



The 'Galt Valley' of Minas Gerais

Ibity is a sanctuary of dreams, accomplishments and possible utopias

On the road from Vila Mogol to Engenho, a wooden sign greets visitors with the message: **"Welcome to the Brazilian Galt Valley."**

A tribute to Ayn Rand's book *Atlas Shrugged*, this sign playfully compares the fictional Galt Valley to Ibity—a place inhabited by individuals who make a difference in every task they undertake, contributing to the project's success and sustainability. The sign serves as a reminder of the importance of valuing those who, through their work and dedication, transform Ibity into a truly unique place.

In the story, the character John Galt invites brilliant minds and highly capable individuals in fields essential to a nation's development to live in a secluded valley, removing them from the marketplace to demonstrate that a country cannot thrive without great entrepreneurs, wealth producers, and committed workers.

Inspired by this idea, the Ibity Projeto has evolved into a territory that, in some ways, resembles an independent "country": **Ibity Land!** Who knows, one day it might even have its own currency—the **Ibity Coin!**

Flags abound here. We stand for love, peace, happiness, freedom and the well-being of all living beings on the planet. In this "country," the rules are designed to foster innovation, entrepreneurship, regeneration, and harmonious living with nature.

Ibity is a land of opportunities waiting to be discovered and polished, with much work to be done now to reap the rewards in the future. A refuge for dreamers and doers.

Join us and be part of this revolution!

Our flags



Rewilding
Restoring 96% of our total area, regenerating natural ecosystems.



Veganism
Supporting – without impositions – a lifestyle that respects all beings and promotes holistic health.



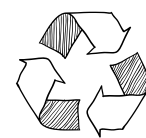
Libertarianism
Valuing individual freedom and encouraging the empowerment of small communities.



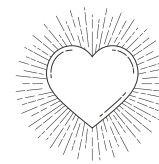
Entrepreneurship
Celebrating innovation and the entrepreneurial spirit.



Circular Economy
Encouraging local production and cultivating over 200 varieties of organic foods.



Zero Waste
Striving to live without waste, reducing our ecological footprint



Radical Love
Advocating deep love and unconditional respect for all beings



PRESERVATION

A pioneering project renews hope for the survival of muriquis

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EDUCATION

The community of the future: Life School paves the way for new beginnings

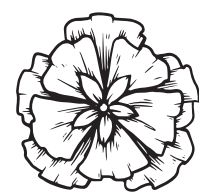
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MOGOL

The "vila" and the "village" in harmony

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IBITI RECEITA

Flowers: The stars of the season

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IBITI FAUNA

Blood-Tanager

The symbol bird of the Atlantic Forest

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AGENDA

Plan ahead

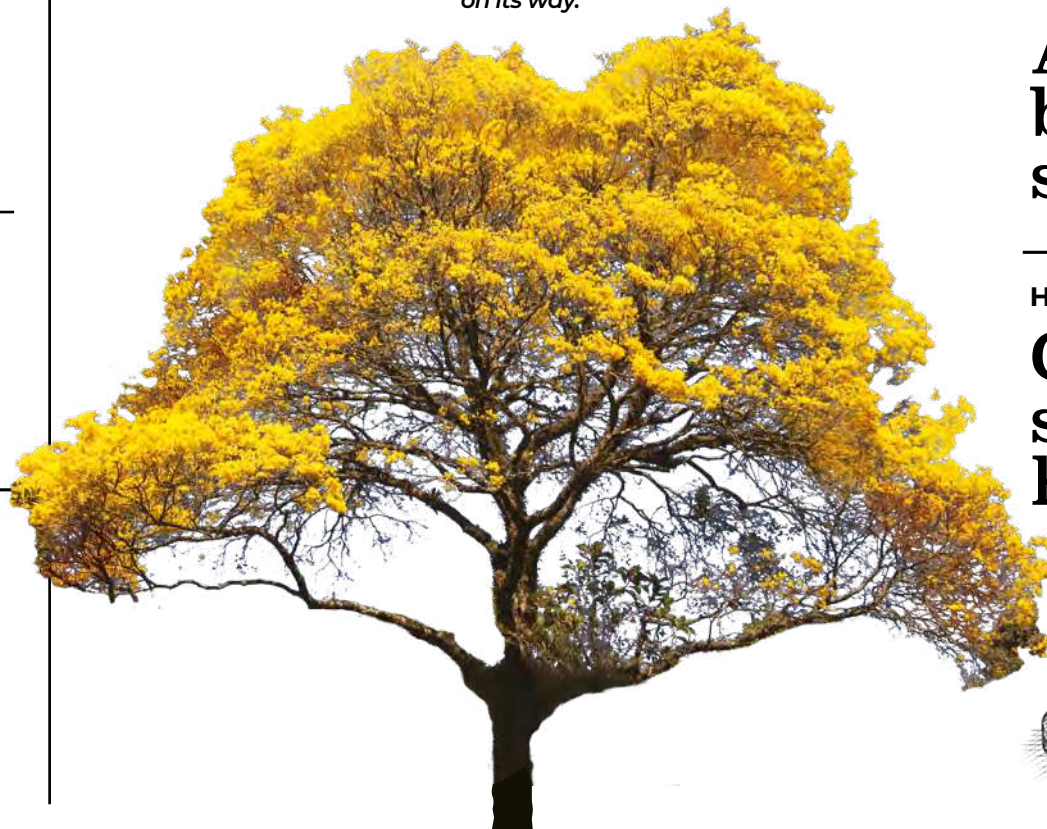
LibertarianGathering and Holistic Health Course featured in the schedule

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IPÊ-AMARELO

Brasil's national tree

For its immense symbolic value, the Ipê-Amarelo tree has been declared a permanently protected species in Minas Gerais, immune to cutting. This photo was taken by biologist Priscila Pereira in Mata do Luna, within Ibity. Ipê-Amarelo trees typically bloom between June and September in Minas Gerais' Zona da Mata, painting forests and streets with their vibrant yellow hues. What many don't know is that their petals are edible. With a slight bitterness and a sweet fragrance, they resemble lettuce or chicory. In rural areas, it's often said that when the Ipê-Amarelo blooms, it's a sign that rain is on its way.



