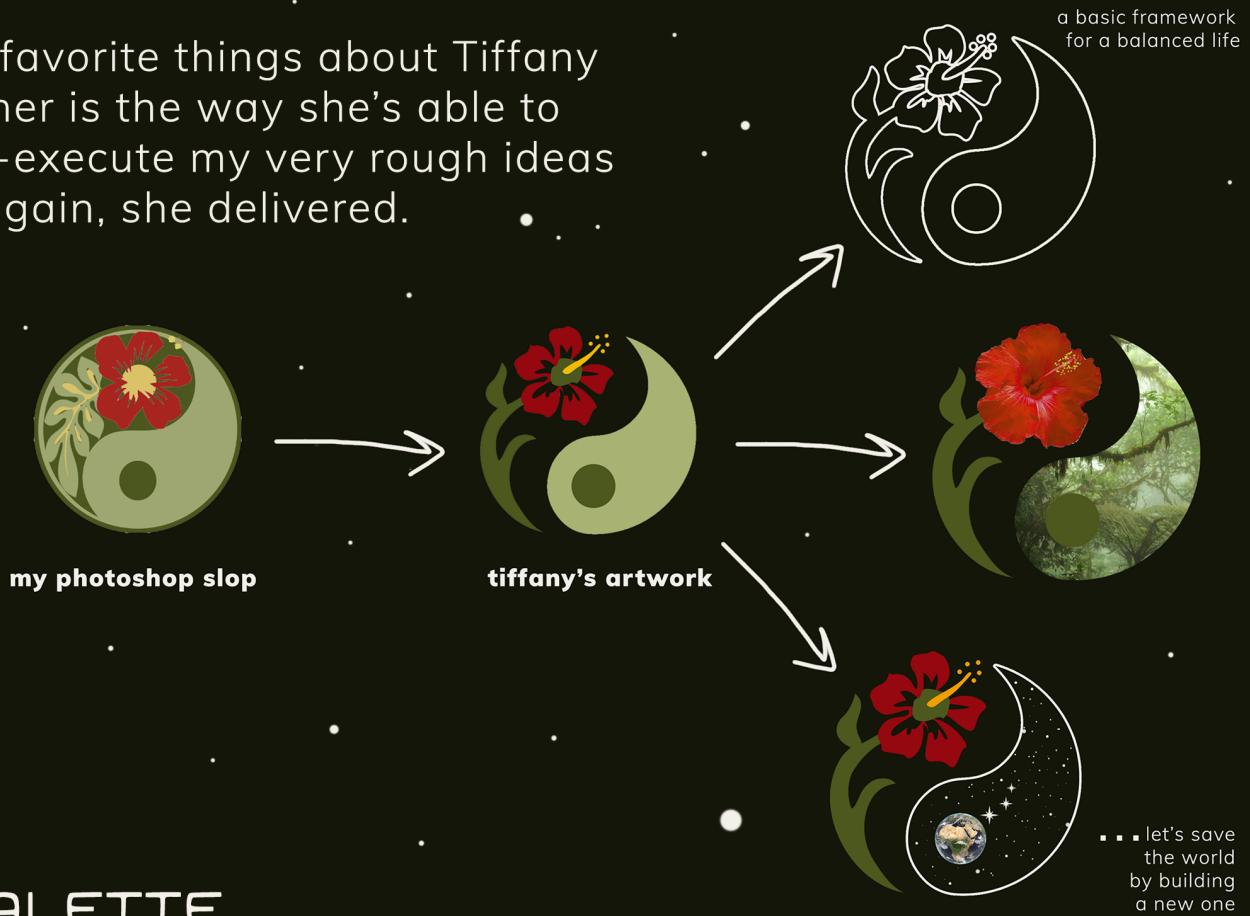
**BALVIDA** represents a balanced life, and this concept will be reflected throughout the physical design and implementation of the community. Through the intentional use of aesthetic shape, color, form, and in balance with more practical concerns like function, sustainability, structure, we create spaces that align across the whole project. Light and dark palettes, straight and curved lines, simple and impactful finishes all combine to create dynamic spaces that inspire creation, healing, rest, growth—spaces that accommodate a flexible range of possibilities. The design is envisioned as cohesive spaces, with recurring shapes and colors carried across the whole project while introducing unique elements to each space to help define it aesthetically and functionally.

