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Regeneration and Community Experiences

# ANCESTRALITY RETREAT FOR GOOD LIVING

A photograph of a wooden archway made of dark reddish-brown wood. The archway is set against a background of lush green foliage. The text "ALDEA FELIZ" is written in white, uppercase, sans-serif letters across the top of the arch. Below it, "COLOMBIA" is written in the same style. At the base of the arch, a horizontal wooden plank is attached, with the text "Flor Es Ser" written in white, cursive script on it.

ALDEA FELIZ

COLOMBIA

Flor Es Ser



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# SOLIDERRANCE

TRAVELS THAT LEAVE A POSITIVE FOOTPRINT

## VISION

**“Let’s travel to places where they really care of earth & people to support and inspire a sustainable, regenerative and peaceful life”**

## WE AIM TO



REGENERATE PEOPLE AND PLACES



IMPACT POSITIVELY  
TRAVELERS & HOSTS



SUPPORT COMMUNITIES



## THE CORE REGENERATIVE ACTIVITY

# ANCESTRALITY RETREAT FOR GOOD LIVING

We invite you to experience a week dedicated to well-being, good living, and the integration of ancestral wisdom. During this week, we will immerse ourselves in mingas (collective work), energy cleansings, dances of peace, physical practices to release emotions, medicine/ecstatic dance, Hiking



And three ancestral medicine ceremonies:

- **Chicha Ceremony**
- **Sweat Lodge Ceremony (Inipi)**
- **Cacao Ceremony**

### Our Goals are:

- to help participants feel part of an intentional community that cares for a magnificent territory.
- to share Aldeafeliz's inspiring regenerative way of life.
- To experience happiness as the core of daily community practices.
- To connect with ancestral wisdom as a guide for better living.
- To gain self-knowledge tools and practices that improve relationships with oneself and all beings.



Facilitators of the retreat:

- Tatiana Monroy Pardo – Trainer in social and ancestral technologies
- Carlos Rojas – Architect, trainer in social technologies, and mentor in Dances of Peace
- Anamaria Aristizabal – Trainer in social technologies and integral coach
- Martha Burgos – Mentor in TRE (Tension & Trauma Releasing Exercises)
- Andrés Liévano – Fermenter, cook, and facilitator in social technologies
- Yuluka – RenaSer facilitator and ceremony guide
- Camila Olarte – Facilitator in social technologies
- Catalina Velastegui – Integral therapist
- Matilda Martinez – Facilitator of Dances of Peace
- Carlos Hurtado – Mindfulness facilitator
- Julián López – Fire guardian
- Nelly Quiñones – Medicine Dance facilitator

# ECOALDEA ALDEAFELIZ

## SAN FRANCISCO, CUNDINAMARCA, COLOMBIA



Aldeafeliz is located in the municipality of San Francisco, a charming town in the department of Cundinamarca, Colombia.

Nestled in the Andean region, it is part of the Gualivá province, renowned for its breathtaking mountain landscapes and rich biodiversity. The area features a stunning mix of mountains, valleys, and rivers, creating an exceptional natural environment.

With an average temperature ranging between 16°C and 22°C, the region enjoys a mild and refreshing climate, which allows agriculture to thrive—particularly coffee, plantains, and tropical fruits like guava and blackberry. Aldeafeliz is surrounded by abundant nature and offers countless opportunities for connection and relaxation. The San Miguel River borders the territory, featuring picturesque waterfalls perfect for natural hydrotherapy. The community also has a lake inhabited by fish and ducks, complemented by beautiful aquatic plants, adding to the serene atmosphere.



If you wish to explore the area before or after the retreat, here are some recommended attractions:

- **Parque Ecológico Jericó:** A natural reserve located nearby, ideal for nature lovers seeking outdoor activities such as picnics and camping.
- **La Vega** (20-30 minutes away): A town offering attractions like Laguna El Tabacal, a scenic lake surrounded by forest, where visitors can enjoy canoe rides and hiking trails.
- **Chorro de Plata:** A spectacular waterfall, perfect for those looking to experience the power and beauty of nature.
- **Santuario de la Virgen:** A sacred site offering a space for reflection and spiritual connection.

# YOUR HOSTS: ECOALDEA ALDEAFELIZ



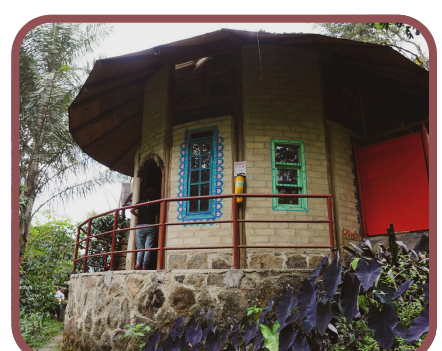
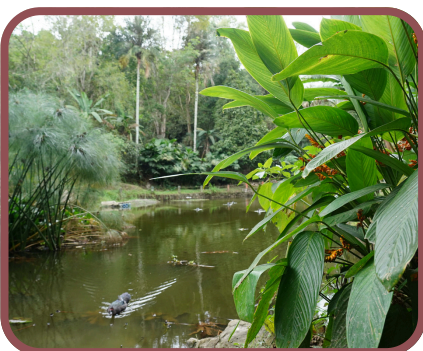
Aldeafeliz is a charming eco-village located in San Francisco, Cundinamarca, Colombia. Designed as a self-sustaining community, it blends natural beauty, ecological practices, and a deep focus on well-being and communal collaboration. It is the perfect place for those seeking a meaningful connection with nature and ancestral wisdom, which have long been essential sources of sustenance and well-being for humanity.

Aldeafeliz offers a transformative experience through ancestral ceremonies, practical wisdom for good living, natural spaces, and the guidance of experienced facilitators committed to a paradigm shift towards life care and regeneration.

