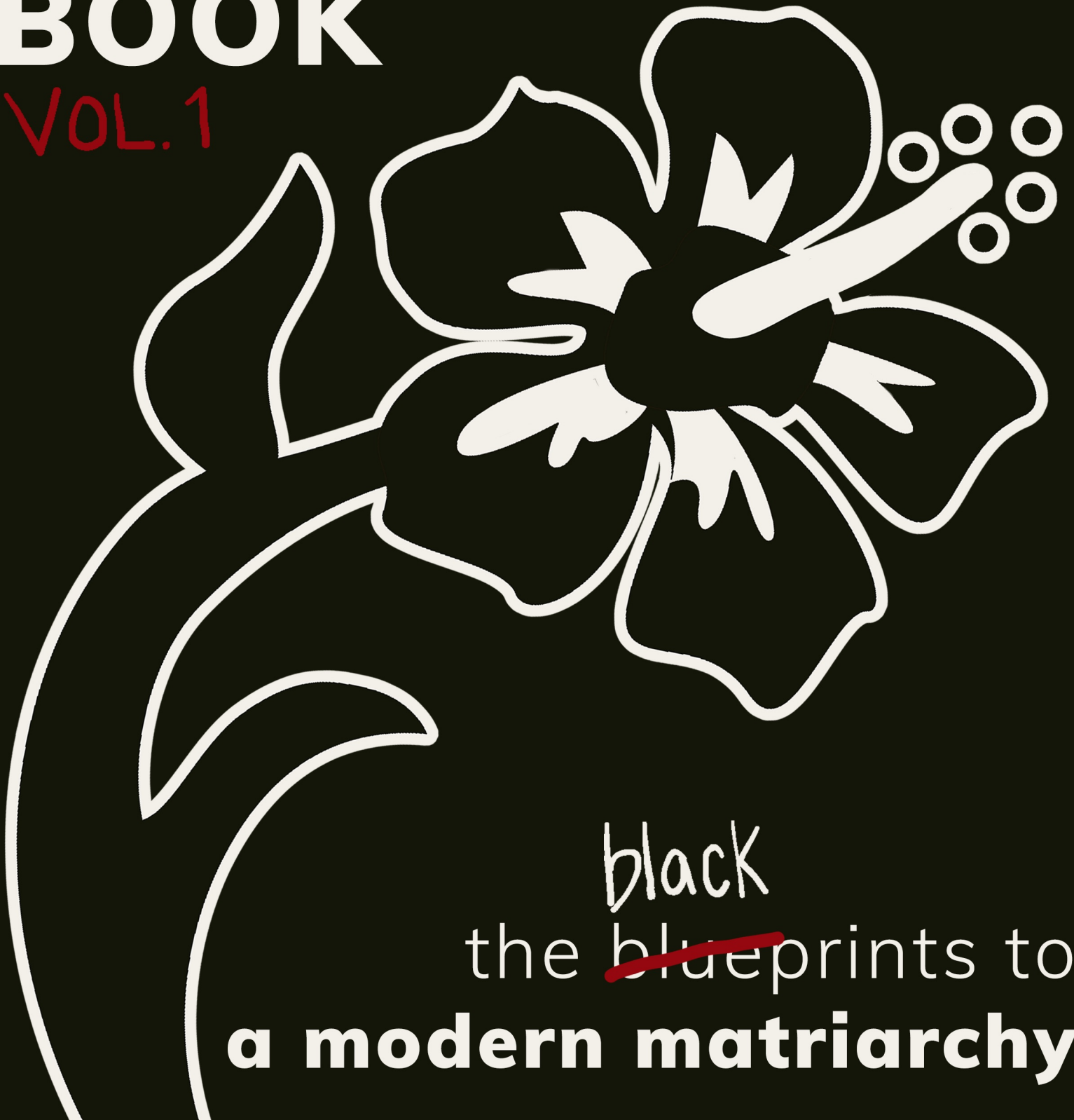


THE BALVIDA BOOK

VOL.1



black
the ~~blueprints~~ to
a modern matriarchy

VICTORY IS CELEBRATED IN THE LIGHT

BUT IT IS WON IN THE DARKNESS

BY CECELIA

-DUNE PROPHECY

THE BALVIDA BOOK

NOVEMBER 2025

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INTRO

This book is an introduction to the who, what, when, where, and most importantly “why”. 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 and inspiration for other iterations of women-centered communities.

