

# RESET WITH INTENTION: DESIGNING A BALANCED YEAR

JANUARY 2026 | ISSUE NO. 4

**Setting the Stepping Stones**  
with Love

**Permaculture Principles**  
Apply Self-Regulation & Learn  
from Feedback

**12 Ayurvedic Practices**  
to Start the Year with Balance

**Love in a Lunchbox**  
Emotional Ecology, Family, Presence

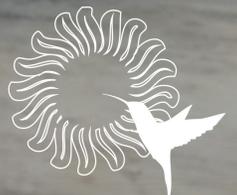
**Pilgrimages of the Soul**  
Introducing  
the Women's Retreat in Uxmal

**Cuetzalan**  
Inside Your Cup of Coffee  
A Sustainable Tour

# Suddha Prem

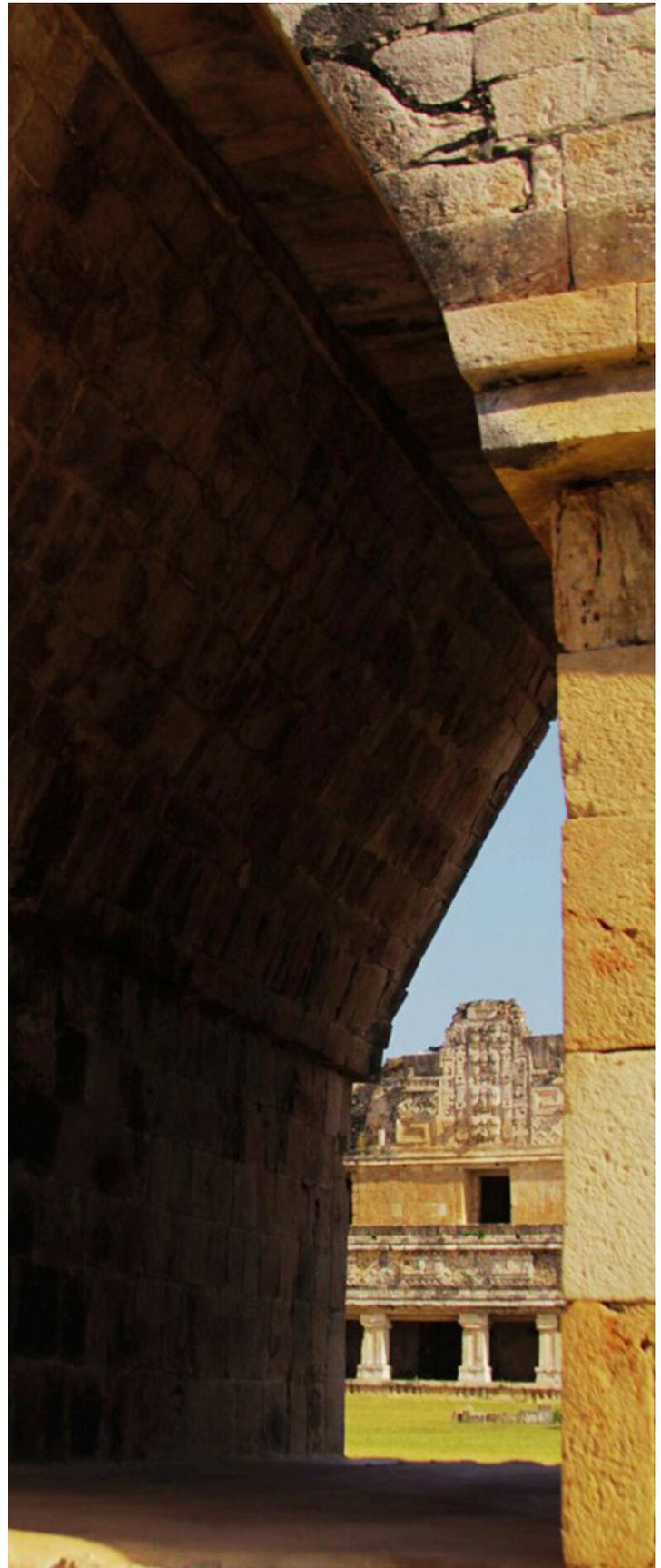
MAGAZINE

Conscious Living & Travel





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# Suddha Prem



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PHOTOGRAPHY BY  
**GABRIELA ROCHA  
CABALLERO**



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## FROM THE EDITOR

### Setting the Stepping Stones with Love

January naturally invites us into the idea of new beginnings, but not the rushed kind. A beginning that truly sets a system for success is shaped calmly and with awareness. Not resolutions driven by pressure or comparison.

This season, and this month, ask something quieter of us. To pause. To look honestly at what we are building. And to notice what we are standing on.