MENTAL HEALTH

A good dose of biking and nature saves lives

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HISTORY

Carlinhos Repetto shares the story of how Ibity began

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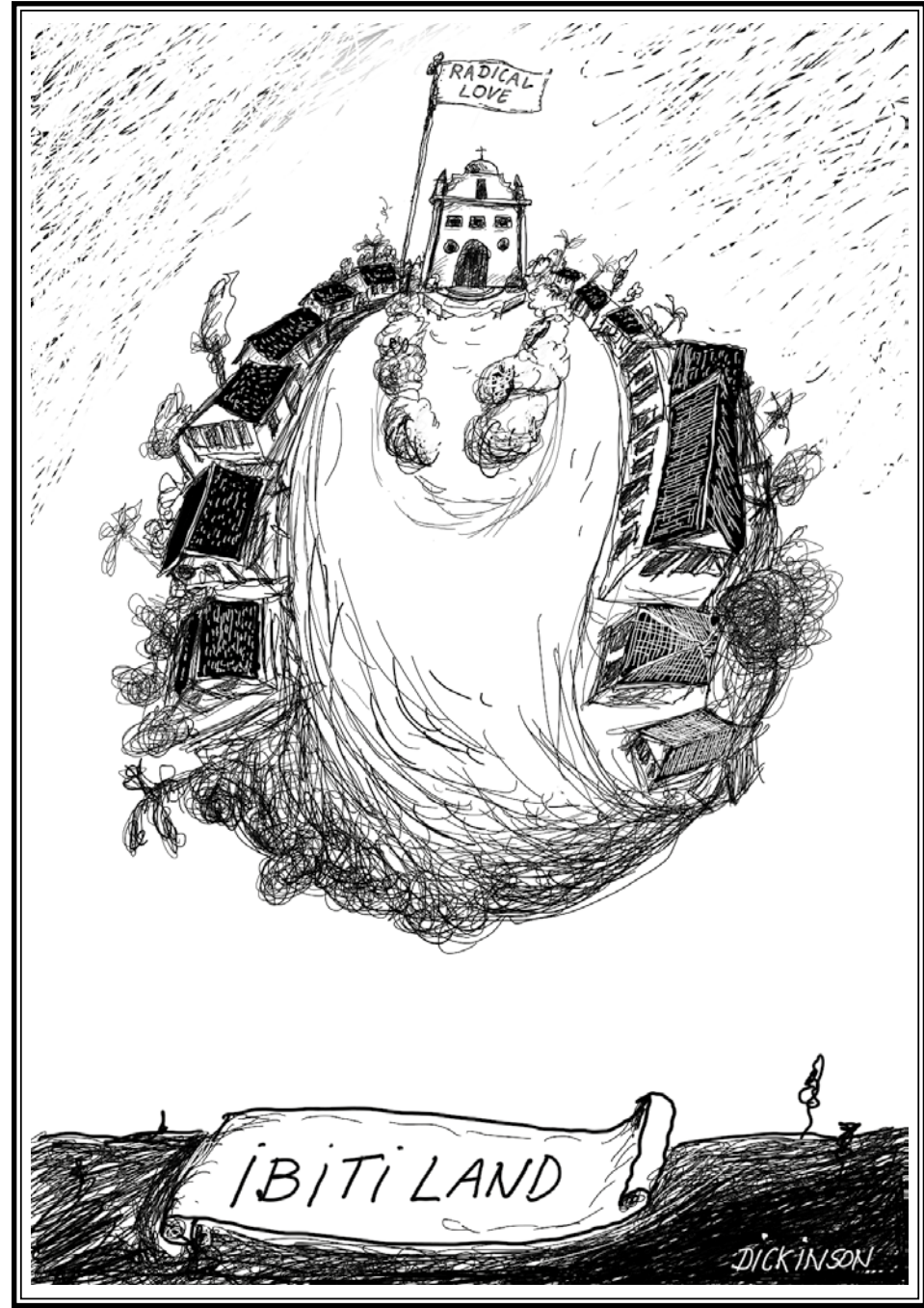


Book your stay

Engenho Lodge
Mogol Village
Areião and Isgoné



IBITI CHARGE



OUR VOICE

A refuge for dreamers and doers

In this second edition of the **Ibity Journal**, we celebrate the freshness of spring and the warmth of summer. It's a time to explore the outdoors, play and reconnect with the flavors and aromas of flowers, engaging all our senses.

At Ibiti, spirituality, kindness, gratitude, excellence and generosity are not just values but daily practices that strengthen the bonds between people and the community. This project is about caring for each other and our planet.

We believe that when people are free to act, they thrive. That's why we question laws that often hinder more than they help, as well as the excessive presence of the state and bureaucracy, which frequently obstruct progress and stifle innovation.

The Life School is the beating heart of Ibiti. Here, we prepare our youth for the future with a bilingual, global approach deeply rooted in localism. We value our land, our people, and our products, teaching not just academic knowledge but cultivating freedom, responsibility, and a love for nature. The school is an incubator of ideas, where the entrepreneur

spirit is nurtured from an early age, preparing our students to become regenerative leaders.

Integral well-being is also a priority at Ibiti, with practices such as massages, yoga, and outdoor activities like biking through nature, fostering a balance of mind, body, and spirit.

This edition highlights our ongoing commitment to rewilding—a pledge to regenerate local fauna and flora. Notably, we share the story of the first stage of our pioneering initiative in assisted reproduction for northern muriquis, a significant step in preserving this endangered species.

Additionally, we explore regenerative events shaping the community, where celebration and sustainability go hand in hand, creating experiences that leave a positive impact on both participants and the environment.

Join us in this harmonious world, where people and nature thrive together. We are an essential part of this creation.

Enjoy reading!

YOUR VOICE
Ibiti Around...
Who read, enjoyed, and shared



ANOTHER VOICE

Civil Disobedience

The legacy of Thoreau and its relevance today

Do you support slavery? Would you endorse a government that upheld such a practice? More importantly, what would you do to fight against it? Philosopher and writer Henry David Thoreau, in the mid-19th century, faced this moral dilemma when he refused to pay taxes to a government that, in his view, supported slavery and financed the unjust war against Mexico. His stance was more than mere refusal—it was an act of resistance. This led to his imprisonment, an experience that inspired him to write his famous essay, *Civil Disobedience* (1849).

Thoreau believed that it is every citizen's duty not to comply with the injustices perpetrated by the government. For him, paying taxes to fund a government that promoted slavery was equivalent to being complicit in that evil. He asserted: "It is not a man's duty, as a matter of course, to devote himself to the eradication of any, even the most enormous wrong; ...but it is his duty, at least, to wash his hands of it, and, if he gives it no thought longer, not to give it practically his support."

Rather than support a system he considered immoral, Thoreau opted for peaceful resistance, even at the cost of temporarily losing his freedom. His imprisonment was brief but symbolic, helping shape the philosophy of civil disobedience that would inspire future generations.

For Thoreau, the state should be merely an extension of the collective will of its citizens. When the government deviates from principles of justice, peaceful resistance becomes the most noble course of action:

"All men recognize the right of revolution; that is, the right to refuse allegiance to and to resist the government when its tyranny or its inefficiency are great and unendurable."

The basic principle is that when law conflicts with morality, it is the citizen's duty to follow their conscience. As Thoreau emphasized:

"I think that we should be men first, and subjects afterward. It is not desirable to cultivate a respect for the law, so much as for the right."

Today, could someone act like Thoreau? Could one refuse to pay taxes because they disagree with government policies and ideologies? Thoreau argued that when the state acts tyrannically, disobedience is not only a right but a duty:

"Under a government which imprisons any unjustly, the true place for a just man is also a prison."

This challenges us to imagine a more just democracy, asking:

"Is a democracy, such as we know it, the last improvement possible in government? Is it not possible to take a step further toward recognizing and organizing the rights of man?"