The community is composed of families, couples, and individuals of all ages, including children, young adults, and elders. This intergenerational environment fosters a rich exchange of experiences and perspectives, where everyone can learn from one another. Approximately 20 people live in Aldeafeliz on a permanent basis.

Aldeafeliz is enriched by the diversity of its members, who bring strengths in facilitating collective learning processes, healing, reconnection with nature, and celebration. Within the community, you will find: teachers, artists, architects, food alchemists, earth guardians, project managers, dancers, healers...

Aldeafeliz is much more than an eco-village—it is a living laboratory of sustainability, regeneration, and conscious living, where nature, wisdom, and community come together to create a new way of being in the world.



# ACCOMMODATION & FOOD

## ACCOMODATION

We open our homes to invite you into the experience of living immersed in the Andean cloud forest, while becoming part of a vibrant community. Constructed with bamboo (guadua), wood, earthen walls, and unique architectural designs, our spaces provide a warm and comfortable stay for every visitor.

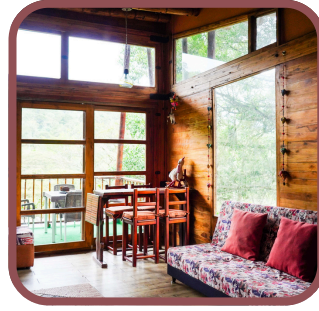
Our accommodation options include:

Eco-village Lodging (Bioconstructed Cabins)

- Private accommodation with private bathrooms
- Shared accommodation with shared bathrooms

Casa Serena (1 km from Aldeafeliz)

- Shared beds in a cozy setting
- Round-trip transportation to the eco-village included



## FOOD

We offer a delicious, healthy, and vibrant cuisine, full of contrasting flavors, colors, and textures. Our meals are prepared with seasonal, whole ingredients, carefully balancing nutrition and quality. We prioritize local, agroecologically grown and processed ingredients, ensuring a wholesome and sustainable dining experience.

During the retreat, you will enjoy:

Three nourishing meals per day (breakfast, lunch, and dinner)

Two daily snacks

Our restaurant service provides three meals a day and snacks, ensuring that you are well-nourished throughout your stay.



# OTHERS EXPERIENCES YOU WILL ENJOY HERE

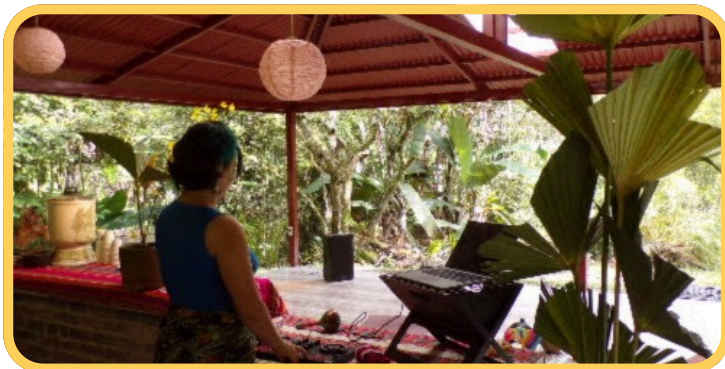
SOWING AND HARVESTING



THERAPEUTIC MASSAGES



MEDICINE & ECSTATIC DANCE



UNIVERSAL PEACE DANCE



HIKING



MAGICAL NIGHT





# AGENDA OF THE WEEK

\*Exact itinerary details are subject to change

DAY 1 | AM: **Welcome & Accomodation**  
PM: **Territory Tour**  
EV: **Word Circle : Life stories**

DAY 2 | AM: **Setting the week's intention : Minga and Sowing**  
PM: **Chicha Ceremony**  
EV: **Game Night and bomfire**

DAY 3 | AM: **Sweat Lodge Ceremony (INIPI)**  
PM: **Rest and Body connection practices (massages)**  
EV: **Leraning circle : What is alive in me?**

DAY 4 | AM: **Hiking to "Santuario de la Virgen"**  
PM: **Leraning circle : comunication for conection**  
EV: **Universal Peace Dance**

DAY 5 | AM: **Cacao Harvesting**  
PM: **Cacao Ceremony**  
EV: **Medicine/Ecstatic Dance**

DAY 6 | AM: **Tailored experiences for deepening**  
PM: **Tailored experiences for deepening**  
EV: **Magical Night**

DAY 7 | AM: **Departure**  
PM: ...  
EV: ...

# ADDITIONAL INFORMATION

## WHEN ARE THE NEXT EVENTS?

**APRIL: 31st to 6th of MAY**

**JUNE: 16th to 22nd**

&

**OCTOBER: 20th to 26th**

**DICEMBER: 1st to 7th**

## CAPACITY

**12 participant maximum**

## HOW MUCH DOES IT COST?

**1050€ / person in a shared cabin**

**1250€ / person in a private cabin**

### WHAT DOES IT INCLUDE?

- Transport from San Francisco to Aldea and back
- 3 meals and daily's snack per day
- All activities described

### WHAT DOES IT NOT INCLUDE?

- Transport to San Francisco
- Additional food and beverage (out of full board)

## HOW TO BOOK

### Email

adrien.ruffino@soliderrance.com

### Phone #

+ 33 6 58 15 90 58

## HOW SHOULD I GET THERE?

### Closest Aiport

Bogota El Dorado Internacional  
Airport

### Last Mile Solution

from San Francisco

### Bus Line & Last Stop

San Francisco, Cundinamarca,  
bus station  
Departure from Salitre Bogota  
bus station

### Logistics Services Providers

Airport pick up for additional fee

PARTNERSHIP WITH



GLOBAL  
ECOVILLAGE  
NETWORK