Lately, I've been thinking a lot about love, not as sentiment, but as structure.

Love as the invisible architecture beneath a life that works, provides, and holds with presence.

In nature, nothing grows without relationship.

Soil depends on roots. Roots depend on fungi.

Seeds depend on timing, patience, and care.

As I read Braiding Sweetgrass – a Christmas gift by my daughter, who knows me so well – I was reminded that reciprocity is not poetic language; it's an ecological truth. What we give attention to, what we tend gently and consistently, becomes the ground that holds us.

This issue of Suddha Prem Magazine is about designing a balanced year by **setting the stepping stones with love**—through our habits, our nourishment, our families, our communities, our commitment, and our work.

Inside these pages, you'll find:

- Permaculture principles that remind us to self-regulate and listen to feedback—without shame.
- Ayurvedic practices that help us begin the year grounded rather than depleted.
- A tender and powerful essay, Love in a Lunchbox, written by my dear friend and respected clinical psychologist Marie-Valérie Couture de Troismonts, reminding us that what shapes a life is rarely the grand gesture—but the quiet, repeated acts of care.
- A glimpse into our journey to Cuetzalan, where sustainability leaves through land, coffee, and community; not a trend, but as a collective commitment.
- And an introduction to our upcoming Women's Retreat in Uxmal—a space created to remember who we are when we slow down together.

This magazine is not meant to be consumed quickly. It's meant to be returned to. Folded into daily life. Read between sips of soup or morning coffee. Left "open on a table".

May this new year meet you with steadiness.

May love be present and practical in your life.

May the stepping stones you place now carry you gently forward.

Thank you for being here.

Thank you for walking this path with us.



**For 20+ years my approach has been a blend of permaculture design, Ayurveda, sustainable tourism, ecological practices, ancestral wisdom, and creative storytelling.**

Do you have a story to share?

Drop me a line — or apply to be part of our Conscious Living Directory.

With love and presence,

*Gabriela  
Rocha Caballero*

EDITOR-IN-CHIEF



# RESET WITH INTENTION: DESIGNING A BALANCED YEAR



**“All flourishing is mutual.” ~ Robin Wall  
Kimmerer**

PHOTOGRAPHY BY GABRIELA ROCHA CABALLERO  
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## **Reset with Intention: Designing a Balanced Year.**

January often arrives with a quiet invitation—to begin again.

But balance is not created through urgency. It’s designed.

To design a balanced year is to pause long enough to observe what is already present:

What nourishes you. What depletes you. What rhythms support your well-being, and which ones quietly pull you away from it.

In permaculture, design begins with observation.

Before changing the land, we listen to it. We notice water flow, sunlight, soil health, and existing relationships. Our lives ask for the same respect.



## RESET WITH INTENTION: DESIGNING A BALANCED YEAR



Balance is not about expecting – or doing – everything. It's about arranging life so that energy circulates rather than drains. It's choosing systems that support you—daily habits, nourishment, work rhythms, and boundaries—so you don't have to rely on willpower alone.

A balanced year is built slowly:

- By honoring rest as productive
- By creating space for reflection before action
- By choosing fewer commitments and tending to them with care

The New Year is not about hoping, or wishing. This is not a year to force growth.

It's a year to design for sustainability.

When intention guides design, balance becomes less fragile. And the year unfolds not as a list of goals, but as a living system – that can adapt, respond, and thrive.

A quiet commitment to a living system of being and becoming.



# SETTING THE STEPPING STONES WITH LOVE



**“I am determined to practice deep listening. I am determined to practice loving speech.”**  
**— Thich Nhat Hanh, True Love: A Practice for Awakening the Heart**

PHOTOGRAPHY BY GABRIELA ROCHA CABALLERO  
SUDDHAPREM.COM  
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Love is often misunderstood as emotion alone. But love, practiced daily, is structure.

In the teachings of Thich Nhat Hanh, love is not a feeling we fall into, but a practice of presence. True love is built on mindfulness, understanding, and compassion—not on attachment or need.

He taught that love is made of four essential elements:

- loving-kindness (Maitri)
- compassion (Karuna)
- joy (Mudita)
- and equanimity (Upekkha)



## SETTING THE STEPPING STONES WITH LOVE



At the heart of these teachings is a simple truth: loving oneself is the foundation. Through deep listening and loving speech, we learn to truly see and accept another's suffering and happiness—offering freedom rather than possession.

This is why how we speak to ourselves, how we choose, and how we relate inwardly is always reflected in our relationships.

Love is not something we wait for.

It is something we build—step by step, with awareness, care, and intention.

These are the stepping stones that carry love forward—quietly, steadily, and with grace.



