Vila Serra Serena Retreat Centre, Brazil

Vila Serra Serena Retreat Centre was launched in 1999. It is one of the branches of Brahma Kumaris in Brazil.

It is located in the beautiful region between the cities of Serra Negra and Lindoia, in the state of Sao Paulo. It’s an area surrounded by mountains, with abundance of hydro mineral resources. The total area is 288,000 m².
There are regular retreats, courses and lectures.

Some of the topics are: meditation practice, self-esteem, silence, vegetarian cooking and positive thinking, among others...
Up to 50 people can be accommodated in rooms of 2, 3 or 4 beds.

All meals are based on a lacto-vegetarian diet.
Sustainable practices

REFORESTATION: BK planted 5,600 saplings of plants from the native forest called “Mata Atlantica”.

ORGANIC GARDEN: (without pesticide, artificial fertilizers or poison)
Solar energy is used.

Composting
ECO-FRIENDLY CONSTRUCTION: Two of the six buildings were built with a special brick that is not baked as the regular ones and it is not laid with cement, but with a special glue.
Water treatment

ECO-trail
Usage of a natural spring

See you soon!