THOREAU AT IBITI

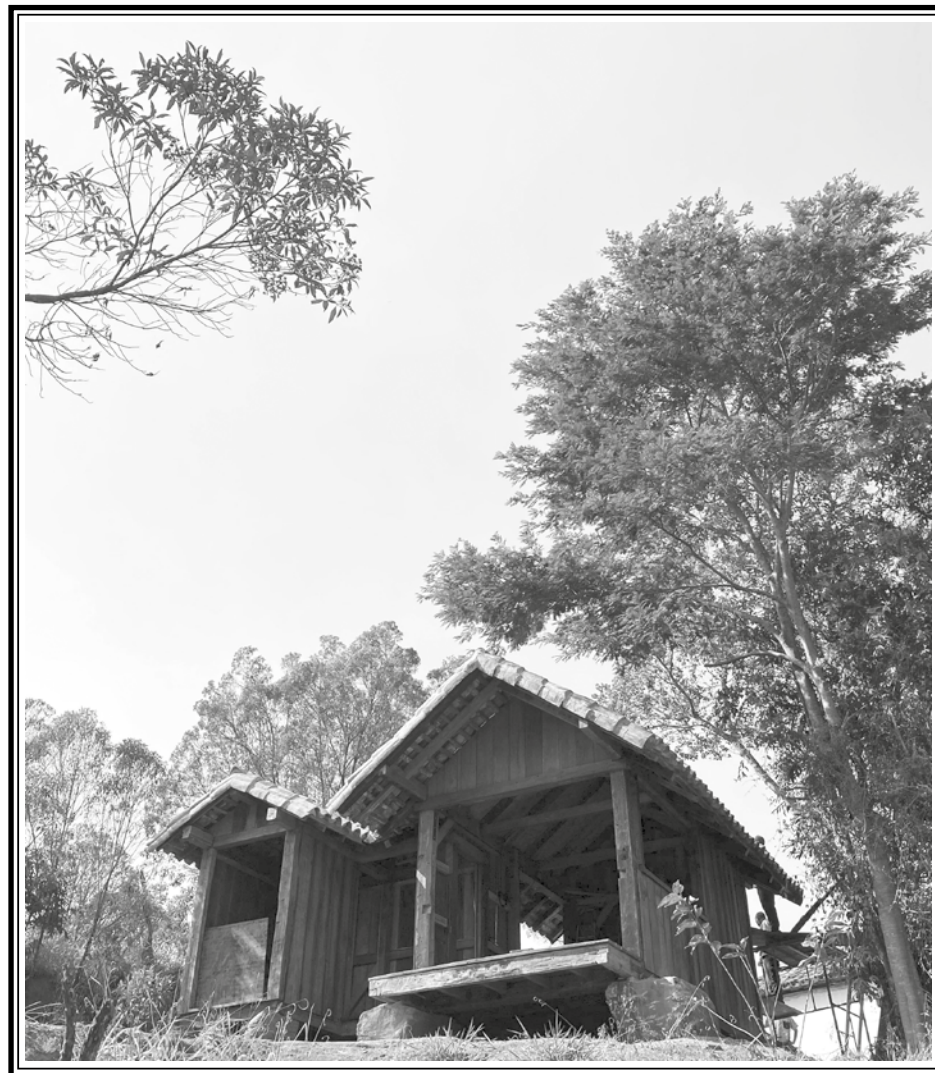
In addition to *Civil Disobedience*, Thoreau wrote *Walden* (1854), a narrative of his two-year experience living in a simple cabin he built by Walden Pond in Massachusetts, USA. During this time, he sought a life free from social conventions and consumer pressures, surviving with the bare essentials.

This spirit of simplicity and respect for nature is celebrated at Ibiti. Copies of *Walden*, scattered across various spaces, invite reading and reflection. Moreover, Thoreau's cabin has been recreated in Vila Mogol at its original dimensions, now with the addition of an annexed bathroom. Built using reclaimed wood, the construction was initiated by Canadian volunteer Mark Wilson and

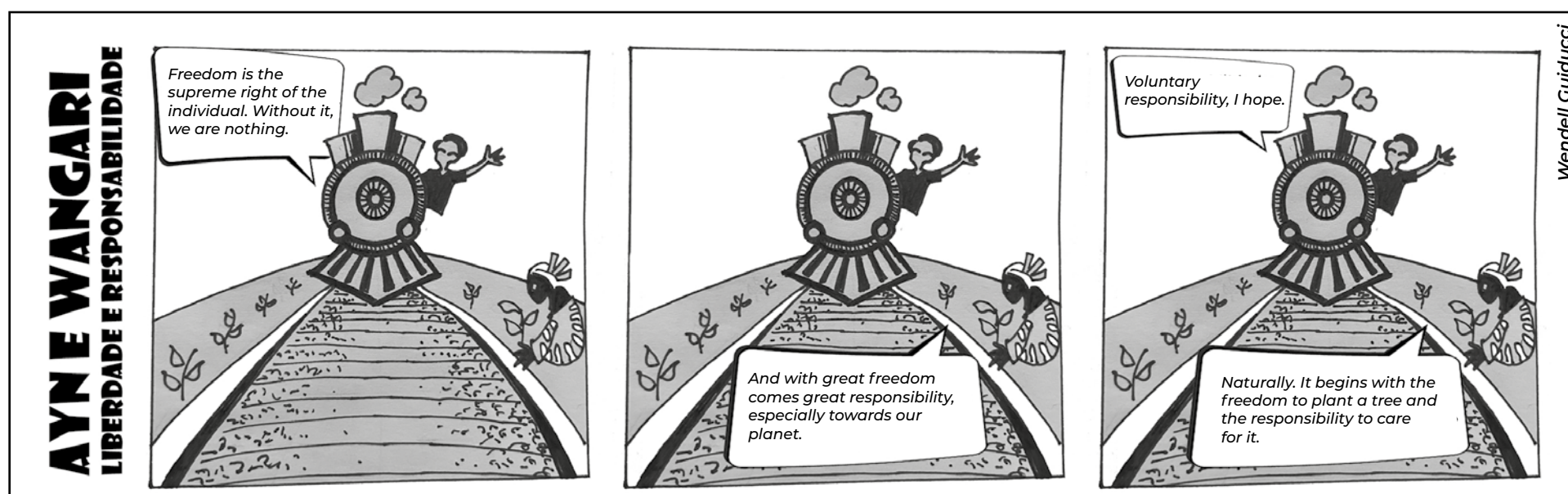
completed by the local team.

At Ibiti, this symbolizes the ideal of self-sufficient living in harmony with the environment.

This connection is not merely symbolic. Like Thoreau, Ibiti challenges rules and conventions, inviting us to imagine a world where freedom and simplicity coexist with innovation and sustainability.



Thoreau's house, replicated at Ibiti, includes an annexed bathroom



Wendell Guiducci

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Editorial Board
Renato Machado
Isabel Pequeno

Editing and Review
Isabel Pequeno

Texts
Isabel Pequeno
Wendell Guiducci

Design and Layout
Ruy Alhadaz

Images
Ibiti Projeto/Publicity

Learn more about us!
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Instagram/
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@ibitiprojeto

YouTube
Ibiti Projeto

Editorial Office
+55 32 99847-9134



CARLINHOS REPETTO

The Seed Man

A nature lover, Carlinhos reflects on his life dedicated to simplicity, the wind and the regeneration that inspired the Ibiti Projeto

“One day, I’ll tell you in detail about the richness of life before television. There was no electricity. Lanterns set the mood in the wind and mist. It was magical. A privilege to witness the purity and satisfaction on the faces of the locals. It was the simple life passed down through generations.”