## PERMACULTURE PRINCIPLES: APPLY SELF- REGULATION & LEARN FROM FEEDBACK

One of the most important – and most misunderstood – principles of permaculture is **Apply Self-Regulation & Learn from Feedback**. At its core, this principle asks us to pause before pushing forward.

To notice patterns before forcing change.

To listen – not only to the land, but to ourselves.

In natural systems, self-regulation is what keeps balance intact. When something grows too fast, other forces respond. When resources are depleted, the system adapts. Nothing is shamed. Nothing is rushed. Feedback is information, not failure.

Our lives work the same way.

Learning from feedback doesn't mean being harsh with ourselves. It means paying attention. It means noticing when our energy drops, when resentment creeps in, when routines stop supporting us. These are not signs that we're doing something wrong – they are signals inviting adjustment.

Self-regulation is an act of care.

It might look like:

- resting before burnout arrives
- saying no before resentment builds
- changing direction instead of doubling down
- listening to the body when it asks for slower rhythms

This principle invites humility – not perfection. It reminds us that sustainable growth happens through small corrections made with awareness, not dramatic overhauls driven by guilt or pressure. As we begin a new year, applying self-regulation means designing systems that can respond to real life. Systems that bend instead of break. Systems that honor limits as wisdom.

Feedback is not a judgment.

It is guidance.

When we learn to listen – gently and consistently – balance becomes something we can return to again and again.

Sustainability begins when we stop fighting feedback and start working with it.



# SEASONAL

## LOVE THE EARTH

## LOVE YOURSELF

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY SUDDHA PREM



Crema de Elote and Un Poco de Jardin.

### CREMA DE ELOTE

This delicious soup will nourish your body.

[mymamashealingsoups.com](http://mymamashealingsoups.com)

#### Ingredients:

- 5 cups fresh water and/or freshly cooked Vegetarian Soup stock
- 4 cups fresh white corn or 1 bag frozen white corn
- 2 garlic cloves (optional; avoid if pitta and/or vata are high) or leeks
- 1/2 tsp cumin (optional)
- 1/2 tsp coriander
- 1/2 tsp cayenne (optional)
- sea salt
- 1 tsp of coconut oil (summer) or ghee (winter) (optional)

#### Jardin Ingredients:

- finely chopped kale, basil, cilantro, dill, and parsley
- chili flakes or sautéed raw serrano (coconut oil for summer, ghee for winter; optional)
- organic extra-virgin olive oil or ghee



# WHAT IS A JARDIN?

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY SUDDHA PREM



A little kale, cilantro, dill, and limes from our garden.

## My auntie Tita's Jardin recipe

This delicious, organic, NON-GMO raw garden is the final touch — the yummy toppings for your warm soups.

[mymamashealingsoups.com](http://mymamashealingsoups.com)

### The ingredients may include, but are not limited to:

- 2 large ripe, organic avocados, cut into cubes
- Finely chopped kale, chard, spinach, celery, broccoli, Brussels sprouts (lightly cooked or raw)
- Finely chopped herbs like oregano, basil, peppermint, cilantro, dill, and parsley
- Tomato cubes (optional)
- Green onion (optional)
- Lime and/or lemon
- Chili flakes, finely chopped raw serrano or jalapeno, or sautéed in coconut oil for summer, ghee for winter (optional)
- Organic extra-virgin olive oil or ghee
- Sea salt



Suddha Prem 

This is a return

Travel mindfully. Live consciously

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## 12 AYURVEDIC PRACTICES TO START THE YEAR WITH BALANCE

Ayurveda, the “science of life,” offers timeless principles for nurturing health and harmony. Starting the new year with these practices can help you align with nature’s rhythms and cultivate a balanced mind, body, and spirit.

Self-care is a cornerstone of Ayurveda, emphasizing small, intentional actions that support your overall well-being. Here are 12 Ayurvedic practices to guide you into the year mindfully:

### 1. Wake with the Sun

Ayurveda encourages syncing with the natural cycles of day and night. Waking with the sun instills a sense of calm and sets a positive tone for the day. Open your windows to let in sunlight and take a few deep breaths as you welcome the morning.

### 2. Tongue Scraping and Oil Pulling

**Tongue Scraping:** Using a stainless steel or copper tongue scraper, gently remove the white coating (ama) from your tongue. This simple practice eliminates toxins, enhances taste perception, and promotes better digestion by stimulating internal organs.

**Oil Pulling:** Swish 1–2 teaspoons of sesame or coconut oil in your mouth for about 5 minutes (minimum) prior to brushing. This ritual draws out toxins, reduces bacteria, and improves oral health. Spit the oil into a trash can (not the sink!) to avoid clogging drains, and rinse with warm water. Together, these practices leave you feeling refreshed, detoxified, and ready to start your day with clarity and balance.