My name is Cecelia. I’ve been involved in women-centered practice and space-making 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.



**for; the women
in my community,
and the world**

by: the creator

MANIFESTA



BALVIDA



is an intentional community with the purpose of restoring balance by (re)connecting women to our selves, 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

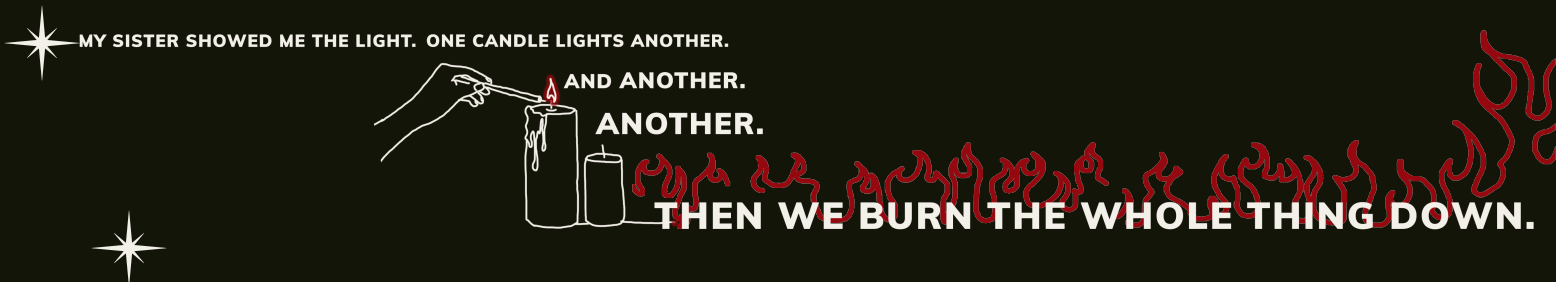
We fulfill this vision in the short & long-term future through commitments to the founding principles, with three goals—**engage, elevate, and expand.**


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.



words  by @___JaneDough___

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”



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

MODERN HUMANS APPEAR 300,000 YEARS AGO

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

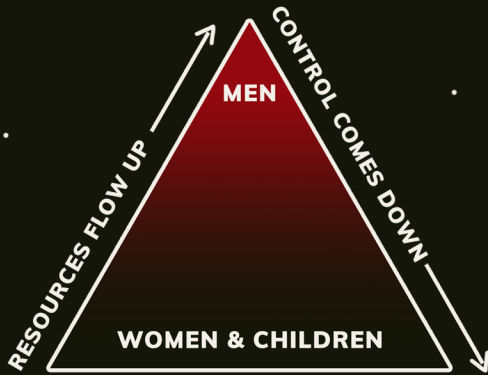
draws upon the historical legacies of thousands of years of matriarchy- collaborative principles, consensus decision-making, and regenerative practices

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**

MODERN MATRIARCHY

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.

PRESENT DAY

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

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

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.

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.

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.

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

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.