**BALVIDA** has been designed as a multi-sensory healing experience, with the understanding that care of self is an indivisible aspect of care for community. Great consideration has been given to somatic elements—warm lighting, the sound of running water, the smell of the vetiver surrounding the pool.

**BALVIDA** incorporates spiritual design elements as well. The communal building brings in light from all 4 cardinal directions, positioning **BALVIDA** to be aligned with the solstices. The symbolic use of specific shapes, colors and ratios in the design not only creates visual balance but an intuitive and energetically-attuned experience of the space—combining with visual and somatic elements to create spaces that just feel good to be in.

# THE EVOLUTION OF A LOGO

- One of the first things I was sure of when I started is that I wanted to work with my very talented friend and creative director Tiffany Collins on the artwork for BALVIDA.
- One of my favorite things about Tiffany as a designer is the way she's able to beautifully-execute my very rough ideas and once again, she delivered.



## THE PALETTE

Balvida Black<sup>★</sup> balances a soft white & anchors the rest of the Caribbean-inspired design, a nod to both personal & cultural heritage.

greens for the lush lands and flora of Costa Rica  
yellow “for the sun”, like my father told me as a kid,  
and a striking red, for the growing hibiscus



★ Tiffany insisted on using black in the palette, and I'm so glad she did. Love this black- warm & rich.



## COMMUNAL SPACES

The communal spaces, spread out across the project, house a variety of resources, amenities and tools. Designed to foster connection, healing, and creation, these are spaces for working together, eating together, laughing together, being together.

They are also imagined as shared amongst not only residents of **BALVIDA** but with the women around us, providing a space for more connection to, thoughtful engagement with and added value for the established community.

## LA CORAZUNE

### **the heart of the commune**

#### guest suites + amenities

The heart of **BALVIDA** is a home with oversized, shared living spaces and amenities both indoors and out, including a well-equipped kitchen, library, gym, entertainment room, sauna, and pool.

The center of the home is the round room, receiving light from all 4 directions and serving as a ceremonial heart of the home.

The kitchen is designed for both shared meals amongst the community and commercially-equipped to comfortably-host anybody including home cooks, small classes, and professional chefs.

The open-air covered patio for lounging and al fresco dining overlooking the rest of the land lends itself to intimate gatherings and can potentially function as a small cafe.

La corazune and the accompanying infinity-edge pool is a visual focal point of the whole project, visible from the rest of the land as a cascading water feature.



## LA COMUCENTRA

### a multi-function community center for connection

**LEVEL I** creative space, spiritual space, meeting space, youth space, gallery

The creative space is a studio workshop where people of all skill levels can access tools, supplies, & other resources to create.

The class space is a blank canvas that can be used for classes, workshops, and other meetings.

The spiritual space is a serene lounge conducive to meditation, prayer, yoga, and other mindful practices.



The youth space is designed with younger members and guests in mind, to accommodate and integrate both “learning” and “playing”, including an outdoor play area

These 4 spaces are united in the center by an open gallery space, which can be used for small gatherings and displaying works from community members, local artists, and other women around the world.



## **LEVEL II** las habitas, living space, laundry

Level II features 12 rooms and an open-air living space. These individual rooms, las habitas, can host retreats, conferences, and other visitors for intimate gatherings at **BALVIDA**. The upper-level is also equipped with a kitchen and coworking space, making it even more flexible in its capacity to accommodate. The rooms can also be used as temporary housing for women in the community in need of accessible and safe shelter.

Experiences hosted in this space also serve a greater purpose of showing women what a community like this can look like and function as, helping to inspire others to initiate their own versions in other communities. Retreats and other gatherings also provide another potential source of revenue to go towards the ongoing maintenance and improvements for the community and beyond.



## LA COMUCINA

La Comucina is a communal outdoor kitchen, food processing and pantry house where the produce from the land can be preserved, dried, smoked, canned, pressed, fermented, pickled, and stored. This resource provides another location for shared meals, experimenting, and learning. The food pantry also creates the opportunity to share the produce with the community.



## LA SAGRADA

La Sagrada is envisioned as a healing space where treatments, rituals and other somatic & spiritual practices can be offered & participated in by therapists, healers, energy workers, and guests. This thoughtfully-designed space also has the botanica—a spiritual dispensary and tool library where herbs, oils, incense, candles, tarot, crystals, and sound bowls and other resources can be housed.