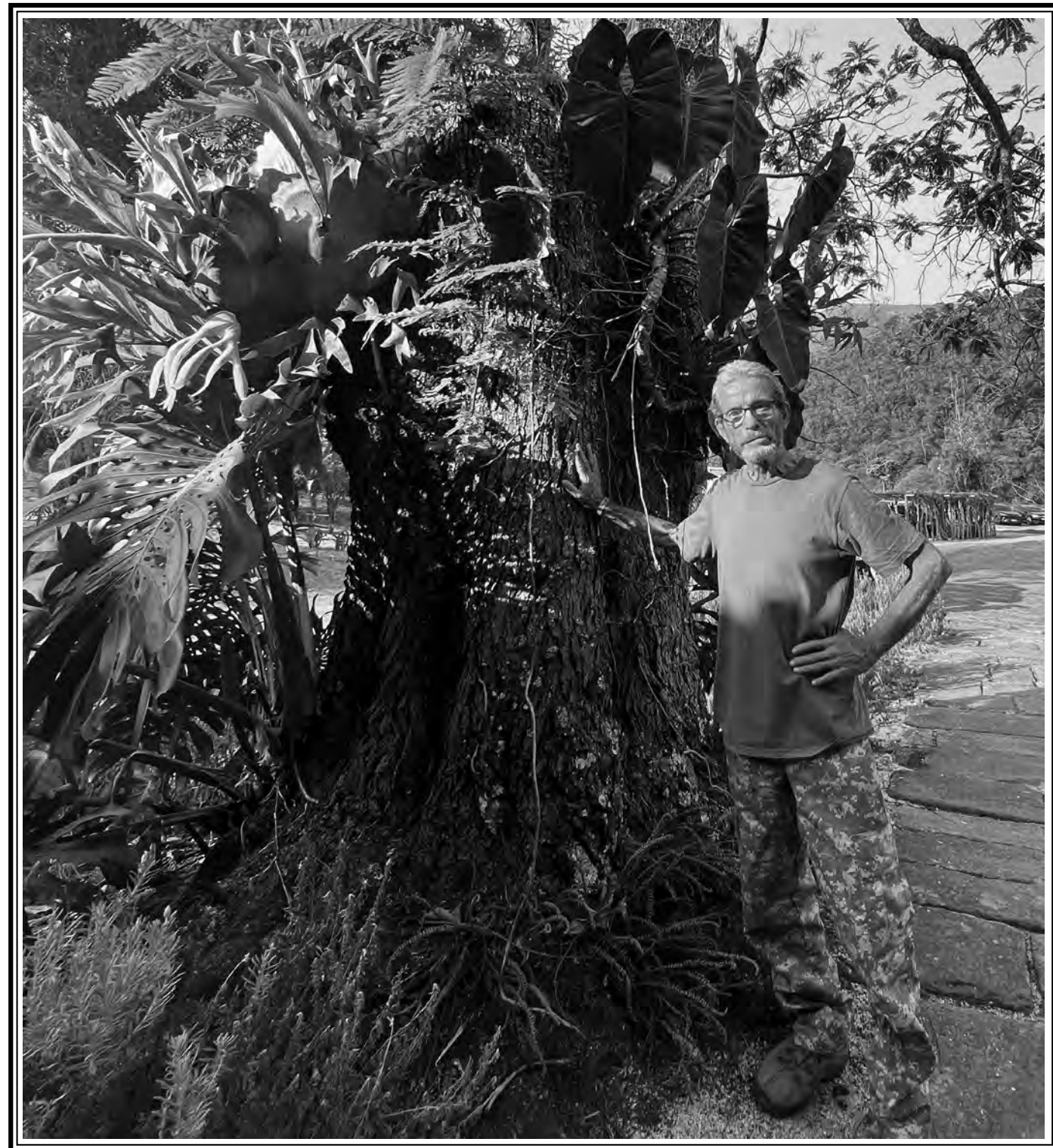
These are the words of Carlinhos Repetto, the seed man, whose love for nature sowed the seeds for what would, decades later, become the Ibiti Projeto. Carlinhos’ life is filled with stories. “It could fill a long and entertaining book, haha,” he said to journalist Raquel Ribeiro, who gathered much of the information for this report.

Carlinhos arrived in Ibitipoca in 1975, coming from Rio de Janeiro, riding in a jeep with a friend. Immediately, he fell in love with the people and the place. When he learned about a plot of land for sale, he bought it without even seeing it. It was just 30 meters from the entrance to Ibitipoca State Park. In 1977, he built his refuge. “I built it using donkeys or oxen to transport materials and erected a two-story house in the middle of the forest, facing west at the top of the mountain. The place remains preserved. Today, there are two houses there. Back then, the wildlife was more diverse—birds, rodents, primates, felines, and wolves roamed around the house. It was, and still is, an Eden.”

FAZENDA DO ENGENHO

Five years later, in 1982, Carlinhos heard that the Fazenda do Engenho, which he had admired from afar when passing by on the road connecting Lima Duarte to the village of Conceição do Ibitipoca, was up for sale. Once again, he bought it without ever setting foot on the property. Upon arrival, amazed by the size of Engenho, he asked a local: “Does that hill belong to the farm?” The reply: “Yes, and the other one too. And it even stretches further.”

The Fazenda do Engenho had a main house with seven rooms, where Carlinhos hosted lively parties. “A crowd came every weekend. To minimize losses, I built a veranda and opened a small guesthouse.” Renato Machado, a friend from their motocross days in the 1970s, suggested that Carlinhos put up a sign on the road, but he promptly refused. “I didn’t want the risk of attracting unpleasant people. It was a guesthouse



Carlinhos Repetto next to the tree he planted: His love for nature sowed the seeds for what would, decades later, become the Ibiti Projeto

just for friends.” Today, that “little guesthouse” has become the Engenho Lodge.

In the mid-1990s, Renato became a partner at Fazenda do Engenho. Renato’s brother, Marcelo, also joined the partnership and gave the project significant momentum. They decided to expand the guesthouse. The original main house was L-shaped. Carlinhos showed the design to his mother, Carolina de Assis Repetto, an architect—and coincidentally, the first woman to pilot a plane in Minas Gerais, in 1939. As you can see, pioneering spirit runs in the family. Dona

Lilina remarked that the design looked like a hospital and suggested a U-shaped layout instead. Only the original wood from the old construction was preserved and reused in the renovation.

With the guesthouse completed and the first environmental preservation efforts underway, the Engenho became the nucleus of the Ibiti Projeto.

CASA CARLINHOS

While the guesthouse was under construction, Carlinhos decided

to build a house for himself. “My priority was to have a bed where I could lie down, put my head on the pillow, and have a window overlooking the Pico do Gavião.”

Sitting on a rock in front of the bamboo grove that dominated the landscape, Carlinhos sketched his future home. “A bedroom here, a living room there, a kitchen... And a small lake. I wanted a heart-shaped lake to show my love for this little corner of the world.”

Today, the house where Carlinhos once lived is Casa Carlinhos, a guesthouse that offers families or groups of friends complete privacy

at Engenho. When he sold his share of the farm to Renato years ago, Carlinhos heard from his friend: “You’re no longer the boss, but you’ll always be the patron.”

When Renato Machado joined, the eradication of Brachiaria grass and the systematic planting of Atlantic Forest saplings began. But the work of regeneration and preservation had started earlier, back in the 1980s, with Carlinhos himself. The first tree he planted was a canafistula, which now adorns the façade of Engenho Lodge.

The initial efforts at regeneration were, as he admits, somewhat accidental, when he allowed native vegetation to reclaim areas previously converted into coffee plantations. Today, on the path to Prainha do Engenho, you can still spot a few coffee plants amidst the regenerated forest.

It was also Carlinhos who first called attention to the preservation of northern muriquis in the region. As the largest primates in the Americas, they are critically endangered. After years of searching for the species, which he knew inhabited Mata do Luna from local reports, Carlinhos finally managed to photograph a muriqui, confirming their presence. At the time, he found century murici trees in full bloom, a vital food source for the monkeys, marked for felling. Determined to protect the area, Carlinhos approached the landowner and, with Renato’s help, ensured the Mata do Luna was purchased and preserved. This marked the beginning of his conservation efforts for the muriquis.

Another source of pride was envisioning Ibiti’s airstrip, proving its feasibility despite technical challenges. The airstrip was eventually built and certified by the DAC, named after his mother: Aeródromo Particular Carolina de Assis Repetto.

