




**Ashwagandha**  
Sanctuary & Eco-Village



## The Ashwagandha Eco-Villas project:

- **Sanctuary of the Conservation of the Parota Huanacastle.**
- **Center for Meditation and Development of the Being.**
  - **Retreats and Healing Events.**
  - **Alternative medicine company: Ashwagandha Live Fe-male power.**
  - **Edible Forests and production of self-consumption of food (self-cultivation)**
  - **Eco village.**
- **Educational Center for Waldorf Education-SOKA of children permaculture.**
- **Music Production Studio in contact with nature.**

A satellite map showing a coastal area. A red line outlines a specific plot of land. Two blue location markers are placed on the left side of the plot. The text 'Ashwagandha Eco Village' is positioned above the upper marker, and 'Santuario de Conservación del...' is positioned above the lower marker. The terrain is a mix of green vegetation and brownish soil.

Ashwagandha  
Eco Village

Santuario de  
Conservación del...

5 Hectares

**of which 2.5 hectares have ocean views  
at the beginning of Punta Mita Nayarit.  
Bahia Banderas, La Cruz de Huanacastle**

# PHILOSOPHY

**Es una comunidad intencional que busca una vida natural y orgánica hacia la autosuficiencia y la sostenibilidad económica, social y ambiental.**

**Protege las especies nativas y contrarresta los cambios ambientales con intervenciones y educación.**





Ashwagandha  
Eco-Village

Punta de Mita

Sayulita

San Francisco

Lo de Marcos

Buenillas

Mezcales

Nuevo Vallarta

Talapa

Puerto Vallarta

Colonia  
Los Robles

Boca de  
Tomatlán

Bahía de Banderas

## Where?

La Cruz de Huanacaxtle is a picturesque fishing village that settled in the 1930s, located in the municipality of Bahía de Banderas Nayarit approximately 20 kilometers north of the Puerto Vallarta International Airport. This wonderful site offers the charm of Mexican traditions, which in 1997 was added to the group of the 27 most beautiful bays in the world, granting it this title due to its history, culture, natural places, flora, fauna and biodiversity.

The name of this beautiful town is derived from a tree of the Parotas species (type of giant trees): the Huanacaxtle. The legend of the place says that after the body of an indigenous woman was buried at the base of a gigantic Huanacaxtle tree, a cross was carved into the trunk of the tree, the villagers began to say "we will meet at the Huanacaxtle cross "









## **why?**

Due to all the environmental catastrophes, the excessive consumption and pollution of the planet and the manipulation of the genetics of the species, we have decided to take concrete action with this project for the transformation and consolidation of a new humanity.

For all the situations that are being lived, people need to remember all the love that they can give and give to others and to the earth. Fill yourself with love, rather than fear.

This project is a sphere of peace that seeks to expand its networks of consciousness and harmony with the environment and with all beings.

We are a change of perspective that in turn generates education so that future generations provide more opportunities for harmonious and sustainable livelihood, both for themselves and their children.

We need seeds of people who flourish and teach the world their mission of sharing and creating from love.

Because we need values that help us to have a healthy coexistence and to respect Mother Nature and share all the wealth that she offers us.

## ¿For what?

Strengthen the spaces of interdisciplinary development of the being and of cultural exchange.

Carry out concrete actions that reduce the effects of climate change.

Consciousness education for future generations.

Creation of space and housing where families can transform themselves and develop to the maximum the expression of the variants of their being.

Weave networks of alternative life that amalgamate and grow throughout the planet.

To generate a social, economic impact and environmental.

## How?

Through experts in each subject, donations, collective work, social participation.

It is intended to build a human development system based on the science of the spirit to contribute to the construction of a new generation that is sustainable with the planet.

Through the construction and use of the petals of permaculture.

\* Folders and resumes of members are attached by area of expertise.





## **Declaratory:**

The members of the Ashwagandha Eco-village and Community are united by shared ecological, social and spiritual values. We use natural resources, returning them intact to the planet or exponentially. Respect for nature includes the use of renewable energy sources, such as solar, wind and hydro. Native construction materials are used and do not cause collateral damage. We regenerate the environment. We regenerate the ecosystems where we live (recycling, reforestation, habitat restoration, protection and reproduction of species). We educate the community. We coexist successfully. We truly believe in the feminine side of every being. We empower both energies, starting with the feminine force. We use art to build a world with peace.