### 3. Eat Seasonally

Honor your body’s needs by eating warm, grounding foods like soups, root vegetables, and spices such as turmeric and ginger. Seasonal eating aligns your digestion with the environment, promoting balance and vitality.

### 4. Hydrate with Intention

Begin your day with warm water infused with lemon or ginger to gently awaken your digestive system. Stay mindful of hydration throughout the day, sipping herbal teas or infused water.





### **5. Meditate Daily**

Dedicate 5–10 minutes to meditation, focusing on your breath or a calming mantra. This simple practice cultivates clarity, reduces stress, and helps you remain grounded in the present moment

### **6. Prioritize Sleep**

Good health begins with restful sleep. Create a calming bedtime routine—dim the lights, read a book, or practice gratitude before bed. Prioritize quality sleep to allow your body and mind to rejuvenate.

### **7. Move Your Body**

Ayurveda emphasizes movement that suits your energy levels. Gentle yoga, stretching, or walking in nature are ideal ways to stay active, balanced, and grounded.

### **8. Detox Your Mind**

Reduce screen time and prioritize meaningful interactions with loved ones. Disconnecting from digital distractions allows you to be more present and fosters deeper connections.

### **9. Set Sankalpa (Intentions)**

Sankalpa is a heartfelt intention, rooted in purpose rather than obligation. Reflect on what truly matters to you, and let this guide your year with clarity and focus.

### **10. Abhyanga (Oil Massage)**

Before your shower, warm sesame or coconut oil and massage it gently into your skin using circular motions. This practice nourishes the body, calms the nervous system, and improves circulation. Allow the oil to sit for 10–15 minutes before washing it off with warm water.

### **11. Cultivate Gratitude**

Begin a gratitude journal, noting three things you're thankful for each day. Gratitude shifts your perspective and fosters joy, abundance, and mindfulness in daily life.

### **12. Create Space for Reflection**

Take time to reflect on your progress and intentions as the year unfolds. Simple moments of stillness allow you to recalibrate and align with your goals.

Ayurveda teaches us that a mindful start creates a balanced year.





# Soulful Cacao Retreat

Discover an ancient  
Maya tradition inside a  
cup of ceremonial cacao

## *Uxmal*

A Curated  
Geotourism  
Retreat Experience

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womenretreat](https://beaconscioustraveler.com/soulfcacaouxmal-womenretreat)

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my mama's healing soups



**A cookbook memoir of love, healing, and garden-to-table traditions.**

Discover the recipes that nourish generations.  
Available now on [Amazon](#) & [Barnes & Noble](#).



## LOVE IN A LUNCHBOX

**"Attention is the beginning of devotion." -  
Mary Oliver**

**In a cafeteria of 400 students, one little note made a child feel seen.**

Not many months ago, while talking with my daughters, I asked them a question: "If you had to choose just one, what is the happiest memory you keep from your childhood?" Sofi, who is 20 years old, answered almost immediately,

"Your little notes in my lunchbox."

I was stunned. Amazed and speechless. I never imagined I would receive that answer.

Years ago, when they were in primary school, I used to wake up early to prepare the lunchboxes they took to school with their meals. One day, I took a colorful Post-it and wrote something from the heart to each of them. I packed the containers, the juices, the apples, and there went the little notes.

I will never forget their radiant faces when they came out of school in the afternoon. Before greeting me, they would say, "What a beautiful note you wrote to me today, Mummy. I love you too."

That was the very first thing they mentioned. Not the good grade they got on a test, not the announcement of a best friend's birthday.

Sometimes they would open their small hands and show me their own little love letter that they had written at some point during the day, just for me.

I have kept some of those notes in my memory box. Some said they were my sun and that they brought light into my life. Many said I loved them all the way to the oceans, the lands, and the most distant planets, endlessly. In others, I wished them a beautiful day, as beautiful as they were. Many times, I reminded them to always be kind to their classmates and to spread their joy to others.

It was not something I did every day—only from time to time, so that the element of surprise would remain. As we all know, even the best things, when they happen too often, stop feeling so special.

Sometimes I added a candy or their favorite chocolate. Other times, instead of a Post-it, there were longer letters. And once in a while, there were tiny stuffed animals that I had found in a toy store.



BY MARIE-VALÉRIE COUTURE DE TROISMONTS  
PHOTOGRAPHY BY GABRIELA ROCHA CABALLERO



## LOVE IN A LUNCHBOX



Then I heard Sofi reminiscing about that moment in her life.