TO THE WIND

Carlinhos Repetto still roams the Engenho. He doesn’t move as fast as before, but his momentum is perpetual. Like a seed that germinates, grows, stabilizes, and continues to breathe and transpire in the flow of life, he seeks a deeper connection with nature every morning. A surfer at 7 years old and one of the first men to hang glide in Brasil, Carlinhos now soars on the wind in a paraglider. For the Patron of Engenho, age is just a temporal statistic: “Old is the one who has stopped dreaming.”

The Magic of Casa Carlinhos



UNIQUE FEATURES

Private outdoor bathtub with views of the heart-shaped lake and Pico do Gavião.

REGENERATIVE LUXURY

Three spacious and comfortable suites decorated with exclusive pieces.

THE WARMTH OF MINAS

Wood stove in the dining room.

GOOD MORNING, NATURE!

Breakfast served on the veranda.



Watch the video



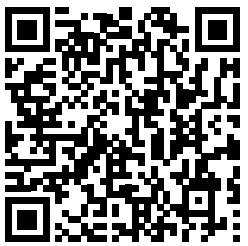
BIODIVERSITY

Every muriqui matters

Artificial reproduction project renews hope for the species' survival



Veja o vídeo



The muriquis underwent blood tests, imaging exams, and other procedures for a comprehensive health evaluation

Once again, the Ibiti Projeto demonstrates its dedication and deep concern for preserving biodiversity by investing in a groundbreaking artificial reproduction project for northern muriquis—the largest primates in the Americas, critically endangered. This significant challenge is only just beginning.

In July, a team of biologists, veterinarians, and other specialists joined the Muriqui Biodiversity Institute (MIB), forming a group of 24 professionals to carry out the first phase of this process with the animals living

at Muriqui House, within Ibiti.

“We collected and stored the semen of two males, Bertolino and Luna, using advanced technology already applied in domestic animal breeding. We also conducted thorough check-ups on three reproductive-age females—Socorro, Nena, and Ecológica—who are healthy and ready to receive artificial insemination or an in vitro fertilized embryo,” explains Fernanda Tabacow, coordinator of the MIB. “Our optimistic expectation is to have a pregnant female in two years if everything goes well,” she adds.

A PIONEERING STUDY

This collaborative effort involves partnerships with the Federal Universities of Viçosa (MG) and Campo Grande (MS), the NGO Reprocom (specialized in wild mammal reproduction to save endangered species), with financial support from the Ibiti Projeto and Funbio.

“What we are doing now is better understanding the biology of these animals and reactivating their reproductive process to allow the birth of new

offspring, enabling the group to grow. Our ultimate goal is to reintroduce them into the wild. This is pioneering work and a significant step forward in developing studies on artificial reproduction in wild animals,” highlights biologist Fabiano Melo, MIB advisor and professor at UFV.

Northern muriquis currently live in fragmented Atlantic Forest habitats in Minas Gerais, Espírito Santo, and small forested areas in Rio de Janeiro and Bahia, with a population reduced to just over 1,000 individuals worldwide.

IBITI ARRAIÁ

Most patched caipira outfit awarded and turned into art

When it's time to celebrate, there's no shortage of energy, style, and flair for caipira outfits! Especially with fantastic prizes, which brought an extra spark to this year's Ibiti Arraiá. The Ibiti community shone brightly before, during, and after the Patched Outfit Contest parade! The winners will forever be remembered, with their outfits preserved in frames.



Jorge, second place: “I created the character. I enjoy being a ‘jeca’, just like this.”

Taking first place, Francislei from the Maintenance team dazzled with a shirt made entirely of patchwork stitched by his wife, featuring details inspired by Ibiti. Jorge danced all afternoon with his shoulder bag, embodying an authentic jeca (traditional rural figure) and taking second place. Bárbara secured third place with her braids, “tattoos” of little flags on her calves, and a Mogol Church scene embroidered on her blouse using recycled materials. Every detail was crafted with care!

FRANCISLEI: FIRST PLACE FOR THE MOST PATCHED CAIPIRA OUTFIT IN MOGOL

“My wife used 183 fabric scraps that were headed for the trash to make this shirt.”

Beyond the outfit, Francislei also composed a calango (sung verses) specifically for the parade:

*I came to join this contest,
When I stepped up, it was thrilling.
Knowing I had to combine it with recycling,
That's why I'm wearing a shirt made
of everything.
It was hard to patch up
But it was worth it—now I look dashing!*



Francislei, contest winner, alongside administrative director Raquel Pazos

YUCCA RESTAURANT
VEGETARIAN • VEGAN
IBITI VILLAGE
BREAKFAST • LUNCH • DINNER

IBITI BIKE
ASSISTED BIKES FOR RENT
HIRE MIGUEL: WORLD CHAMPION MOUNTAIN BIKE GUIDE
IBITI VILLAGE

AREIÃO
YOUR MOST AUTHENTIC MINAS REMOTE OPTION AT IBITI, “UAI”!
TALK TO CARLINHOS!



Gabi, a local, and Gonçalo, from Portugal: a union of customs and constant exchange of ideas

INTEGRATED COMMUNITY

Mogol: The vila and the village

Framed by the Ibitipoca mountain range, this small village enchants the world with its simplicity, its people, its contrasts, its natural beauty, and its art

Mogol is a mix of contrasts and details, giving the village the status of Ibiti's Capital. For those living the day-to-day life of the project, Ibiti truly feels like a small country in constant transformation and development. "The only certainty we have is change"—a mantra humorously repeated by different residents who live here with an incredible ability

to... change! Change the world, change plans, change paths and change their lives.

Here, only those willing to reinvent themselves every day survive, those open to rethinking their own values and learning new ones, perhaps far more disruptive. Those who dream big and are ready to face challenges.

This is how Ibiti attracts people from different parts of the world, like the village's newest resident, Portuguese Gonçalo Catarino. He left a comfortable, established life overseas to live in the Brazilian countryside and manage the hospitality structure of the Ibiti Projeto, driven by the phrase that made him... change: "Life is too short for small challenges."

Like him, many other Ibiti residents and collaborators, new and old, embrace the same mission, driven by a spirit of change and a desire to achieve. The community, made up of those living in Vila do Mogol, nearby farms, and surrounding towns, is part of this transformation while being encouraged to value local culture, traditions, and production.

Take Gabi, for instance, the "do-it-all" at Ibiti, who has lived in the village since she was a baby in the blue house next to the Village Reception. She witnesses these changes both from the inside and the outside, happening with every sunrise, every season, every year.

"Gabi, José's daughter"

What would Mogol be without Ibiti?



I grew up in Mogol. My mother says that when my father bought this house, I was 8 months old. I grew up here with my siblings, in a childhood that was tough but fun. We played games like shuttlecock, dodgeball, hide-and-seek... Back then, in the '80s and '90s, there was only one public phone in the vila, and Dona Mariquinha, who lived where the Thomas Sowell House is now, was the only one with a television. The whole community would gather at her house to watch soap operas, soccer games, and cheer for Brasil during the World Cup. It was wonderful.

I studied in Mogol up to fourth grade, then left to take a nursing technician

course. I came back and worked at the health clinic for 17 years. My father was the first to sell land to Ibiti. I saw the project begin, set the first pillar of the Humboldt Loft, then the renovations of Yucca, Freud House, Wangari, Guimarães.

And then the Venda, where the Reception is now, was built on land that belonged to Zé Pepino, next to my house. Before selling it, Zé Pepino lent the land to my father for a kale garden. My other neighbor is Seu Miguel, the healer. He's the brother of Zé Dica, the son of Dica and Seu Valdemar, now deceased. Zé Dica lives further up, past Freud House.

