

SINAL DO VALE

REGENERATIVE JOURNEYS

IMMERSIVE EXPERIENCES TO REGENERATE LEADERSHIP AND TEAMS

WWW.SINALDOVALE.ORG



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WELCOME TO SINAL DO VALE



Sinal do Vale offers immersive experiences to spark **innovation and transformation**, nurture **well-being** and showcase **regeneration**, nestled in the Mata Atlantica forest, just **45 mins from Rio**.

ABOUT SINAL DO VALE



A HISTORY OF IMPACT

SINAL has evolved over the past 14 years from a living laboratory for small experiments to a campus focused on developing and expanding a bioregional economy for people and our planet.

A HUB FOR CHANGE-MAKERS

Since 2011, Sinal has become an important hub for leaders and organizations. We have hosted 200+ retreats with high-profile clients, including SOMA, BMW Foundation, Biomimicry Institute, L'Oréal, Boticário Group Foundation, and the UN Decade for Ecosystem Restoration.

A UNIQUE LOCATION

The unique qualities and facilities of the 200 hectares SINAL campus enhance collaboration and engagement as well as stimulating ideas and projects. We have witnessed countless conversations take place and have seen the instigation of new partnerships and decisions beginning.

OUR FOUNDER

THAIS CORRAL

Thais Corral, the founder and director of Sinal do Vale, is a **global activist, social entrepreneur and pioneer in place-based transformation and regeneration.**

This is also **co-chair** of the Advisory Board for the United Nations Decade on Ecosystem Restoration. As a co-founder of WEDO (Women, Environment, and Development Organization), Thais helped bring women's perspectives and presence to the United Nations.

This is also an **advisor** to the World Future Council, which identifies and **promotes the best social and environmental policies for future generations.**



WHY SINAL?

WE LIVE AND
BREATHE
REGENERATION
AND
TRANSFORMATION

WE EMBODY

...transformation,
innovation and
collaboration

WE PROTOTYPE

...and catalyse
initiatives that drive
impact

WE ARE A PIONEER

...in place-based social
and environmental
regeneration

WE ARE A NON-PROFIT

...100% of what we
receive is reinvested in
regeneration

OUR FOUR PACKAGES

1 . RENTING FACILITIES

We have **four packages** available for Corporate Teams and other groups interested in our experiences.

2 . REGENERATION & TRANSFORMATION

We offer customised experiences for each package and with the option to combine packages. Packages 2-4 also include the option to rent out our accommodation and facilities for day or overnight use.

3 . NATURE & WELLBEING

At the end of this brochure you will find our **booking form** and details to **contact us** with any queries and special requests to curate the experience you are looking for.

4 . LEADERSHIP DEVELOPMENT

WE HAVE CAPACITY TO RECEIVE UP TO 50 PEOPLE, YET SOME ACTIVITIES WILL HAVE LOWER CAPACITY.

PACKAGE 1

RENTING
FACILITIES



You can rent out the facilities and accommodations here at Sinal do Vale. Over time, we have regenerated a beautiful area with facilities that are perfect for gatherings, presentations and restorative activities.

The option to rent the facilities includes for day use only or overnight for several days. Catering will also be provided during your stay.

Participants are able to explore and use other areas of the SINAL campus, including the Bamboo Forest, saunas, natural swimming pools, Vitality Tent and Sunset Point.

PACKAGE 2

REGENERATION & TRANSFORMATION



This package is for those looking to explore regenerative practices, businesses, and solutions. Whether you work in sustainability or simply seek to ‘regenerate’ how you operate, we offer both education and real-world examples drawn from SINAL’s lived experience.

The offerings can include:

- **Regeneration Presentation** on SINAL’s Theory of Change, impact and initiatives to share key learnings for other organizations about ecosystem and social regeneration.
- **Regenerative Economy Workshop** with local entrepreneurs to inspire new thinking about business models.
- **Sinal Do Vale Campus Tour** demonstrating the our work and impact in regeneration.
- **Bioregional Regeneration Field Case** immersing you into the Reconcavo Da Guanabara Bioregional Regeneration Initiative, led by SINAL, through visiting the Vale da Estrela.
- **Tree nursery, planting, reforestation workshops**
- **Bioconstruction workshop**

PACKAGE 3

NATURE & WELLBEING



This package is designed for those looking for a restorative and revitalising environment. The activities focus on promoting wellbeing and strengthening connections with each other and as a team. Here we also promote a deeper connection to nature as we believe our wellbeing is expressed in a healthy planet.

Activities offered can include:

- Yoga, meditation and breathwork
- Sound healing
- Clay work
- Forest immersion
- Permaculture Mandala Tour
- “Boteco da Floresta” Night Party
- Taketina
- Jackfruit Madre Frutos experience
- Guided hike to Rio View and the start of our new Caminho do Recôncavo

PACKAGE 4

LEADERSHIP
DEVELOPMENT



This package is for leaders looking to reimagine how they lead and create meaningful change. It offers a deep dive into innovative leadership approaches that activate inner wisdom, foster resilience, and unlock new ways of solving complex problems and creating solutions.

The package can include:

- **Leadership immersion workshop** with our founder and regenerative entrepreneur, Thais Corral, tailored to your unique challenges, helping you cultivate clarity, vision, and purpose-driven leadership.
- **Regenerative leadership workshop**, lead by Thais Corral, introduces a transformative approach to leadership rooted in systemic, long-term thinking—working with, rather than against, the complexity and interconnectedness of today’s challenges.

COMPANIES WE WORKED WITH



UNITED NATIONS DECADE ON
**ECOSYSTEM
RESTORATION**
2021-2030

BMW Foundation
Herbert Quandt

giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



L'ORÉAL

PLUS MANY MORE...

TAKE YOUR NEXT STEP

BOOK YOUR EXPERIENCE

Click the below button to complete the inquiry form.

[INQUIRE NOW](#)

CONTACT US

If you have any questions, please get in touch:

hospitalidade@sinaldovale.org

+55 (21) 99104-0433

THANK YOU

We look forward to having you here at SINAL.





@sinaldovale