“Do you know what it was like, Mummy, to be the only one in a cafeteria of 400 students who received those notes? Later it became wonderful, because it seems my friends told their mums that you sent me those things, and then several of us had lunchboxes with little surprises. Sometimes, when the bell rang for the first recess, I would open my lunchbox just to see if there was something there.”

I remained silent, listening, moved and astonished. I was realizing that the happiest memory of her childhood was not any of those birthday parties with lights, entertainers, smoke machines, and half a dozen Disney characters. Not the incredible trips to dream destinations we took with them. Not the expensive pink Barbie remote-control car that Santa once brought them. Not the many big gifts, big vacations, big moments—all achieved with great sacrifice and effort for them, in the name of love.

No. None of that.

Her happiest memory was the little notes in the lunchbox.

The love letters.

A few days later, I told their father about this. You know how these things are. They are very much ours, very much women’s things. We are the ones who prepare the lunchboxes. And the little notes too—for our children, for the fathers of our children, for our friends, for everyone.

The following week, I went to pick up my daughter Nicole from school. She is in her final year of high school. She had been sad and distressed for days because she had broken up with her boyfriend. And she said to me,

“You know what, Mummy? Today I opened my backpack and found a little note from Dad, with a chocolate.”

It said, “Nicki, I do not want to see you like this. There are pains in life that are inevitable. Anything I can do to help you feel better, I would do. I love you. Dad.”

And this daughter of mine, who now wears high heels and mascara, was just as happy with her father’s little letter as she was when she wore a school uniform, had two pigtails in her hair, and was less than one meter tall.



## LOVE IN A LUNCHBOX



May pencil and paper never be missing in your home, so you can write love letters to your children—now that they are small, when they are teenagers, and when they are adults, throughout their entire lives. May it not be only a women’s thing. Let men write love letters again. Love letters also to their children. Do not worry if they do not know Disney, or if they do not have clothes from fashionable brands, or the latest and most sophisticated toys. But trust me—never let pencil and paper be missing in your home. We give them so much in the name of love, so that they feel appreciated and loved. And once again, it is they themselves who teach us that what truly leaves an unforgettable mark on their soul—and the unquestionable certainty of having been loved—are those simple, humble, and sincere expressions that come not from our wallets, but from the deepest part of our hearts.



### About the Author:

**Marie-Valérie Couture De Troismont** is a therapist, clinical psychologist and writer with over 34 years of experience in trauma recovery, ACE prevention, and mental health systems reform. She is the founder of Proyecto De Zero, an international therapeutic and preventive model that uses the power of love as a healing tool—in clinical practice, in families, and within communities. Her work blends scientific insight, poetic storytelling, and a deeply rooted spiritual perspective, exploring childhood, motherhood, emotional presence, and the invisible forces that shape human resilience and connection.

[www.proyectodezero.com](http://www.proyectodezero.com)

 [proyectodezero](https://www.instagram.com/proyectodezero)



# PILGRIMAGES OF THE SOUL: CURATED RETREATS

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY SUDDHA PREM



**Our curated journeys are more than just trips — they are pilgrimages of the soul.**

Each experience invites you to slow down, reconnect, and travel with intention. You will be surrounded by a small group of like-minded individuals, forming deep connections through shared experiences, heartfelt conversations, and the magic of sacred lands that invite transformation.





**Our Cuetzalan and Uxmal journeys** offer authentic farm-to-table experiences, featuring delicious meals prepared with locally sourced, organic ingredients. From tropical fruits to traditional Nahua and Mayan dishes, every meal becomes an opportunity to nourish your body, honor ancestral culinary heritage, and celebrate the essence of simple, sustainable living. Each retreat is designed as an immersive invitation to awaken your senses, restore balance, and embody mindfulness — a journey that supports both inner growth and the communities that welcome us.



# SOULFUL JOURNEYS

**SOULFUL COFFEE RETREAT CUETZALAN, PUEBLA  
SUMMER RETREAT  
JUNE 16-26, 2026**



**Stay in an eco hotel and sustainable Community:**

This is a community-based experience centered within Tosepan Titataniske — a cooperative formed by over 22,000 Nahua and Totonac families working toward ecological sustainability, economic resilience, and cultural preservation in the Sierra of Puebla.

At Tosepan Kali, you will experience tourism in harmony with nature. The eco-hotel is built using permaculture and bioconstruction techniques — with rainwater harvesting, waste treatment, and an unwavering commitment to regenerate the land and support the community.