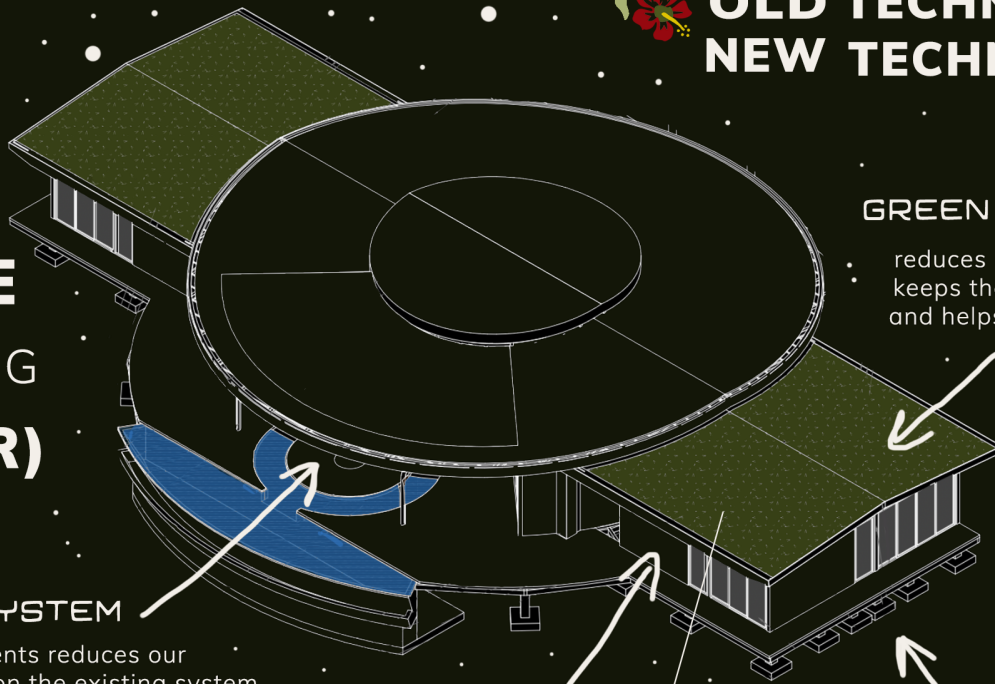
A world that improves upon our current one must prioritize renewable, adaptable solutions— ideals that align with matriarchal communities. Sustainable practices are a core value of **BALVIDA** —the land and spaces are being (re)developed using a variety of eco-friendlier construction and conservation 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

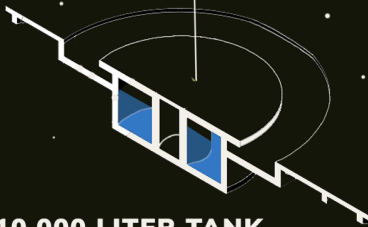


GREEN ROOF

reduces energy consumption,
keeps the air & water cleaner
and helps protect biodiversity

RAINWATER SYSTEM

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



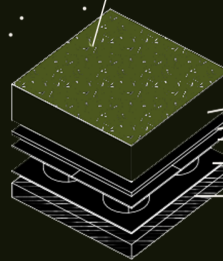
10,000 LITER TANK

EARTH WALLS

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

A CONSCIOUS FOUNDATION

by raising the structure on posts,
we limit our disruption
to the flow of water, flora & fauna



• SUBSTRATE 30MM

• GEOTEXTILE 2MM

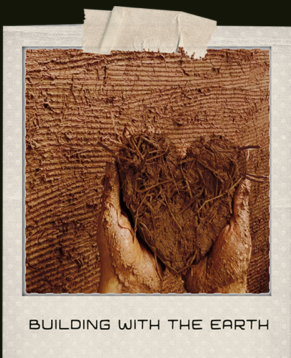
• MEMBRANE 30MM

• NYLON 200 MICRONS

• WOOD 12MM

BAHAREQUE

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



BUILDING WITH THE EARTH

RAW EARTH



STRAW FIBER

CANE FRAMES

METAL BRACING 10X10CM

CANE FRAMING 1X3CM

CLAY, SOIL, SAND, FIBER MIX 3CM

TADELAKT

is a morrocan 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 it’s design, balancing light and dark elements, and in it’s 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 striving for balance is striving for 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, snorkeling, 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