Many houses here weren't even painted. There weren't any streets—it was all overgrown because there weren't enough people to take care of it. My

father helped build the cemetery wall with money raised through church auctions and festivals. Farmers would donate calves for auctions, and the funds would add up. Back then, many people came on the day of mass. Everyone looked forward to Mogol's festival because it was the best in the region.

I left the clinic to work on the project. I've worked at Yucca, hospitality, administration—I've managed everything here since the beginning... now I'm the property supervisor. And I say: What would Mogol be without Ibiti? Most of the vila's residents work on the project today. Many people were able to stay here because they found dignified work. It's a big family. I love this place and am deeply grateful to continue living here, learning so much, and seeing all of this unfold.

"Just Gonçalo, from Mogol"

And what would Ibiti be without Mogol?



I started working in hospitality at 14 years old in Portugal. I took on projects in Mozambique, Africa. I worked with events and taught at the university. All this led to an invitation to embrace the Ibiti Projeto.

Everything happened very quickly. Days after a call, I arrived in Brasil. And here I am, five months

in, on an experience that has been very fun and thrilling. Discoveries, challenges, victories, and a great deal of learning.

The village has a very special charm—it's small, picturesque, and filled with people working on a beautiful project who feel deeply inspired and connected to its purpose. It's a complete immersion. The community is the project, and the project is the hospitality. And it's socio-environmental. So we coexist in both professional

and personal spheres.

The people were part of the village before the project became part of this story. It's essential to understand the impact on the community—who returned to the village and what their role is within both the community and the project.

We are all touched by the culture instilled within this organization. There is a genuine care for people and a commitment to ensuring a healthy environment. I am here to

serve these people and this community. Professional success is a consequence of this attitude, which is not mine alone.

People genuinely care for one another. As a result, the guests feel welcomed, and my colleagues feel supported... ultimately, the project is about people.

If I can ensure that one or two people currently in operational roles take my position in a year or two, my mission will be fulfilled. It's im-

portant to guarantee this cycle of renewal and regeneration for a project that aims to last more than two thousand years.

I have been given great responsibility, but I feel that hierarchically, I have the least authority here. I'm the hospitality manager, but I might as well be just Gonçalo, from Mogol. It's the people in operational roles, in the day-to-day work, who make things happen. And may God allow leadership to provide direction and inspiration."



MENTAL HEALTH

Psytle Therapy

A good dose of... biking! That's what the Doc of Psytle prescribes

When the Sertões MTB 2024 landed at the Ibiti Projeto in July, it brought more than cyclists eager for challenges. The event was the perfect opportunity for an exchange of ideas. Luiz Altenfelder, a psychiatrist with nearly 20 years of experience and over 30 years of passion for cycling, was present as an ambassador for Specialized, competing in the 40+ category. But his participation went beyond the competition. Known as the "Doc of Psytle," Luiz spoke about his initiative to use cycling as a tool for promoting mental health.

At Ibiti, where integration with nature and the pursuit of sustainable living are central pillars, Altenfelder found a natural synergy with his work. "What matters here isn't the result, it's the atmosphere, the post-race conversation," he says, emphasizing that the environment provided by Sertões MTB at Ibiti is essential for reconnecting the mind, body, and nature—something he tirelessly promotes through Psytle.

In his São Paulo practice, Altenfelder treats patients conventionally but always recommends what he calls "therapeutic rides" whenever possible—bike rides through nature. Convinced that outdoor sports are an effective form of mental rehabilitation, he created Psytle to bring this experience to more people. At sporting events like Sertões MTB, he takes the opportunity to give talks and engage informally about the relationship between sports and mental health,

helping to break down the stigma surrounding mental well-being.

The disconnection between humans and nature is one of the doctor's main concerns. He attributes many of society's contemporary mental health issues, especially in large cities like São Paulo, to this estrangement. "We start drifting too far from nature, from primitive elements, from contact with rivers, with sunrises, with sunsets, with the sky," he reflects.

REHAB NO JAPI

After 20 years of prescribing medication daily for various mental disorders such as depression, anxiety, bipolar disorder, panic attacks, OCD, and schizophrenia, Altenfelder decided to offer others what he practiced himself. "I've always been an amateur cyclist and have always used the sport as an indirect form of mental rehabilitation. My idea was to promote this for my patients."

Since his recommendations weren't always followed, in 2016, with the popularization of electric bicycles, Altenfelder began taking people—individually or in groups—on "therapeutic rides" in the Serra do Japi, a small mountain range an hour away from São Paulo. "The ride can last half an hour or two hours, depending on how the patient is feeling," the psychiatrist explains.

During the "ride," therapy takes place. As he guides his patients through the trails, Altenfelder observes them: Are they scared? Frozen? Asking for help? Facing a particular



Cyclist and psychiatrist Luiz Altenfelder seeks to bring people back to basics: less medicine, more physical activity, more nature

obstacle alone and moving forward downhill or uphill? "Many elements are at play, which is why it's a therapeutic ride," he explains. "It's not like we're just friends riding together—I'm there as Dr. Luiz, providing the support you need for a healthy experience and helping you understand that the well-being we feel after the ride is due to the release of dopamine, the main neurotransmitter we seek during these activities."

BEYOND MEDICATION

Luiz Altenfelder makes it clear that medication for mental

disorders has its place but believes it's essential to go beyond pharmaceuticals. "Medications work and have their indications, but in addition to medication, I always try to promote lifestyle changes, especially encouraging physical activity as a form of mental rehabilitation. It's a natural way to release endorphins, neurotransmitters, dopamine, serotonin, and noradrenaline, promoting, in a simplified way, balance in the brain."

Today, Psytle is a heterogeneous group of around 70 people from various backgrounds.

"We ride for mental health, not to be athletes or win races," he emphasizes. He highlights the unique benefits of outdoor sports: "Gyms and weight training are all beneficial—science has already proven that. But from a well-being perspective, being in nature is fundamental for mental health."

Luiz Altenfelder knows he isn't reinventing the wheel, nor does he aim to. The idea is to return to basics. "It's nothing new; it's something simple. Simplify: less medicine, more physical activity. That's the image I want to convey."

IBITI GAIA

What we harvest from October to February

- Banana varieties: nanica, prata, maçã
- Tree mulberries
- Blackberries
- Red and white dragon fruit
- Passion fruit
- Uvaia
- Avocados
- Beans: Azuki, Moyashi, red, black, assorted
- Rice: white and Arborio
- Corn (kernels and green corn)
- Cassava
- Yam
- Sweet potatoes: orange, purple, white
- Onions
- Leeks
- Leafy greens: red, curly, and iceberg lettuce; arugula; watercress; spinach; mustard greens; sorrel; kale
- Herbs: chives, parsley, basil, oregano, thyme, celery
- Teas: lemongrass, lemon balm, mint, alfavaca
- Eggplant
- Okra
- Zucchini
- Pumpkins
- Squash
- Broccoli
- Cauliflower
- Green and purple cabbage
- Green beans
- Peas
- Carrots
- Beets
- Cherry and Italian tomatoes
- Wild honey



IBITI FAUNA

BLOOD TANAGER

Symbol bird of the Atlantic Forest

By Clariane Maranhão, Ibiti biologist

Its popular name, tiê-sangue or sangue-de-boi ("blood tanager" in Portuguese), comes from its stunning coloration. With a red plumage that almost glows, the Brazilian tanager can be spotted from afar. It's commonly seen throughout the Ibiti Projeto area, enchanting tourists and nature enthusiasts, as shown in this photo by Edelson from Gaia.