**Practice Mindfulness in Nature  
and Journey with Be a Conscious Traveler**

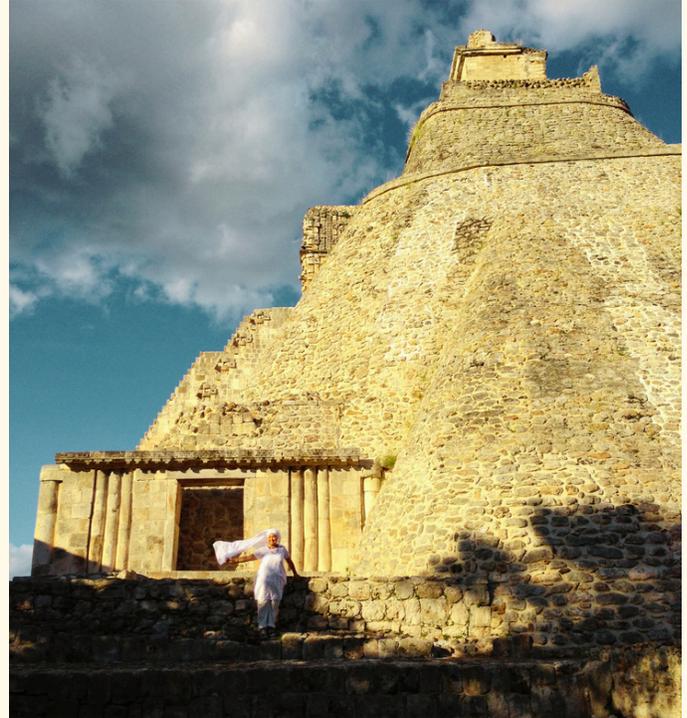
This is for travelers craving more than a vacation. This soulful trip is for friends, couples, or individuals passionate about regenerative living, wellness, and cultural immersion. Slow travel rooted in Indigenous wisdom.

**Be a Conscious Traveler** offers an immersive adventure in the heart of the Cuetzalan del Progreso — inside a living coffee plantation.

**Discover the itinerary:**

[beaconscioustraveler.com/soulful-coffee-cuetzalan](https://beaconscioustraveler.com/soulful-coffee-cuetzalan)

**SOULFUL CACAO RETREAT  
UXMAL, YUCATAN  
A WOMEN'S CIRCLE RETREAT  
JULY 7-15, 2026**



**Stay in a Historic Eco-Lodge**

At The Lodge at Uxmal, located just steps from the Pyramid of the Magician, you'll enjoy rustic yet luxurious accommodations surrounded by tropical gardens and a working cacao plantation.

Relax in two outdoor swimming pools, visit the Choco-Story Museum, and learn the sacred story of cacao — one of the Maya's most treasured gifts to the world.

Wake up to panoramic views of the Pyramid, enjoy fresh fruits from the plantation, and immerse yourself in a setting where nature, culture, and comfort meet.

**Practice Mindfulness in Nature  
and Journey with Be a Conscious Traveler**

When you visit Uxmal, you naturally embrace a Journey of Renewal, Ancestry, and Presence. Escape the rush, reconnect with your roots, and experience tranquility in Uxmal's timeless beauty.

**Be a Conscious Traveler** offers an immersive adventure for women in the heart of the Puuc Route — inside a living cacao plantation.