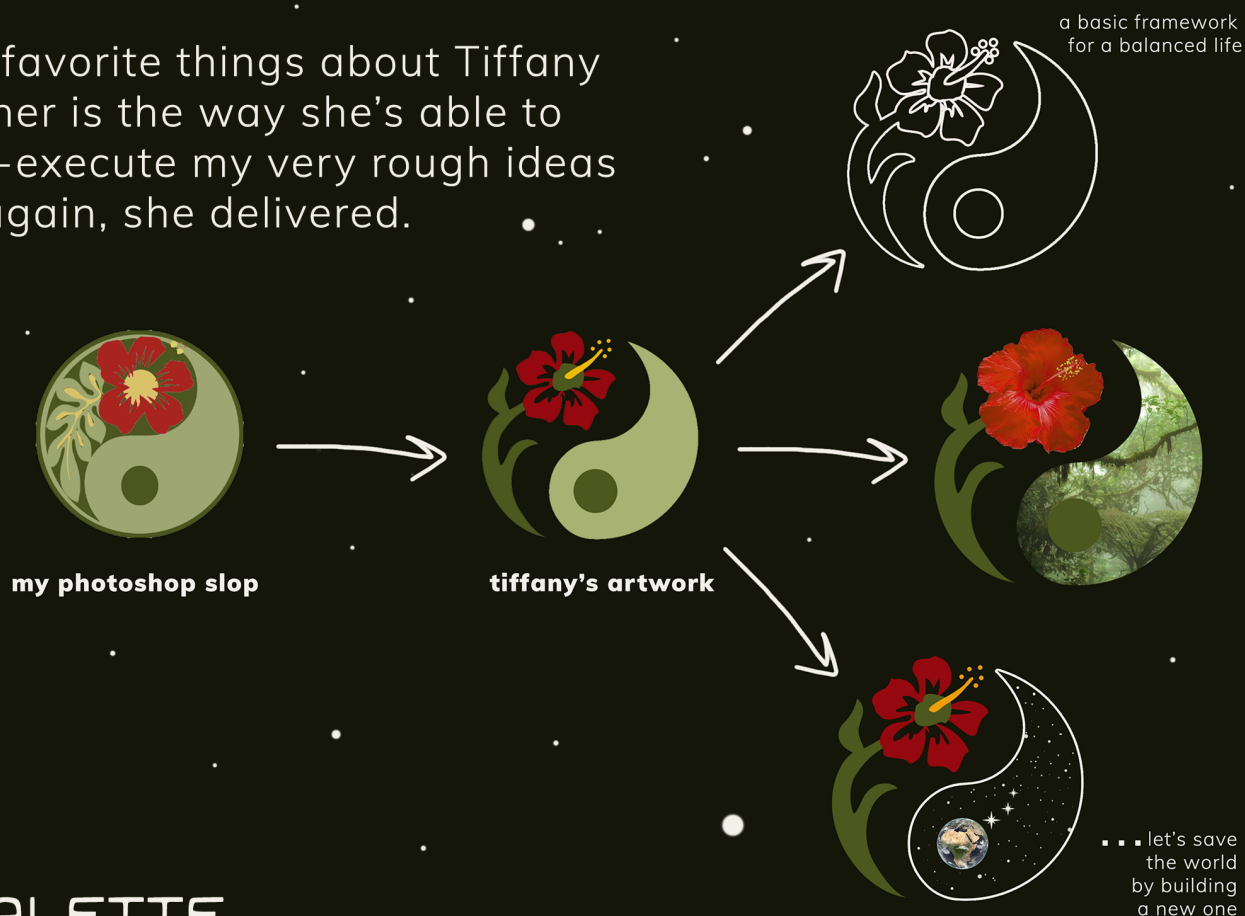
BALVIDA represents a balanced life, and this concept will be reflected throughout the physical design and implementation of the community. Through the intentional use of aesthetic shape, color, form, and in balance with more practical concerns like function, sustainability, structure, we create spaces 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 night jasmine blooming. **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[✦] 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 waterwall.



LA COMUCENTRA

a multi-function center for connecting

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 practices.



The youth space is designed with younger members and guests in mind, to accommodate and integrate both “learning” and “playing”.

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 bounty 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 boticaria—the apothecary where oils & herbs can be stored, and the biblioteca—the library where various mediums and tools like tarot, crystals, and sound bowls can be housed.



LA NIDA

Set on the banks overlooking the creek around the oldest tree 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



LA CABANA

a tropical bathhouse
changing rooms y banos

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.





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 available to women who are interested in having a permanent, longer-term, or more invested presence here.