**LAND & NATURE  
STEWARDSHIP**

**BUILT  
ENVIRONMENT**

**LAND TENURE  
& COMMUNITY  
GOVERNANCE**

**CARE FOR  
EARTH**

**CARE FOR  
PEOPLE**

**TOOLS &  
TECHNOLOGY**

**FAIR  
SHARE**

**FINANCE &  
ECONOMICS**

**CULTURE &  
EDUCATION**

**HEALTH &  
SPIRITUAL  
WELLBEING**

## **Land tenure and Community Governance**

It is an intentional community that seeks a natural and organic life towards self-sufficiency and economic, social and environmental sustainability.

- Organizational systems of harmony and peace.
- Non-violent communication.
- Leadership
- Empowerment

## **Administration of Earth and Nature**

We apply concepts and principles of ecology and permaculture in order to optimize the interactions between plants, animals, humans and the environment. For us, as for the whole earth, the mycelium is essential to nourish the entire chain of organisms.

The main objective is the care and protection of the entire system that allows the Huanacastle to be healthy, providing a harmonious environment for birds, plants, soil and nutrients that allow larger species to have a vital environment of trust, thus creating a whole network underground.

We create mechanisms to supply the ecovillage, the visitors and the community with all the abundances of the territory in a sustainable way and without causing erosion in the ecosystem.

Delivering, returning and supplying clean water is the main mission.



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## Construction


It is important not to continue generating a footprint in the wear and tear of the environment, therefore they will be built with the same materials found on the ground and an attempt will be made to avoid concrete and rebar as much as possible.

Spaces will be planned so as not to remove trees and will be used if necessary to create living columns. If a tree needs to be removed for any circumstance, 20 will be planted as a substitute for the damage.

Among the elements to build in the first phase:

- Meditation center and temple.
- Kitchen
- Class spaces.
- Greenhouses.
- Orchards.
- Dry toilets.
- Geodesic domes.
- Water collectors.
- Wastewater treatment system.
- Roads, corridors, joggers and cyclists.
- Thematic and monumental sculptures.
- Biopiscinas and ponds

## Tools and technologies:

- Dry toilets or with sewage water
  - River catchment and K-line system
  - Irrigation systems.
  - Solar panels and renewable energies
  - Wetland
  - Mycelium system for pest control
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## Education and culture:

Our intention is to join forces and form a community settlement where we live in harmony with nature to fully develop being. A site of continuous learning and teaching. A cultural center where all the arts are used and applied.

There will be a daily review of the principles, values, techniques and knowledge from the holistic and integral philosophy, also the development of an educational alternative for children with Waldorf education, SOKA with the 7 petals of permaculture.

- Plastic and performing arts
- Music, music production.
- Cinema, Video and audiovisual production.
- Arts of Being.
- Architecture and Sculpture
- Economy and Finance.
- Leadership.
- Agroecology.
- Medicinal plants.
- Health and spiritual well-being.
- Yoga and Meditation.
- Traditional and ancestral healing techniques (temazcal, cocoa ceremony, among others)
- Agroecology.
- Planting and caring for medicinal plants.
- Ayurveda.
- Quantum coaching
- Empowerment of feminine energy
  - Balance of energy duality





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## **Spiritual Health and Well-being:**

We create bonds of brotherhood, love and collaboration in our community and each visitor can live it and learn from the harmony of space through retreats, workshops, camps, therapies and ceremonies among other activities in which we will focus on the growth and development of being in spiritual fullness.

An essential part is our ethical regulations by area and our code of values.

Vision searches are conducted on the importance of water, in addition to being a holistic healing center.

Create a better world based on action and the example of a sustainable space that weaves networks with more spaces of this type in harmony with nature.

We seek to sow seeds for the transformation of consciousness from changes in habits. Teach future generations the importance of caring for the environment, caring for each living being and equitably sharing resources and leadership to develop being by unifying and integrating its duality.

## **Finance and economics:**

The Ashwagandha society will seek its self-financing to maintain its areas and create new spaces through:

- Marketing of medicinal plants and fruit trees
- Guided visits and consumption of the garden.
- Rental of cabins and spaces for weddings and events.
- Retreats, use of common areas such as the restaurant.
- Festivals and Ceremonies ... and much more ...