## LA NIDA

Set on the banks overlooking the creek around one of the oldest trees on the land, La Nida or “the nest” is envisioned as a treehouse—a plush womancave where women can let down their hair, lounge, rest and recharge alone or communing with other women.



- **LA HERBARIA**

a greenhouse and conservatory  
helps us expand on what can  
grow in the Caribbean



- **LA CANCHA**

a multi-court for outdoor  
sports and games



- **COCO BEACH**

an oasis nestled amongst the coconut grove,  
a sand beach and natural pool that uses aquatic plants  
to filter and clean the water.



- **LA CABANA**

a tropical bathhouse  
changing rooms y banos





## LIVING SPACES

In order to unite all the spaces, the living spaces will be designed to flow alongside the communal spaces both aesthetically and in function. With a range of housing options, we can provide accommodations for long-term residents, short-term residents, temporary housing, friends & family, and both individual and group travel.

## SUSTAINABLE

off-grid systems  
offer eco-friendly  
independence

## TINY HOMES

individual spaces  
offer balance to  
communal living

### SUN POWER

### WATER RAIN



There are three clusters of 5 tiny homes, for a total of 15. The tiny houses are established for women who are interested in having a permanent, longer-term, more invested presence here.

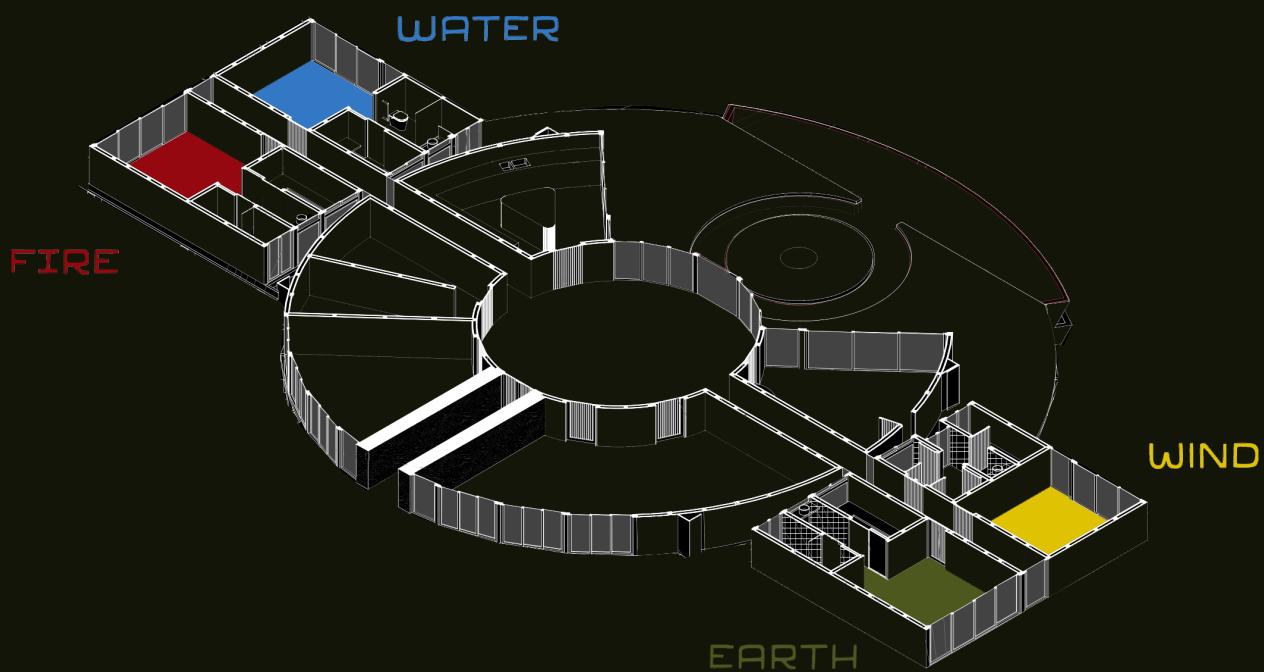
Each house will be off-grid equipped, utilizing rainwater collection, solar energy and composting systems. Individual spaces offer opportunity for more personal customization and privacy.

## ELEMENTAL SUITES

### **water, wind, fire, earth**

La corazune, in addition to serving as a gathering point for group meals and amenities, has 4 bedrooms suites for flexibility in accommodating friends, family, and visitors. One of the suites is wheelchair-accessible.