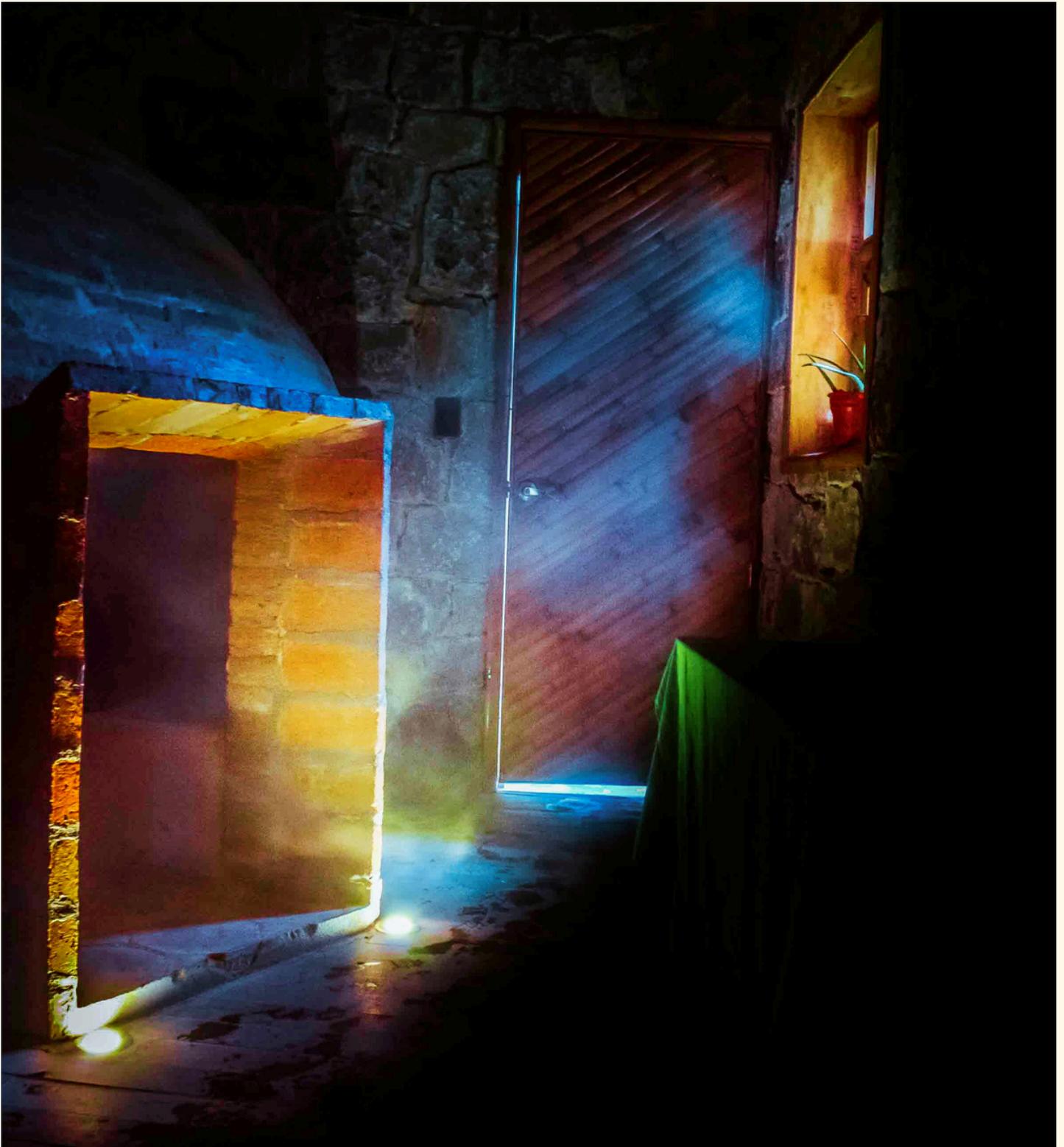
**Discover the itinerary:**

[beaconscioustraveler.com/soulfcacaouxmal-womenretreat](https://beaconscioustraveler.com/soulfcacaouxmal-womenretreat)



# CUETZALAN

Cuetzalan del Progreso is located in the state of Puebla, this cloud forest of lush mountains touches three sierras, overlooking Oaxaca, Puebla, and Veracruz.



Eco-luxury with heart and heritage. Discover **Tosepan Kali Hotel** designed with regenerative principles, ancestral wisdom, and community impact in mind. Spaces where immersive experiences meet wellness, education, and eco-conscious design.

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY SUDDHA PREM



# INTRODUCING THE WOMEN'S RETREAT IN UXMAL

BY GABRIELA ROCHA CABALLERO  
PHOTOGRAPHY BY BE A CONSCIOUS  
TRAVELER

## Returning to What We Carry in Our Bodies

There are places that do more than welcome us.  
They remember us.

Uxmal is one of those places.

Nestled along the ancient Puuc Route in the Yucatán Peninsula, Uxmal is not simply an archaeological site — it is a living landscape shaped by cycles, ceremony, and feminine intelligence.



## INTRODUCING THE WOMEN'S RETREAT IN UXMAL



Built in harmony with the movements of the sun, the rains, and the Earth itself, Uxmal speaks in quiet ways to those willing to listen.

The Women's Retreat in Uxmal was created as a space for that listening.

This retreat is not about escape or reinvention. It is about remembrance — of rhythm, of body wisdom, of ancestral ways of being in relationship with the land and with one another. It invites women to step out of urgency and into presence, to soften the nervous system, and to reconnect with what has always lived within them.

Across generations, women have carried knowledge not always written down: how to tend, how to nourish, how to hold grief and joy at the same time. In Uxmal, these ways of knowing feel close to the surface. The stones, the ceiba trees, the expansive skies — all seem to whisper the same truth: nothing needs to be forced. The retreat weaves together gentle ritual, reflection, and embodied practices rooted in mindfulness, nature connection, and cultural respect.

Days unfold slowly. There is time for rest, conversation, silence, movement, and shared meals. The emphasis is not on doing more, but on being fully present — with the self, with the group, and with the land.

This gathering is intentionally intimate. It honors diversity of experience and welcomes women at different stages of life — mothers, daughters, caretakers, creatives, professionals, seekers. What connects us is not sameness, but a shared desire to live with greater integrity, balance, and awareness.