Scientific name
Ramphocelus bresilia
English name
Brazilian Tanager
Kingdom
Animalia
Phylum
Chordata
Class
Aves
Order
Passeriforme
Family
Thraupidae
Range
Endemic to Brazil, found only in the Atlantic Forest, from Rio Grande do Norte to Santa Catarina
Diet
Loves embaúba fruits but also feeds on insects, worms, and other fruits
Dimensions
Up to 19 cm long, weighing up to 35 grams

IBITI RECIPE

EDIBLE AND IRRESISTIBLE FLOWERS

At Ibiti, every day is flower day. With colors and aromas everywhere, spring further intensifies this habit. Grown in Ibiti's gardens, such as at the Yucca restaurant in Vila Mogol, edible flowers go beyond decoration, elevating aromas, textures and flavors to new heights.

A colorful salad with nasturtium petals gets a slightly spicy kick and a stunning visual. A cake decorated with pansies, a refreshing cocktail with lavender, natural ice creams garnished with colorful flowers... The possibilities are endless, and the results, surprising.



Chef Ivânia Leite, from Minas Gerais, is one of the talents embracing this variety at Yucca. With influences from French and Mediterranean cuisines, she uses fresh ingredients from the land to create innovative recipes. One of her hits, perfect for summer, combines tapioca pearls (sagu), lemongrass tea, and thin slices of dehydrated pineapple prepared on-site, garnished with dianthus flowers (cravinas).

REFRESHING SAGU

INGREDIENTS
200 g of tapioca pearls (sagu)
1 liter of lemongrass tea
100 g of honey
Dehydrated pineapple slices

PREPARATION
Hydrate the tapioca pearls in hot water. Once translucent, rinse well under running water to remove the starch. Mix with tea and honey, then chill. Serve in portions decorated with pineapple slices and flowers like dianthus.



FLORAL FLAVORS

At home, get creative with flowers in salads, desserts or even aromatic infusions. A delightful way to enjoy nature in its purest and most flavorful form!

NASTURTIIUM
With a strong flavor, ideal for salads and savory dishes

PANSY
Mild flavor, perfect for decorating sweet dishes

DIANTHUS
Also mild, great for decorating desserts



LIFE SCHOOL

In connection with the Earth

A school that enhances children's learning, breaking the barriers of knowledge

What can we learn from the lives of muriquis? A bit of science, undoubtedly. Biology, to understand the peculiarities of the species; botany, to learn about their diet. And also geography, to identify the characteristics of their habitat; history, to discover why they are endangered; Portuguese and literature, to enjoy the legends they inspire; and yes, even mathematics—to measure how threatened they are and calculate the probabilities of repopulating the forest in large groups. Every natural phenomenon can be a vector for knowledge acquisition.

This belief drives the Life School, a bilingual rural school located in Vila Mogol that aligns its pedagogical practices with reconnecting humanity and nature. And what better way to achieve this than by starting with the most powerful agents of transformation: children?

Founded with the mission to “be a reference in education for the transformation of Being in the Universe,” Life School serves children from the Ibiti Projeto community and also welcomes students “from the city,” whether full-time or in temporary experiences lasting a week, 15 days, or a month. During this period, they integrate into the pedagogical model and participate in all activities. This reveals one of Life School's non-negotiable values: inclusivity and openness to diversity. Each child is respected for their individuality and encouraged to achieve autonomy through a holistic and interconnected approach to education.



Transformative education: Students engage in investigative activities and experiences like music, cooking, farming and outdoor sports

REGENERATIVE SABBATICAL

In Vila Mogol, accommodations are available for rent for various periods, including long-term stays. For example, a family can experience a lifestyle closer to nature, in harmony with its original inhabitants and their customs. This is what the Ibiti Projeto calls a Regenerative Sabbatical, designed for people seeking not a tourist adventure but an inner transformation. During this time, children can study at Life School, sharing the same ex-

periences as regular students.

Two mixed-age classes are available: one for children aged 3 to 5 and another for students aged 6 to 10. This is an opportunity to live an educational experience that transcends convention, responsibly guided by revolutionary pedagogy.

TRANSDISCIPLINARITY

The content of Brasil's National Common

Curricular Base (BNCC) is taught through projects, using various pedagogical tools. Ibiti professionals, like agronomist Janice Ventorim, act as “inspirers,” sharing practical knowledge. The school values multilingualism, fostering the natural acquisition of languages, and encourages free exploration, where play is essential for development.

The constant interaction between the school and Ibiti activities reinforces the vision of an integrated and sustainable commu-

nity. Children plant trees, learn pottery with guest artists, and participate in projects that connect learning to practice.

Life School is also a socio-environmental project, primarily serving the children of Ibiti Projeto workers and Vila Mogol residents. To sustain the initiative, the Cultural project seeks partners to “sponsor” students, ensuring the continuity of this innovative education that lays the foundation for strengthening the community's future.

MASSAGES AND YOGA

Experiences to relax and reconnect



Caring for the body, mind, and spirit is one of the most regenerative experiences you can have at Ibiti! Start with restorative morning yoga, included in your stay, connecting you to nature. Classes are held in tranquil and scenic settings such as the open-air room at Raízes Spa, with views of Pico do Gavião; at Prainha do Engenho; in the orchard; in the Oca; and in the fully equipped spa room at Village Spa in Mogol.

In the late afternoon after your explorations, or in the morning, surrender to the skilled hands of one of our massage therapists. “What makes our massages even more special are the therapeutic elements we use from the mineral and plant kingdoms, such as river stones collected from local waterfalls and bamboo harvested and prepared by us. There's also the fragrance of oils, high-vibration music, and natural teas. It's an experience that engages all the senses,” describes Rosana Habiba from Village Spa.

Another option is watsu, a technique derived from shiatsu performed in a heated

pool, providing deep relaxation and an opportunity to reconnect with your essence and body's potential. “It's an experience of self-regeneration, accessible to anyone and fully personalized,” emphasizes specialist Raísa Cotta.

“We offer the Healing Day program, which lasts an entire day and includes yoga, meditation, leaf and flower harvesting, a walk to Cachoeira do Gritador, rustic sauna, herbal baths, and massages at Prainha do Engenho,” suggests Andressa Jacob from Raízes Spa.

There are also specific therapies, like the Ritual Semear, featuring a clay facial mask and a full-body honey massage. The Courage treatment lasts two and a half hours and includes deeper care with a coffee-ground, brown sugar, and coconut oil exfoliation. “We finish with a bath infused with anise and cloves and a hot stone massage.”

When you visit Ibiti, treat yourself to this care and experience a complete and exclusive immersion!

IBITI REGENERA

Do you care about the planet's future?

We want to hear from you!

Take our survey and be part of Ibiti Regenera—an exclusive initiative by Ibiti Projeto to transform your carbon footprint into regeneration.

Our planet needs action now

The transition to a sustainable economy is urgent, and Ibiti Regenera invites you to invest in something truly innovative. More than offsetting carbon emissions, we adopt practices that restore ecosystems and promote natural balance. Our commitment also involves supporting local communities, preserving traditions, and encouraging circular economy and entrepreneurship. We are creating solutions with **lasting impact**.

By joining Ibiti Regenera, you will be part of an inspiring transformation that combines environmental regeneration with socio-economic responsibility.



Be regenerative!



Scan the QR Code, take the survey and let's make a difference together!



REGENERATIVE EVENTS

Leave no trace!



Felipe Anghinoni emphasizes that at the Burning Man festival, everyone is responsible for what they bring and must take it back.

Trash is a thing of the past at events committed to the planet

In an era where regeneration is more than a trend but an imperative necessity, the challenge of promoting events that go beyond sustainability is at the forefront. The commitment now is to produce no waste on an already burdened planet.