Each of the 4 suites is named after one of the 4 elements, and is designed with that theme in mind.

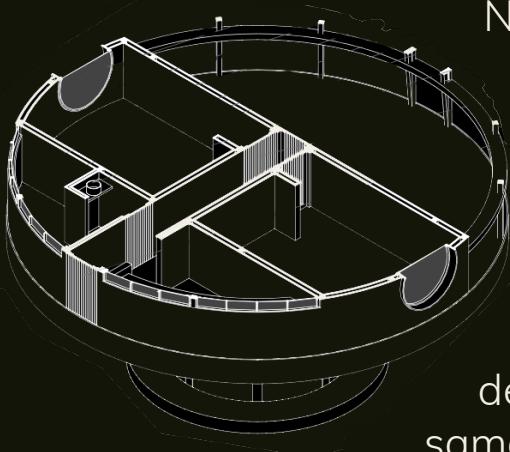




## MAMON CHINO Y RAMBUTAN



### guest houses



Named after the brightly-colored fruits that surround them, this pair of 2 bedroom 1 bath guest houses are positioned near the communal house and designed to accommodate friends, family and guests with a little more privacy. While visually-distinct, these spaces carry over similar design elements and employ some of the same construction methodologies, including green roofs and earth walls. These spaces also have potential to be used as income-producing spaces and supplement the commune's funding as needed.

## LAS HABITAS

### “you inhabit them”

Occupying the top level of la comucentra, las habitas are 12 beautiful single-occupancy rooms and shared bathrooms for short-term visits and retreats. The space also contains an open-air kitchen & living space, plus laundry and coworking space, creating a flexible space that can accommodate a range of stays.





Connecting all these communal & living spaces together is the land, intentionally and thoughtfully (re)developed to restore a healthy, balanced ecosystem. The communal spaces are tied together through a series of low-impact pathways that make the travel between communal spaces and homes a beautiful, multi-sensory experience. Tucked in the gardens are more outdoor amenities that provide entertainment and places to gather, encouraging residents and guests alike to immerse themselves in the abundant beauty of Costa Rica.

## PERMACULTURE

Permaculture design combines indigenous practices, holistic wisdoms and a focus on balance to create self-sustaining systems that function efficiently. Rather than land development models that focus on overriding, dominating and/or controlling nature, permaculture places a high priority on working with the elements and attributes of the land as they exist to improve upon them. By working with the land instead of against it, permaculture creates a symbiotic relationship between the land and those who take care of it.

The land at **BALVIDA** will be restored from over-grazed cattle land to a thriving ecosystem that both honors local biodiversity and introduces new, beneficial elements. Featuring over 150 species of native and adapted herbs, vegetables, and fruits, along with medicinal, conservation and ornamental flora, the gardens provide multiple opportunities to help people connect with the land. The edible oasis is ready to be nurtured, harvested and experienced by residents and guests alike, creating endless tropical farm-to-table opportunities. It also functions as a teaching resource, educating and raising awareness of sustainable principles and better land stewardship. The gardens are being designed to flow alongside the buildings and create a productive asset for the people living and visiting **BALVIDA**, as well as the community.



## NATURAL RESOURCES

This land is optimally-positioned in terms of access to resources. The land features springs, a creek, and existing wells. The addition of a rainwater catchment system and access to Costa Rica's system AYA brings the total potential sources of water to 5+.

In addition to multiple streams of water access, a silver lining of a previously-deforested piece of land is the opportunity to collect substantial amounts of solar energy. While the communal buildings utilize traditional grid access, the tiny houses will utilize solar power as their main source of energy, helping to simultaneously increase self-sustenance and reduce grid dependence, lessen our negative impact on the environment, and offset our strain on the existing community's grid access.

This balanced approach to energy-sourcing alongside more energy-efficient constructive design allows BALVIDA to develop a more flexible, resilient relationship with our energy needs and consumption.





## THE COMMUNITY

The women who make up the **BALVIDA** community are the souls of the project. By creating kinship amongst like-minded women, we build a solid foundation to not only live and better our own lives but one that will produce future generations of women-centered living.