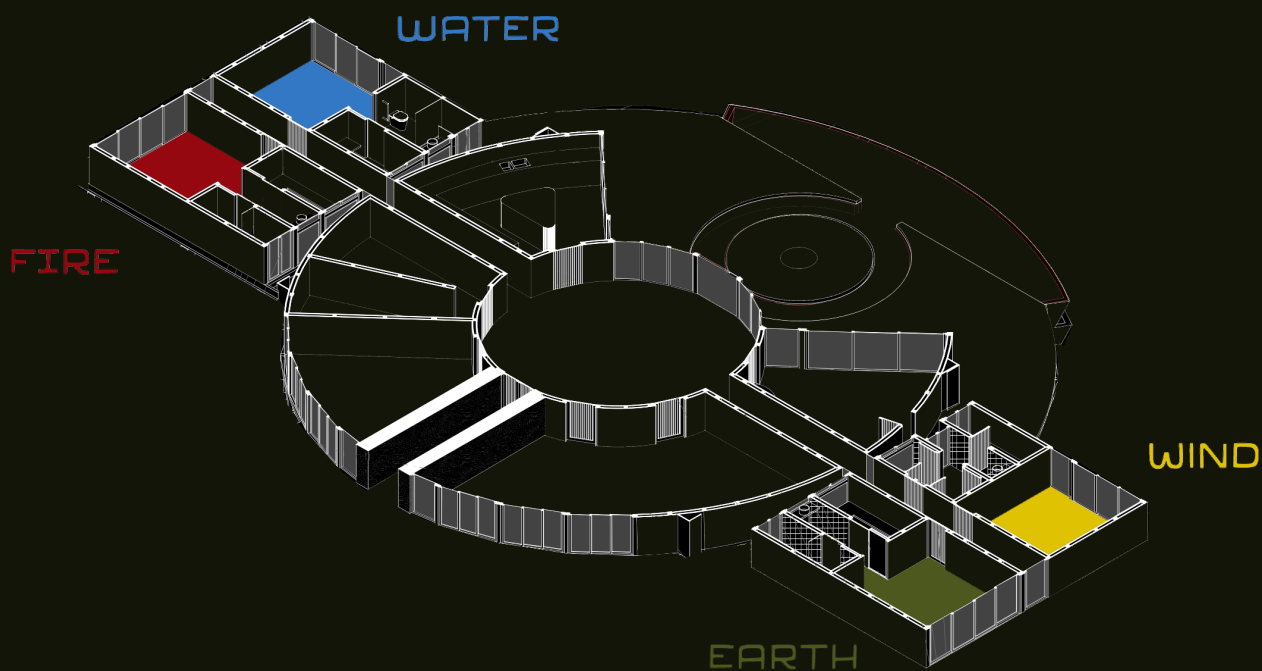
Each house will be off-grid equipped, utilizing rainwater collection, solar energy and composting systems. Individual spaces offer opportunity for more personal customization and privacy.

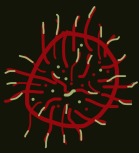
ELEMENTAL SUITES

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.

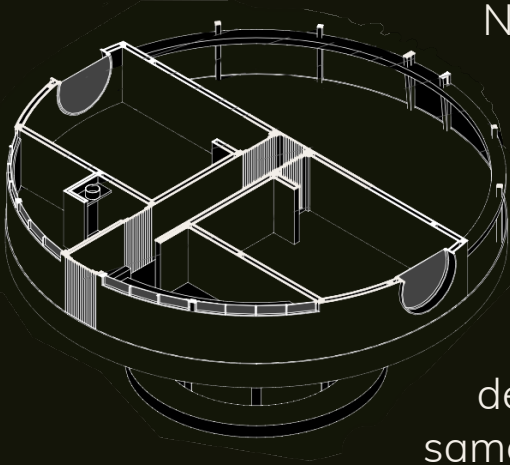
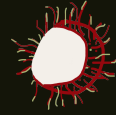
Each of the 4 suites is named after one of the 4 elements, and is designed with that theme in mind.





