



CA
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SERENA

**CARE AND HEALING
FOR WOMEN HUMAN
RIGHT DEFENDERS**



Casa **LA** **SERENA**

Casa La Serena is our political
**proposal for rest,
healing, recovery, and
collective healing**
for women defenders,
women activists in
Mesoamerica, and other
feminist allies from
the Global South.

The space allows us to examine and
**transform the impacts
that conducting this work**
in contexts of patriarchal systemic violence
has on our lives, organizations, and movements.

It is a feminist response to
demand and exercise
our right to
wellbeing and joy,
to seed constructive resilience
and rebelliousness, and to
sustain ourselves based on
recovering our personal power
and re-appropriating our
immense collective power.

Casa La Serena opened its
doors in 2016, and it is the
result of a years-long collective
transformative effort led by
Consorcio Oaxaca in alliance
with the Mesoamerican
Initiative of WHRDs,
IM-Defensoras.





Since 2010, we have
organized actions,
exchanges,
reflections,
and strategies,
gathering experiences
that contribute to
protecting and caring
for our activists.





LEARN ABOUT OUR TRAJECTORY

Read our timeline
of Casa La Serena

FeMinist HolistiC Protection

Our feminist perspective and our broad understanding of risk – a view specifically developed from our experiences as women who defend human rights – helped us recognize the importance of **placing care for life at the center of our work.**

WHAT GUIDE US

The violent contexts that we face, and in which we live, demand a commitment that drains us.

The fatigue and exhaustion is palpable in all of us.

Our experiences in activism have left us with many wounds, which we want to politicize because it is our bodies, our lives, our families and movements that are constantly on the line.



A vision of holistic protection for women defenders led us to consolidate a proposal that is **holistic** - protection, care, registry, denouncing, and connection - **and feminist** - politicizing the personal, family, and collective.



Our Activism is NOT a Sacrifice

Our WELLbeing is NOT a Privilege

The conditions in which women defenders conduct our work in Mesoamerica is worrisome.

Seventy percent of women defenders are volunteers, and we conduct double- and triple-shifts in order to maintain this work.

Sixty percent recognize their conditions are precarious and 80% of us feel stress on a daily basis. Additionally, 40% report dealing with permanent illnesses due to this work.

Our strong social commitment absorbs us and prevents us from consciously listening to our own needs.
Addressing this situation and promoting self-care, collective care, and healing is our way of developing constructive realities within such violent contexts.

It is from this place that we want to contribute to prevention and early attention of these impacts on our lives, families, and collectives.

By opening these spaces and making them accessible to sister defenders in the region and to allies, we are contributing to the sustainability of our movements.





Networks





Safe Lives



Being consistent
between our
IDeaLS and our
CoLLective
PracticE



**Our activisms are
not perfect;**

they are affected by patriarchal and misogynist culture that manifests itself in our bodies, minds, emotions, and energies. This further exposes us to systemic violence and increases its impacts on our personal, collective, and family lives.

We recognize that our communities, movements, and organizations need communal spaces that allow us to examine ourselves, transform our practices, and sustain ourselves in such challenging conditions.

Casa La Serena is our space for consensual dialogue, active listening, reciprocal exchange, and collective transformation.

We resist by caring for ourselves and each other, gathering and reflecting together about our practices.





**Casa La Serena is our proposal for
transforming and recovering a deep
ancestral and communal vision of care.**

We put it into practice based on collective construction, re-appropriation of our bodies, building relationships with nature and with ourselves. We promote the recovery of ancestral wisdoms from our Mesoamerican territories.

Women and the land participate with the same logic, placing our body-territory at the center of our action empowers our forces and connects us through the same beat.

**Thus, we seek to contribute to the creation of
organizational cultures that prevent, address,
and transform the dynamics that expose us
and make us vulnerable.**



We strive for collective reflection
RE-Appropriating ouR BodieS,
and recovering and giving value to
Ancestral Wisdoms

Our Approach to HEALING



DIMENSIONS

- Physical**, to connect and feel the body.
- Emotional**, to feel and handle the emotions.
- Energy**, to understand and express yourself.
- Mental**, for cognitive reflection.
- Spiritual**, to build connections and harmonic bounds.



Learn more about our
treatment model

APPROACHES

Psychology and thanatology

Energy and alternative healing therapies

(Yoga, reiki, qi gong, neuromuscular massage, reflexology, breathing techniques, flower therapy, healing through sacred geometry, chakra alignment)

Natural, traditional, and ancestral medicine

(Cleansing, Temazcal, tonal reading, Chinese medicine and allopathy, nutrition)

Art therapy and creative connection

(Jewelry making, mural painting, printmaking, weaving, etc.)

Living together in solidarity



Processes facilitated

Exercises and techniques for physical self-diagnosis and awareness
Spaces for observation, collective reflection, and listening
Recovering our own wisdoms and capacities
Recognizing limits and prioritizing needs
Development of self-care and follow-up plans

STAYS

Length: 3-5-10 days
Modalities:
Individual/Collective/Personal
Family/Organizational
Participants:
Groups of maximum 5-10 people.

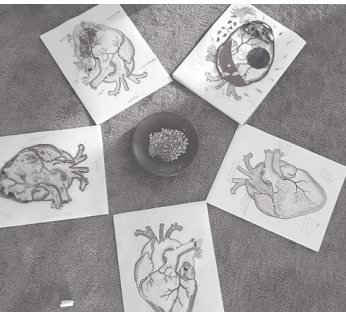
Relationships/ Accompaniment

Sister houses
Organizational accompaniment
Exchanges with allies

Contact us to learn about how we can connect:

casalaserena@gmail.com

Activities at **CASA LA SERENA**



Accede a nuestro
compendio de
Herramientas de
Autocuidado y Sanación



This collective space fosters the sustained practice of strategies for self-care, collective care, and healing from the forms of violence we face daily due to our work.



CONSORCIO
OAXACA