**The Women's Retreat in Uxmal** is an offering — one rooted in care, reciprocity, and respect for place. It exists alongside the values of regenerative living and conscious travel that guide all of our work: to move gently, to listen deeply, and to leave places and people better than we found them.

As the year begins, this retreat stands as an invitation — not to become someone new, but to return to yourself.

This is not a retreat to escape life — it is a return to the wisdom already carried within the body.





A COFFEE RETREAT: CUETZALAN DEL PROGRESO, PUEBLA. MEXICO.

# INSIDE YOUR CUP OF COFFEE



A JOURNEY  
INTO CULTURE,  
NATURE &  
MINDFULNESS

A Journey into Culture, Nature  
& Mindfulness

Join author [Gabriela Rocha Caballero](#), founder of [Suddha Prem](#), curator of [Be a Conscious Traveler](#), and co-founder of [COVOLV](#), on an unforgettable journey into the mystical cloud forests of Cuetzalan, nestled inside a sustainable coffee cooperative. This is more than a retreat — it's a [pilgrimage of the soul](#). A slow, intentional experience where coffee becomes ceremony, community becomes medicine, and nature becomes your guide.

**EMBRACE  
SLOW  
LIVING**

Every sip of coffee holds a story — of soil, hands, tradition, and resilience. At this retreat, you'll go beyond the drink and into the living ecosystem that creates it: The forest. The farmers. The fungi. The pollinators. The plants growing under shade — cacao, vanilla, bananas, citrus, and medicinal herbs. Coffee becomes a symbol of interconnection — a living reminder of how your choices nourish both your body and the planet.





## A COFFEE RETREAT: CUETZALAN DEL PROGRESO, PUEBLA. MEXICO.

INSIDE A REGENERATIVE  
COFFEE PLANTATIONA CURATED  
EXPERIENCE  
ROOTED IN  
PURPOSE

- This is a community-based experience centered at Tosepan Titataniske — a cooperative formed by over 22,000 Nahua and Totonac families working toward ecological sustainability, economic resilience, and cultural preservation in the Sierra of Puebla.
- At Tosepan Kali, you will experience tourism in harmony with nature. The eco-hotel is built using permaculture and bioconstruction techniques — with rainwater harvesting, waste treatment, and an unwavering commitment to regenerate the land and support the community.

A MAGICAL  
TOWN  
FROZEN IN  
TIME

Located just a few hours from Mexico City, Cuetzalan is a “Pueblo Mágico” where cobblestone streets wind through cloud forests, waterfalls, and rich Indigenous culture. Here, time slows. The air smells of earth and coffee blossoms. The community holds tight to its traditions while building a sustainable future.



**WE WELCOME PARTICIPANTS WHO ALIGN WITH OUR VALUES OF COMPASSION, RESPECT, MINDFULNESS, AND COLLECTIVE GROWTH.**



A COFFEE RETREAT: CUETZALAN DEL PROGRESO, PUEBLA. MEXICO.

# A CURATED EXPERIENCE



## WHO THIS IS FOR:

- Travelers craving more than a vacation — seeking deep connection.
- Friends, couples, or individuals passionate about regenerative living, wellness, and cultural immersion.
- Conscious souls who want to experience slow travel rooted in mindfulness, food, and community.
- Anyone ready to participate in sustainable tourism while giving back and learning from Indigenous wisdom.

## BOOK THIS SUSTAINABLE TOURISM ADVENTURE

- Imagine an unforgettable group journey, that embraces mindfulness and sustainable practices while sharing a fresh aromatic cup of organic coffee amidst lush greenery and culture.
- You will also learn about the diversity of plants and animals living under the shade of the coffee plant.
- Embrace the serene beauty of Cuetzalan
- Immerse in the culture inside your cup.



## CUETZALAN

THE COFFEE PLANT EMPOWERS COMMUNITIES AND STRENGTHENS CONNECTIONS.

SUMMER 2026 RESERVE NOW: [BEACONSCIOUSTRAVELER.COM/SOULFULCOFFEECUETZALAN](https://beaconscioustraveler.com/soulfulcoffeecuetzalan)

## 2010 & 2025 Memories

- *Profound Mindfulness Connection Postcards*  
Etsy Store @SuddhaPrem
- Cuetzalan | Exploring the School Cooperative
- Cuetzalan | Experiencing a Cultural Immersion
- Sunset at Uxmal Archaeological Area



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## VISIT BE A CONSCIOUS TRAVELER

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## BOOK COFFEE RETREAT

- Explore the itinerary



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# Soulful Coffee Retreat

Discover a regenerative  
world inside a cup of  
coffee

*Cuetzalan*

A Curated  
Sustainable Tourism  
Retreat Experience

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