MAMON CHINO Y RAMBUTAN

guest houses

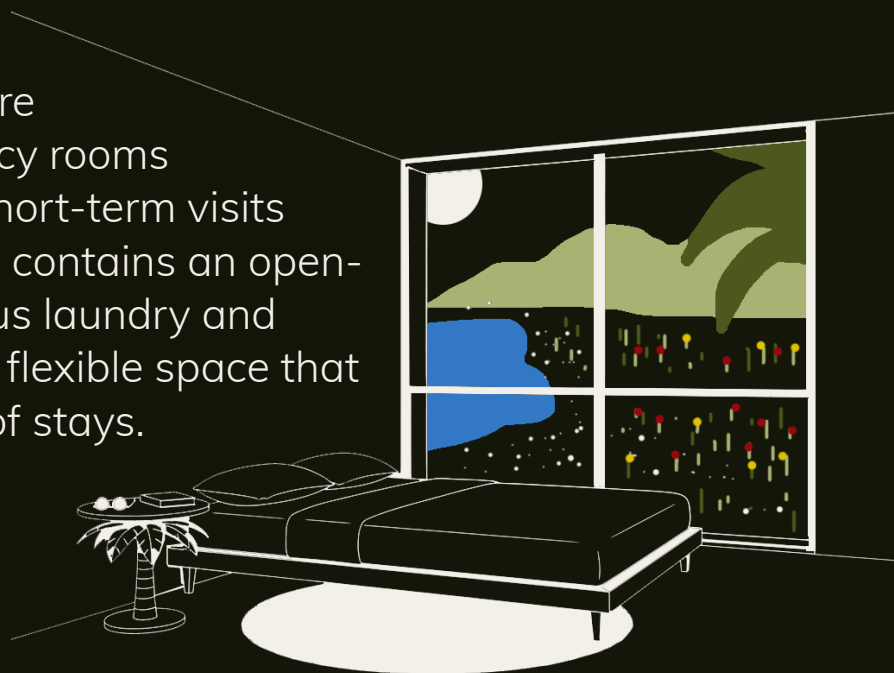


Named after the brightly-colored fruits that surround them, this pair of 2 bedroom 1 bath guest houses are positioned near the communal house and designed to accommodate friends, family and guests with a little more privacy. While visually-distinct, these spaces carry over similar design elements and 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 walks (or cart rides!) 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 beautiful, 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+, providing maximum flexibility and reducing our strain on the existing systems.



In addition to access to water, a silver lining of a previously-deforested piece of land is the opportunity to collect substantial amounts of solar energy. The tiny houses will utilize this as their main source of energy, further reducing our impact on the environment and strain on the grid. Similarly, the often-frustrating result of increased strain on the grid is outages—another benefit to using renewable energy for the tiny homes to help ensure consistent access to power.



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 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 land, then the guests are the tide of women from around the world arriving on our shores like a wave. By offering a multitude of ways to engage at **BALVIDA**, a steady flow of energy, ideas, and new connections is maintained while offering an established, grounded presence and resource for women-centered living to those who visit. 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.

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.

✦ **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 reserved for and 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 native 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 a portion of land** purchased and returned to indigenous peoples

★ COLLECTIVE

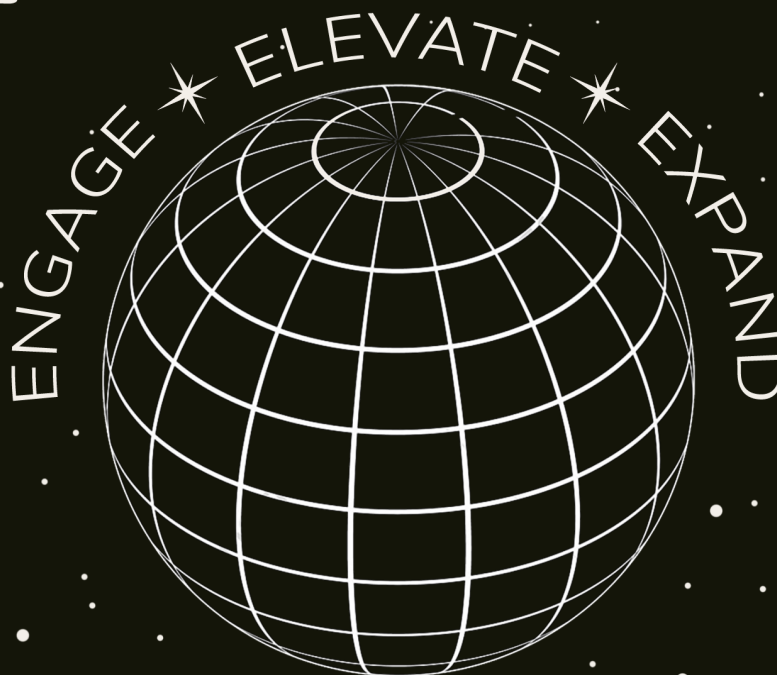
★ EVENTS

★ RESIDENCIES

★ MEDIA

★ ARTWORK

★ RETREATS



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, 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** for being such a pleasure to work with. 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 adding to & 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 **TIFFANY** for applying your Tiffany Touch and designing such a beautiful logo & palette that set the tone for the visuals for **BALVIDA**.

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**, 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)

and thank you to my **FRIENDS**, the women in my life who have 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 partners in this

and thank you **ORION**, my first baby, for inspiring a better world



FUNDING & INCOME

Please contact info@balvida.online for inquiries on the most up-to-date financial status of **BALVIDA**.