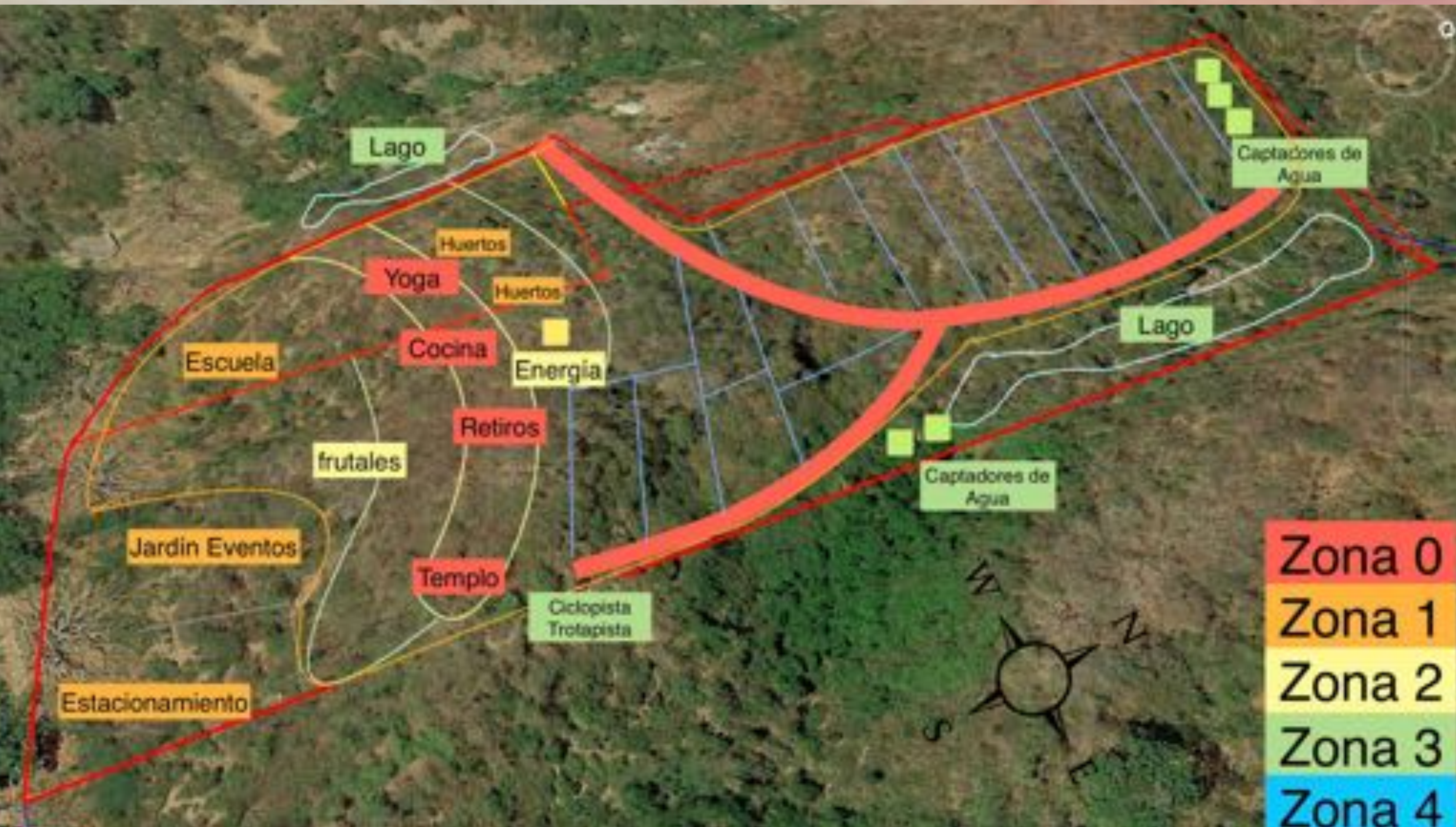


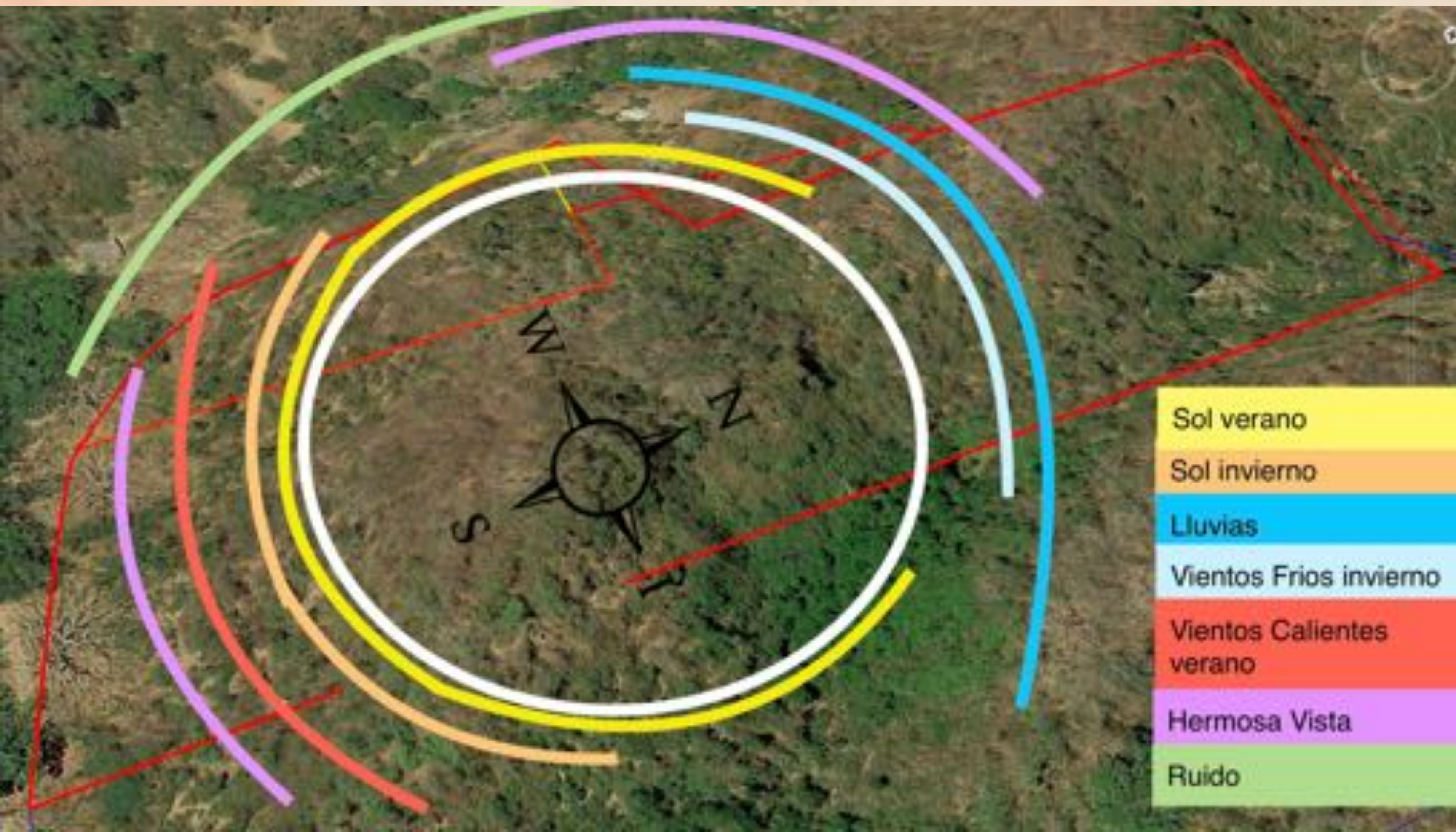
# LOTIFICATION AND DISTRIBUTION



15  
Lots for the  
Eco-Village

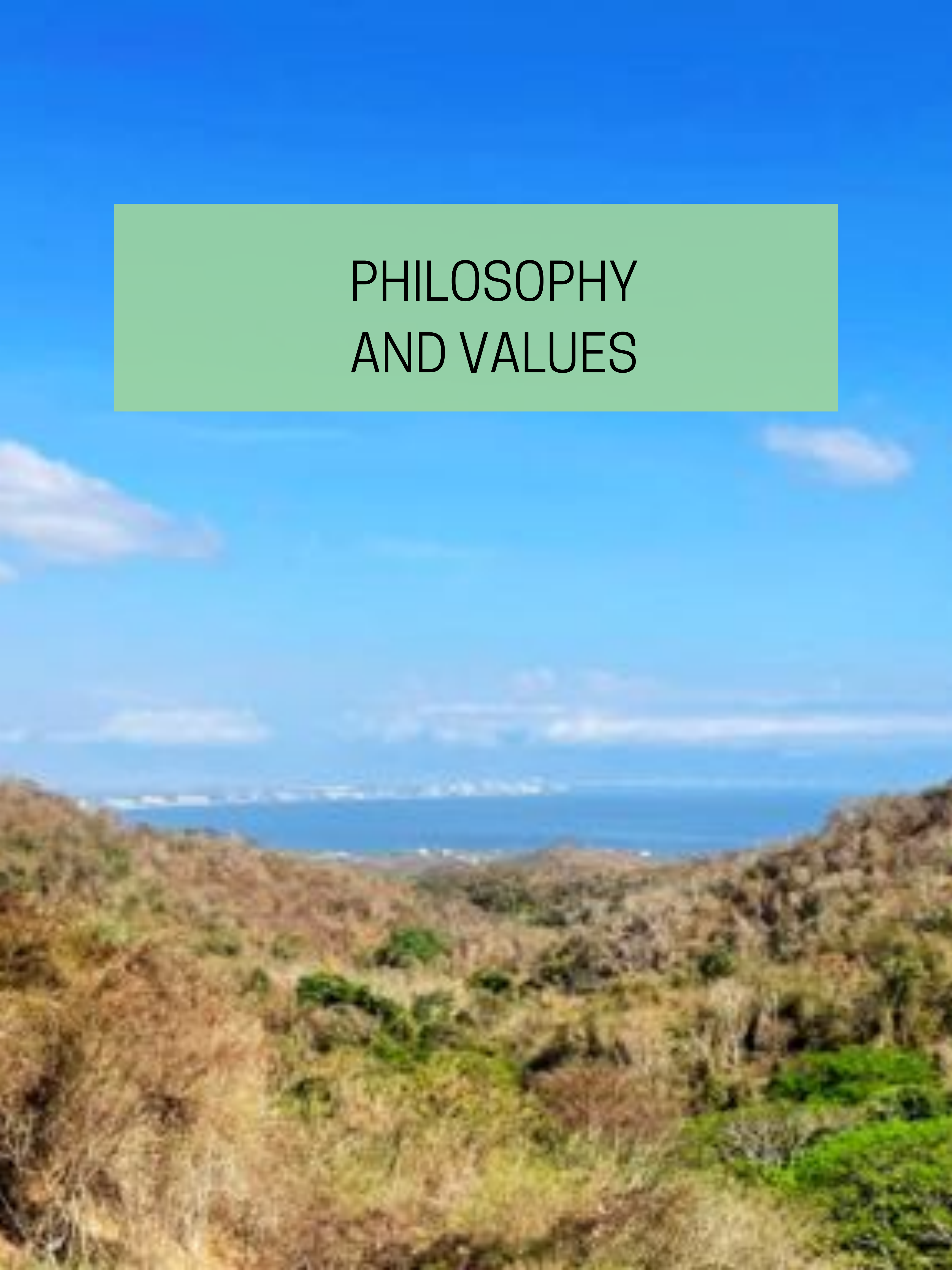
# AREAS AND ZONES





SECTORS

# PHILOSOPHY AND VALUES





## **Tolerance**

In a tolerant world, diversity and differences of opinion, worship, language, culture and political tendencies are accepted and embraced, regardless of whether they are different from ours.

## **Justice**

For the welfare of society and the site itself. All of us want to live in a more just world, where the laws and needs of others are respected as well as the laws of nature.

## **Friendship**

Associated with affection and solidarity, love and reciprocal commitment. To live in a better world it is necessary to learn to cultivate friendship, since friends are usually our allies and confidants in the best and worst moments. Only with them can great promises be built.

## **Goodness**

Always busy giving and promoting love, therefore being considered as good people and with a great heart.

**Gratitude, Cooperation and Peace.**



ANNEXES AND CURRICULES

**Annexes and Information about  
our collaborating partners and  
how they will apply their  
knowledge in space**