## RESIDENTS

At the core of **BALVIDA** is a base community of women who are invested in matriarchal, sustainable and balanced principles. These community residents are members who see themselves living here as a primary home, and are committed to the maintenance, functioning and building of **BALVIDA**. This is envisioned as a group of women covering a wide range of strengths, areas of expertise, and passions who feel called to help build, model, and birth reimagined ways of existing, and see themselves living in frameworks that center women.



By reserving and donating a percentage of the available homes to Costa Rican women, we take a step towards achieving true integration into the wider community—including and providing homes to women native to this land and building important coalitions amongst women from all the cultures represented here

Boys and men are welcome as sponsored friends and family members of **BALVIDA** residents in tiny houses, and in the communal spaces within the parameters to be determined by residents.

## GUESTS

If the residents are the grounding element, then the guests are the tides of women from around the world arriving on our shores like a wave, bringing with them a steady flow of new energy, ideas, and connections. In opening aspects of **BALVIDA** up to the public through accepting guests, retreats, residencies, on-site events, gatherings, workshops, and classes, we create endless opportunities for women to connect with each other while modeling one example of what women-centered living can manifest as.

Through thoughtful relationship-building in the community, **BALVIDA** can also position itself to connect visitors to more intentional and ethical cultural experiences.

By developing a network of safe, knowledgeable guides and partners in the community, guests can benefit from high-quality off-site experiences to supplement their time at **BALVIDA**. At the same time, these partnerships help ensure that the guests that we attract benefit the local community directly.

Whether it's an individual woman visiting **BALVIDA** for a one-day workshop, a group of women on a week-long healing retreat or a practitioner doing a months-long residency, the goal is to attract and invite women both locally and abroad to collaborate in organic, mutually-beneficial ways.



## COMMUNITY ORGANIZATION

While the specific methods of organization will evolve as **BALVIDA**'s personal community takes shape, the goal is to utilize a blend of established, new, and reimagined approaches to operations and self-governance.

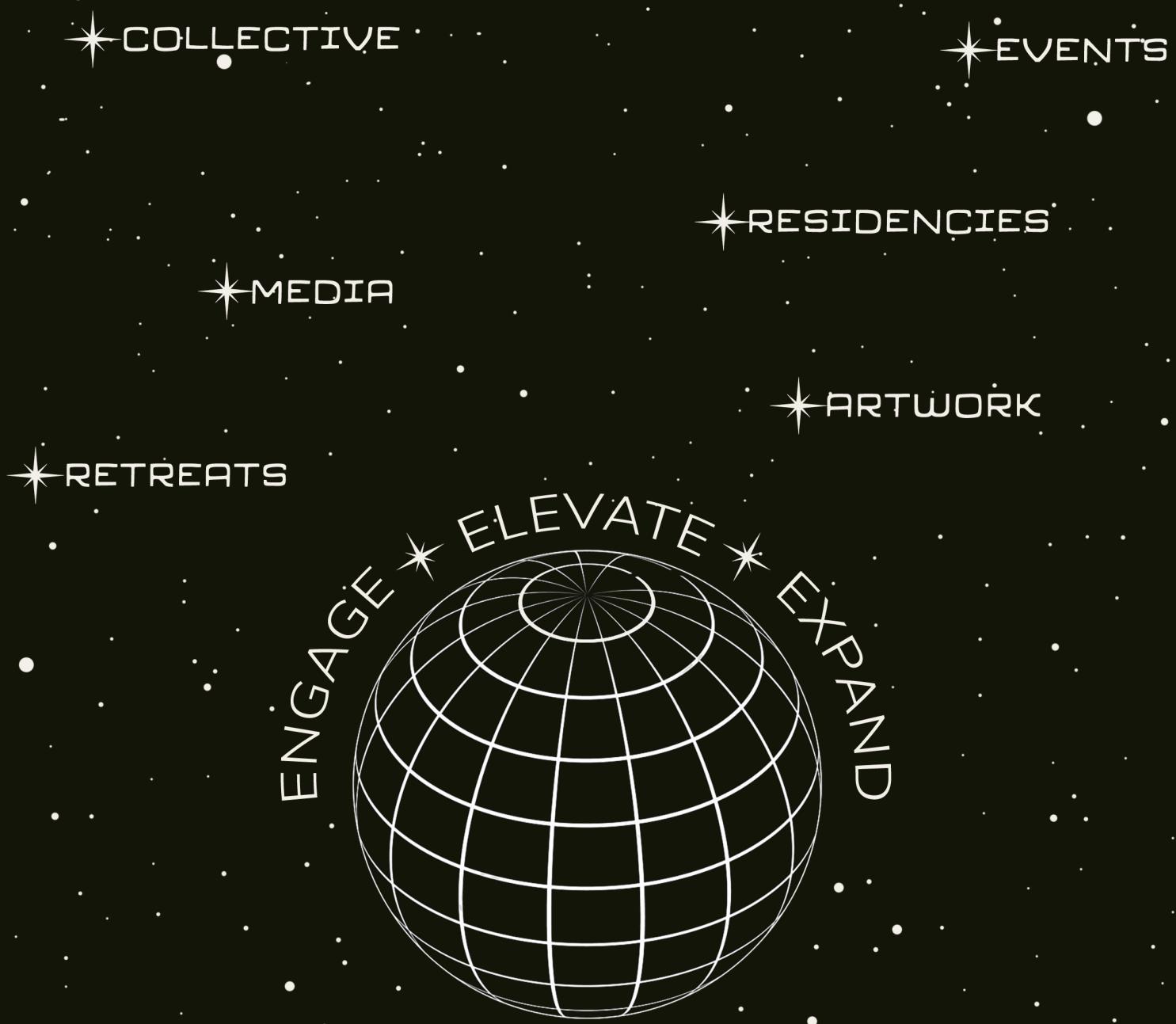
A few basic priorities have emerged as foundational to the goal of creating a modern matriarchy to restore balance.