RESOURCE LIST

BOOKS & ESSAYS

“Societies of Peace” by Heide Gottner
-on historical and current matriarchies

“When God Was A Woman” by Merlin Stone
-on patriarchy’s theft and destruction of matriarchal societies and religions

“Sustainable (R)evolution” by Juliana Birnbaum and Louis Fox
-on permaculture design and its implementation around the world

“Build It and They Will Come” by Cat Lantigua
-on building intentional community

“A Room of One’s Own” by Virginia Woolf

“The Weapon of Theory” by Amilcar Cabral

TV & MOVIES

“Long House” Home series, Season 2 Episode 7

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

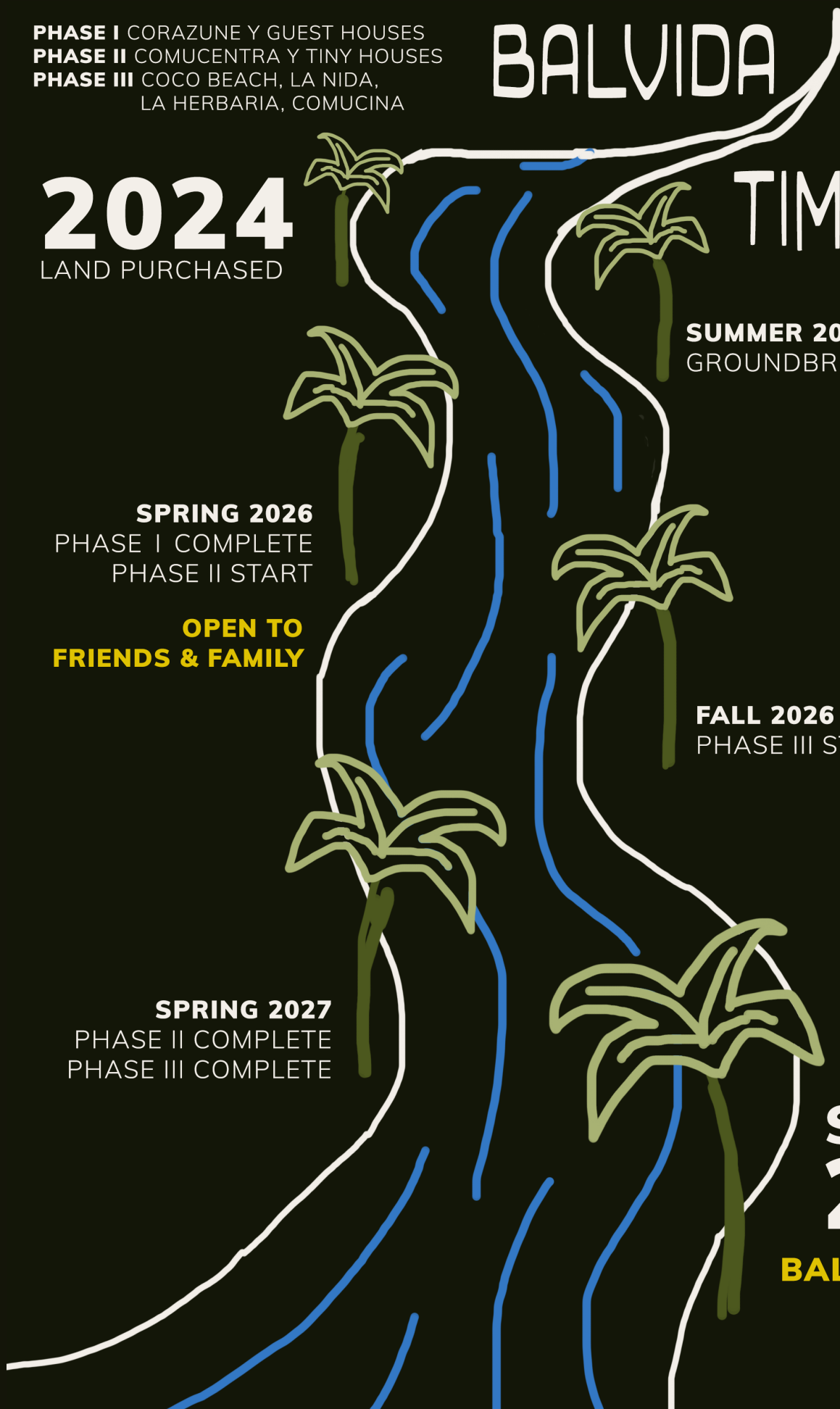
PHASE III START

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

★ **www.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.