This is the topic driving event organizers worldwide. The pursuit of new approaches led Privilege, in partnership with the Ibiti Projeto, to host Muriqui Talks in June—a discussion forum that brought together industry leaders to explore “Green Entertainment: The Future Is Now.”

Among the speakers, Felipe Anghinoni, one of Burning Man’s ambassadors in Brasil, emphasized the importance of events that not only celebrate but also educate by incorporating regenerative practices into every detail. “Burning Man does not recognize the concept of trash. We work with the idea of ‘matter out of place’ (MOOP). If you brought it, it’s your responsibility to take it back,” said Anghinoni, highlighting the principle of “Leave No Trace.”

“People are responsible for managing

their matter and their camp’s matter. If I see something out of place, it’s my role to organize it,” explained Felipe. Each camp at Burning Man is inspected and held accountable by the organization. A single matchstick found during cleanup could result in penalties, including losing credibility or being banned from future editions. Felipe leads Camp AmazONE, the first to bring Brazilian art to Burning Man.

The festival takes place once a year in the United States, in the Black Rock Desert in northern Nevada. “We build a city in the middle of the desert and welcome 80,000 people from around the world to live for a week under a different social code of conduct. Everything that happens there is produced, mediated, and organized by the population,” Anghinoni explained. This social order is built around ten principles that guide the community’s ethics and behavior.

IT’S NOT JUST A FAD

“I see people, brands, events, and companies wanting to slap on a sustainability label, and sometimes it’s just because it’s trendy, because it’s ‘cool,’ without understanding that it’s an educational issue, a step toward raising consciousness,” argues Felipe

Anghinoni. According to him, the concept of sustainability must not be limited to event organizers and staff. “It’s something that needs to be shared with everyone present. And it’s hard to do that.”

Iuri Girardi, managing partner at Privilege, echoed this sentiment: “At Muriqui Sounds, we aim to create an experience that goes beyond music. We offer a vegetarian menu aligned with the idea of leaving as little impact as possible. It’s not just about being ‘cool’ but about genuinely taking responsibility for the future. The event is an opportunity to get people to rethink their attitudes and our relationship with the planet.”

Over two days of celebration in iconic settings at Ibiti, Ritual da Lua and Muriqui Sounds (held on June 22 and 23), electronic music blended with nature and art, echoing the principles of regeneration and environmental respect.

At Cores do Engenho, held on August 24, attendees not only enjoyed performances by Mart’nalía, Gabriel o Pensador, and other attractions but also explored art, culture, and gastronomy from the Ibitipoca region. After the event, nearly two tons of waste were recycled. These are new ways to celebrate!



Cores do Engenho



Muriqui Sounds



Ritual da Lua

PLAN YOUR VISIT

Ibiti invites you to celebrate, learn, and transform

Each season brings experiences that combine art, culture, philosophy, and well-being.

In October, we celebrate well-being with NOS Escola, which offers the Rise to Shine course focused on holistic health.

November is the time to pause and understand libertarianism with the event Dias Livres – 2nd Libertarian Gathering at Ibiti, bringing together influential thinkers to discuss freedom and the principle of non-aggression.

To close the year, the Ibiti Rise promises a year-end celebration with surprises and moments of relaxation.

HOLISTIC HEALTH

“To have health, you must know how to cook,” says chef Anna Elisa de Castro, founder of NOS Escola.

In the Rise to Shine course, Anna teaches innovative techniques using raw foods, transforming Ibiti’s fresh ingredients into

nutritious and delicious meals. The course, divided into three stages—rise (awaken), warm-up (explore), and shine (share)—goes beyond cooking, promoting a connection with nature and human relationships.

DIAS LIVRES

From November 8 to 10, Dias Livres – Libertarian Gathering at Ibiti returns for its second edition, featuring prominent libertarian thinkers:

- Alexandre Ostrowiecki: “Stories and Ideologies”
- Dennys Xavier: “The Thought of Thomas Sowell”
- Helio Beltrão: “The State vs. Private Public Governance”
- Raphaël Lima: “The Feasibility of Autonomous Territories”

The debates will take place at Comuniversidade, where innovative ideas about coexistence and social organization will be discussed.



Vegan chef Anna Elisa de Castro during a practical lesson at Yucca



<p>October 22 to 27</p> <hr/> <p>Rise to Shine course by NOS Escola</p>	<p>November 8 to 10</p> <hr/> <p>Dias Livres: 2nd Libertarian Gathering at Ibiti Projeto</p>	<p>December 31</p> <hr/> <p> Ibiti Rise</p>
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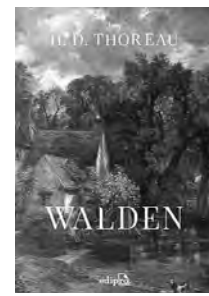
(Schedule subject to change)

IBITI INSPIRES

Seasonal Tips

A space for reflections on society, the environment, and philosophy, aligned with Ibiti’s spirit of freedom and innovation.

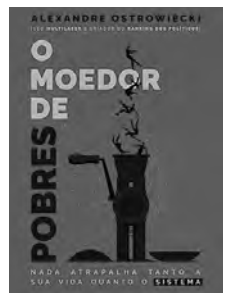
Books



Walden

Author Henry David Thoreau
Publisher Public Domain Books

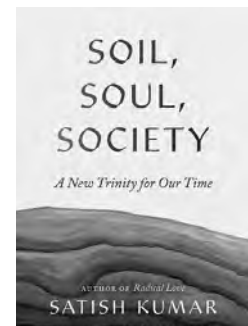
Reflections on simple living in nature, based on the author’s experience of living in isolation in a cabin.



O Moedor de Pobres

Author Alexandre Ostrowiecki
Publisher LVM

A critical analysis of systems hindering wealth generation in Brasil, focusing on public policies and practical solutions.



Soil, soul, society

Author Satish Kumar
Publisher Cultrix

Essential pillars for a balanced and sustainable life, connecting soil, soul, and society.



Animal Farm

Author George Orwell
Publisher Cia. das Letras

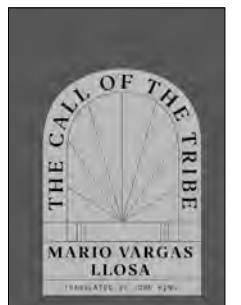
A satirical fable critiquing political corruption and abuses of power, depicting an animal revolt on a farm.



Sapiens

Author Yuval Noah Harari
Publisher L&PM

A comprehensive history of humanity, from its origins to modern societies.



The call of the tribe

Author Mario Vargas Llosa
Publisher Alfabuara

Reflections on liberalism and the thinkers who shaped the author’s political and philosophical views.

Movies



My Octopus Teacher

Pippa Ehrlich, James Reed
Where to watch: Netflix

A documentary about an unlikely friendship between a filmmaker and an octopus.



Rose Island

Sydney Sibilia
Where to watch: Netflix

Based on a true story, the film narrates an engineer’s creation of an independent island in Italy and his challenges with the government.



My Big Family - Revisited

Mauro Pianta (Girare Films)
Where to watch: YouTube (IbitiProjeto channel)

A mini-doc featuring emotional testimony from artist Karen Cusolito about her sculptures installed at Ibiti.



Captain Fantastic

Matt Ross
Where to watch: Amazon Prime Video

A father raises his children in a naturalistic environment until circumstances force them to reintegrate into society.



Up

Pete Docter, Bob Peterson
Where to watch: Disney+

A heartfelt Pixar animation about friendship and the adventures of a widowed elderly man in his flying house.



Minimalism: A Documentary About the Important Things

Matt D’Avella
Where to watch: Netflix

A documentary questioning the culture of excessive consumption.