Our frameworks will continue to build on these three pillars:

- ★ **BALVIDA will operate as a non-profit organization.**  
All excess profit generated by the communal resources and spaces and **BALVIDA** as an entity will be directed into a redistribution fund—with a priority on initiatives that directly benefit the local community, and women.
- ★ **BALVIDA will utilize consensus-based models.**  
In alignment with matriarchal principles—organizational and logistical operations will follow decolonial, community and compassion-centered methods. This ensures that all residents can actively participate in the decisions that structure their lives, serving as a model for reclaiming autonomy over our selves for women to practice and adopt into their own lives and communities.
- ★ **BALVIDA will emphasize women-centered practices.**  
By focusing on (re)centering women as the foundation, we facilitate the return to regenerative connections that heal the broken bonds of sisterhood that keep our families and communities healthy and whole.

## COMMUNITY COMMITMENTS

- ★ **A commitment to the creation of a BALVIDA fund to redistribute BALVIDA proceeds** to various projects and organizations to support local and women-centered initiatives
- ★ **A commitment of a minimum of 1/3 of the tiny homes to be donated to Costa Rican women** as an acknowledgement of and attempt to offset the imperializing presence of global-North immigrants and travelers
- ★ **A commitment to prioritizing partnerships with women in the community** as teachers, healers, service providers and guides to ensure tourism dollars generated through BALVIDA go directly into the hands of Costa Rican women
- ★ **A commitment to building in access to the communal resources** being developed at BALVIDA, ensuring they become an added benefit for the existing community as well as the residents
- ★ **A commitment to the rematriation of land** purchased for the purpose of return to indigenous peoples



## A CONSTELLATION OF POSSIBILITY ON THE HORIZON

The public-facing elements of **BALVIDA** reach and connect women around the world, providing a network of opportunities to engage, elevate & expand concepts of women-centered living.

## BALVIDA COLLECTIVE

### **local presence, global reach**

The **BALVIDA** Collective is envisioned as a physical space in-town to function as a storefront, outreach post and flexible community space. This enables residents and other women associated with **BALVIDA** to offer services, sell their art or other pieces, do organizing work, host events, and other initiatives. This also serves as a way to build in the community, with the potential for proceeds generated at the storefront to be redirected into local projects. This presence also raises awareness of women-centered concepts with travelers and tourists from around the world, and hosts a curated collection of arts, talents, and visions from women around the world, too.



## RETREATS

With the development of the comucentra and its 12 rooms, **BALVIDA** is able to host small retreats. Not only does this help create a flow of fresh energy into **BALVIDA**'s community but it also helps introduce the idea of modern matriarchy to women from around the world.