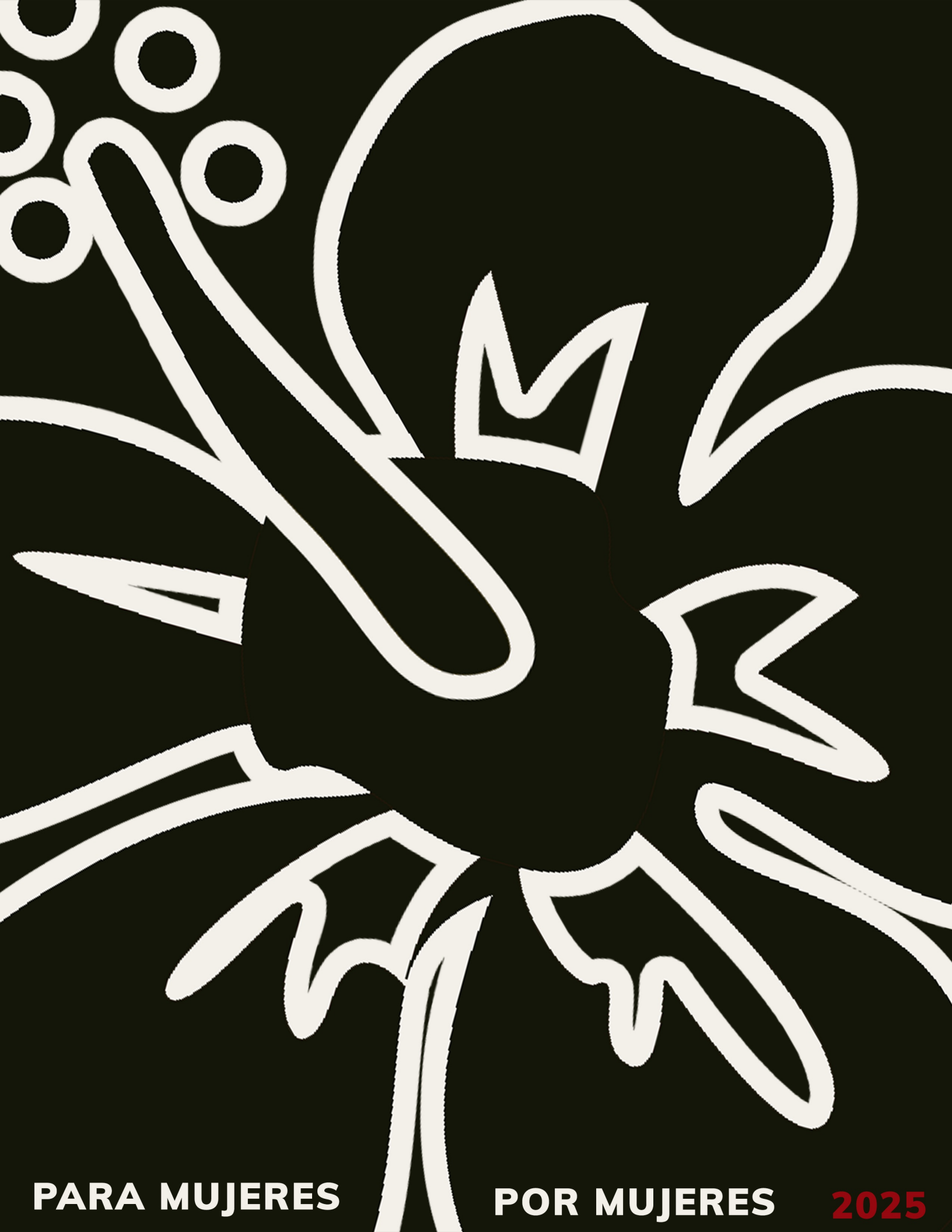
Women interested in collaborations, contributions
or more information can also reach out via the website,
or to the general email at info@balvida.online.





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





PARA MUJERES

POR MUJERES

2025