



CURATED EXPERIENCES FOR CONSCIOUS LIVING



EXPERIENCE DESIGN • HOSPITALITY • COMMUNITY • WELLBEING

Creating meaningful experiences
that connect people to place,
culture, nature, and one another.



About Us

Experience Design · Food & Culture · Nature & Wellbeing · Community

Suddha Prem was born between two worlds — deeply rooted in Mexico and immersed in the sunlight of California.

Today, it is a female-founded, bilingual, and bicultural holistic brand and boutique creative practice, weaving ancestral wisdom, Ayurveda, permaculture, creativity, and conscious living into experiences, consulting, and products that **honor people, planet, and purpose.**

For over 20 years, I have worked at the intersection of **storytelling, design, sustainability, and community**, helping destinations, eco-resorts, schools, cooperatives, and conscious brands bring their ideas to life and amplify their impact with integrity.



Along this journey, I have had the honor to:

- Found and edit Suddha Prem Magazine and its monthly newsletters and journals
- Curate Be a Conscious Traveler retreats in Mexico, California & Costa Rica
- Co-found COVOLV, a creative production platform
- Author books including My Mama's Healing Soups, I AM LOVE, and Tiny Chefs Around the World
- Create experiential programs rooted in food, art, nature, mindfulness, and culture
- Consult for eco-resorts, schools, wellness hubs, and ethical brands

What began as a whisper of a dream has grown into a mission: **to weave ancestral wisdom, creative storytelling, sustainability, and conscious living into experiences that help people connect more deeply—with themselves, with one another, and with the places they inhabit.**



Curated Experiences



What We Do

We Curate Experiences

Suddha Prem partners with places and organizations to imagine, design, and deliver experiences that reflect their identity, values, and sense of place.

From a single workshop to an ongoing seasonal experience program, we can create programming that brings people together through:

- **Food & Culinary Experiences**

Mindful cooking • cultural foodways • farm-to-table experiences • family culinary programs

- **Art & Creativity**

Nature-inspired art • sustainable making • creative workshops • cultural crafts

- **Wellbeing & Mindfulness**

Mindfulness • yoga • reflection • movement • intentional rituals

- **Nature & Place**

Gardening • ecological exploration • seasonal experiences • nature connection

- **Culture & Storytelling**

Local traditions • Mexican culture • storytelling • community gatherings • meaningful celebrations

The Suddha Prem Approach

- **Personal Experience**

Creating experiences that invite presence, self-awareness, and inner alignment.

- **Experience Design**

Designing thoughtful environments where connection, discovery, and transformation can unfold.

- **Rhythm & Consistency**

Creating experiences that live within the natural rhythms of a place, a season, or a community.

- **Community & Connection**

Nurturing belonging through shared experiences, stories, food, creativity, and gathering.

- **Nature & Seasonal Intelligence**

Working with the wisdom, beauty, and rhythms of the natural world.



Experience Design

CURATED EXPERIENCES



More Than Programming

The most memorable places aren't defined only by what they offer.

They are defined by how people feel while they are there.

Suddha Prem helps transform programming into experiences—thoughtfully considering the setting, the people, the story, the season, the sensory details, and the moments of connection that make an experience meaningful.

We design for feeling, not just participation.



Hospitality & Retreats



Create experiences that deepen a guest's relationship with your property.

Suddha Prem can develop programming that complements the character of a hotel, ranch, retreat center, wellness destination, or private property.

Experiences may include:

- Family and children's programming
- Culinary experiences
- Nature and ecological activities
- Art and creative workshops
- Mindfulness and wellbeing
- Seasonal celebrations
- Cultural experiences
- Community gatherings
- Retreat programming
- Cacao & Coffee Ceremonies

**Designed to feel native to the place—
not added on.**

Community & Family Experiences



A strong community is created through shared experiences.

We design thoughtful programming for residential communities, private clubs, family destinations, and community spaces that encourage people to gather, explore, create, and connect.

From intimate workshops to seasonal programming, **Suddha Prem creates experiences that make a community feel more alive, connected, and intentional.**

Education & Enrichment



We create experiential learning programs that bring together food, art, nature, mindfulness, culture, and creativity.

Programs can be designed for:

- After-School
- Camps
- Seasonal Programs
- Family Experiences
- Special Events

Signature Suddha Prem Experiences



Tiny Chefs Around the World

A culinary journey introducing children and families to food, culture, creativity, and connection.

Cosmic Art & Nature Explorers

Creative experiences inspired by the natural world.

I AM LOVE

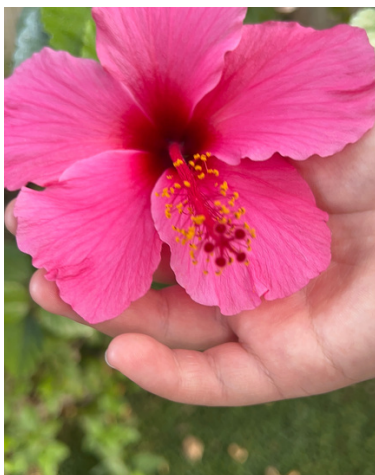
Mindfulness, movement, compassion, and self-awareness for children.

Seasonal & Cultural Gatherings

Experiences inspired by food, traditions, nature, and the rhythms of the year.

Soulful Retreat Experiences

Curated moments of reflection, connection, nourishment, and discovery.



CONNECTION

The Suddha Prem Experience

ARRIVAL

Pause. Arrive. Become present.

CONNECTION

Gather. Share stories. Create belonging.

EXPLORATION

Discover through nature, food, creativity, culture, and play.

INTEGRATION

Reflect on what was experienced and discovered.

RECIPROCITY

Carry something meaningful back into everyday life.

Designed Around Your Place

No two properties, communities, or organizations are the same.

We begin by listening—to your people, your place, your values, your rhythms, and your vision.

From there, we create experiences that feel authentic to your identity and meaningful to your audience.

One experience. A seasonal series. An ongoing experience program.

Suddha Prem can support the concept, creative direction, curriculum, experience design, materials, partnerships, and implementation.



A Creative Partner, Not Just a Program Provider

Creative Direction

Concept development and experience vision

Experience Design

Designing the guest/community journey

Curriculum & Content

Thoughtful educational and experiential content

Curation

People, materials, activities, stories, and partnerships

Sustainability

Nature-centered and environmentally conscious practices

Community Building

Experiences designed to create connection and belonging





Rooted in Meaning. Designed for Connection.

Our work lives at the intersection of:

**Education , Hospitality, Wellbeing, Culture, Nature,
Creativity & Community**

We believe the most powerful experiences don't simply entertain us.

They change the way we see a place, ourselves, and one another.



Let's Create Something Meaningful

Whether you are looking to introduce one signature experience, develop seasonal programming, or reimagine the way your community or guests connect with your property, Suddha Prem can help bring the vision to life.

Concept → Curation → Design → Experience → Integration

Collaborations are tailored to each partner, place, and audience.



Suddha Prem

Meaningful experiences. Conscious places.
Connected communities. Designed with intention.
Rooted in place. Created to be remembered.



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