## RESIDENCIES

Residencies are an important and ongoing part of creating a dynamic community. Chefs can come make use of our lush tropical gardens to create new visions of their established recipes. Artists can have use of a fully-equipped studio and opportunity to co-create with other artists. Writers can have a quiet room with a beautiful view. Whatever the passion—with the availability of flexible housing and opportunities for collaborative partnerships, a residency at **BALVIDA** has something to offer any woman who wants to immerse herself more fully in women-centered living.

## EVENTS

By hosting a selection of experiences at **BALVIDA** open to the public, we encourage cultural exchange, healing, and learning opportunities and establish ourselves in the community as a shared resource. Public access days that make the pool available to the community, an annual women's weekend, a monthly book club meeting— the communal spaces can accommodate many different uses and events.

## MEDIA

**BALVIDA** is developing an online presence and following across various social media platforms, providing relevant and thoughtful content to showcase the initiation and growth of the community. The social media presence shares information relevant to not only **BALVIDA** but to a larger global audience, such as developing sustainable practices, personal & collective healing, and amplifying voices of women who are leading in their areas of expertise and other women-centered projects. As we document and collect content for our current media channels, we also build an archive to be produced and published for other media formats. Through intentional curation of this content for both social and traditional media channels, **BALVIDA** offers itself to other women who feel drawn to these iterations of family and world-building as a source of inspiration and education, and as a foundational community that transcends the physical borders.

## ART

Through the development of artwork with matriarchal, feminist themes, **BALVIDA** can further advance these ideals in a beautiful, accessible way. This art helps solidify and amplify our public identity and related messaging, and can also be used to create posters, apparel, decor, and other lifestyle items to generate income at **BALVIDA** Collective and/or for the **BALVIDA** fund. It also provides opportunities for collaboration with local and resident artists.



## CO\*CREATORS

thank you to the team at **ARQUIMIA**. thank you to Pato for taking my shitty photoshop slop of a vision and turning it into art. thank you to Juli, who first put the concept of co-creation on my radar and has exemplified it by continually improving my original vision

thank you to the permaculture team at **LA HERBARIA**, for their expertise and passion in adding another dimension to **BALVIDA**, for covering every inch of the land, and working to ensure that it develops into a truly sustainable, beautiful, & abundant oasis.

thank you to all the **COSTA RICANS & others from around the world** who have welcomed me, encouraged me, connected me, been patient with my shit (but improving!) spanish, and brainstormed with me about ways **BALVIDA** can be an asset to everybody and exemplifying the values we intend to integrate

thank you to my **FAMILY** in all its iterations, for shaping me, for being my own personal balance, and for the diligent estate planning that has enabled me to undo all your very hard work (and i hope this book makes it at least a little more understandable)

thank you to my **FRIENDS**, my community, who has supported me, helped me, walked the land and trudged thru the mud with me, contributed their hopes & dreams, "joked" with me about the inevitability of this commune, and many of whom already are or will be my co-creators in this

and thank you **ORION**, my first baby, for inspiring me to insist on a better world



## FUNDING & INCOME

Please contact [info@balvida.online](mailto:info@balvida.online) for inquiries on the most up-to-date financial status of **BALVIDA**.

## DIVESTMENT OPPORTUNITIES

**PHASE I** CORAZUNE Y GUEST HOUSES  
**PHASE II** COMUCENTRA Y TINY HOUSES  
**PHASE III** COCO BEACH, LA NIDA,  
LA HERBARIA, COMUCINA

# BALVIDA

# 2024

LAND PURCHASED

# TIMELINE

**SUMMER 2025**  
GROUNDBREAKING PHASE I

**SPRING 2026**  
PHASE I COMPLETE  
PHASE II START

**OPEN TO  
FRIENDS & FAMILY**

**FALL 2026**  
PHASE III START

**SPRING 2027**  
PHASE II COMPLETE  
PHASE III COMPLETE

# SUMMER 2027

**BALVIDA OPENS  
TO PUBLIC**

# THE LAST PAGE

**WHO**

**women who are interested in a more balanced life**

**WHAT**

**a women-centered intentional community**

**WHEN**

**currently in development & public open in 2027**



**WHERE**

**Costa Rica**

**WHY**

**to save the world**

**HOW DO I GET INVOLVED?**

The digital home of BALVIDA is

**BALVIDA.ONLINE**

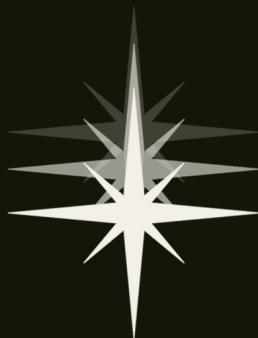
which is where you can get updates and subscribe.

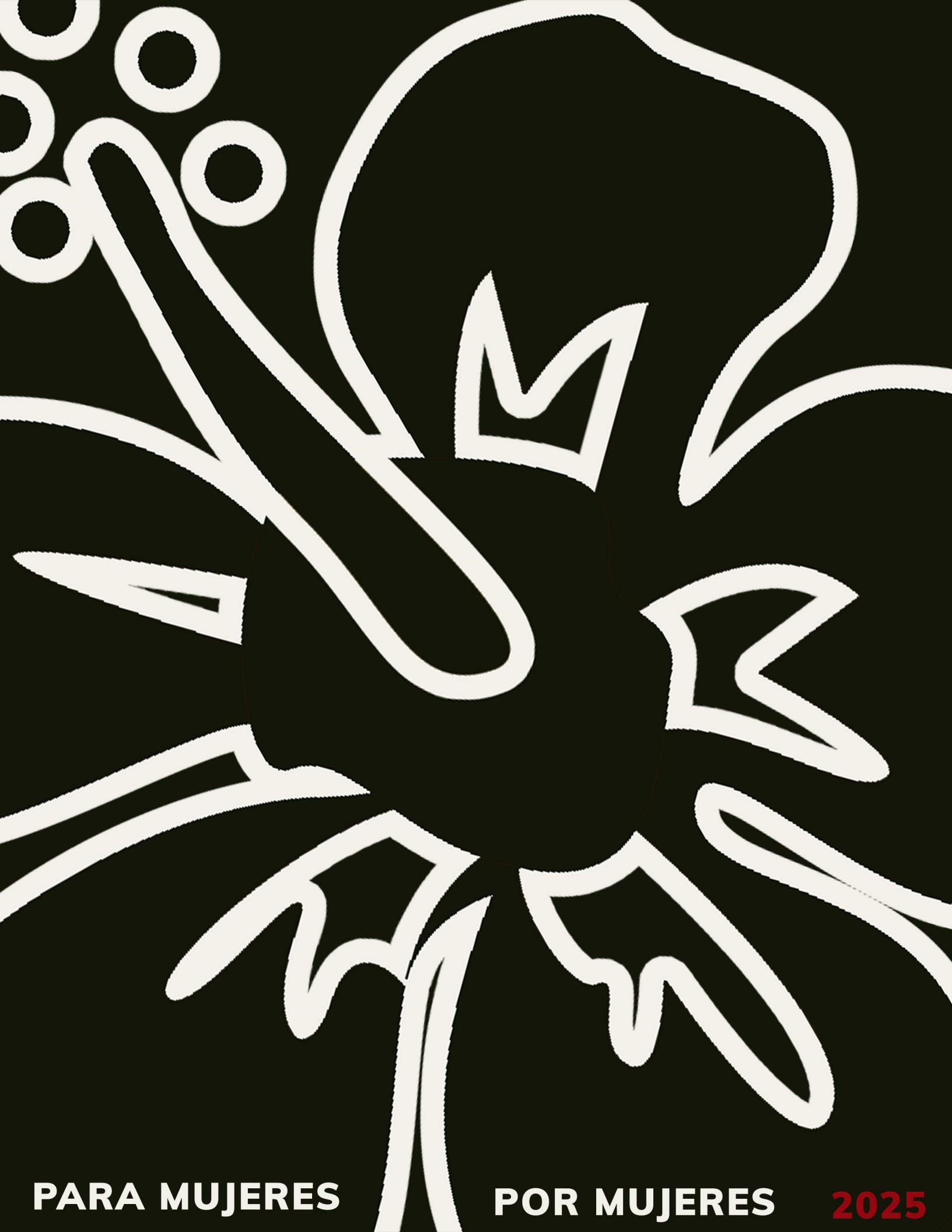
We are also on most social networks.

Information about visiting BALVIDA, retreats, and residencies will be made available online.

Women interested in collaborations, contributions or more information can also reach out via the website, or to the general email at [info@balvida.online](mailto:info@balvida.online).

**WHAT WE DO  
IN LIFE  
ECHOES  
IN ETERNITY.**





**PARA MUJERES**

**POR MUJERES**

**2025**