

DESTINATIONS

HOW TO BE A SUSTAINABLE
TRAVELER

OCTOBER 2025 | ISSUE NO. 1

CUETZALAN
TOSEPAN TITATANISKE
COOPERATIVE

UXMAL
MAYALAND RESORTS

CUETZALAN & UXMAL RETREATS
SOULFUL COFFEE, CACAO & ANCIENT MEMORY

SEASONAL
MEMORIES & RECIPES

Suddha Prem

MAGAZINE

Conscious Living & Travel





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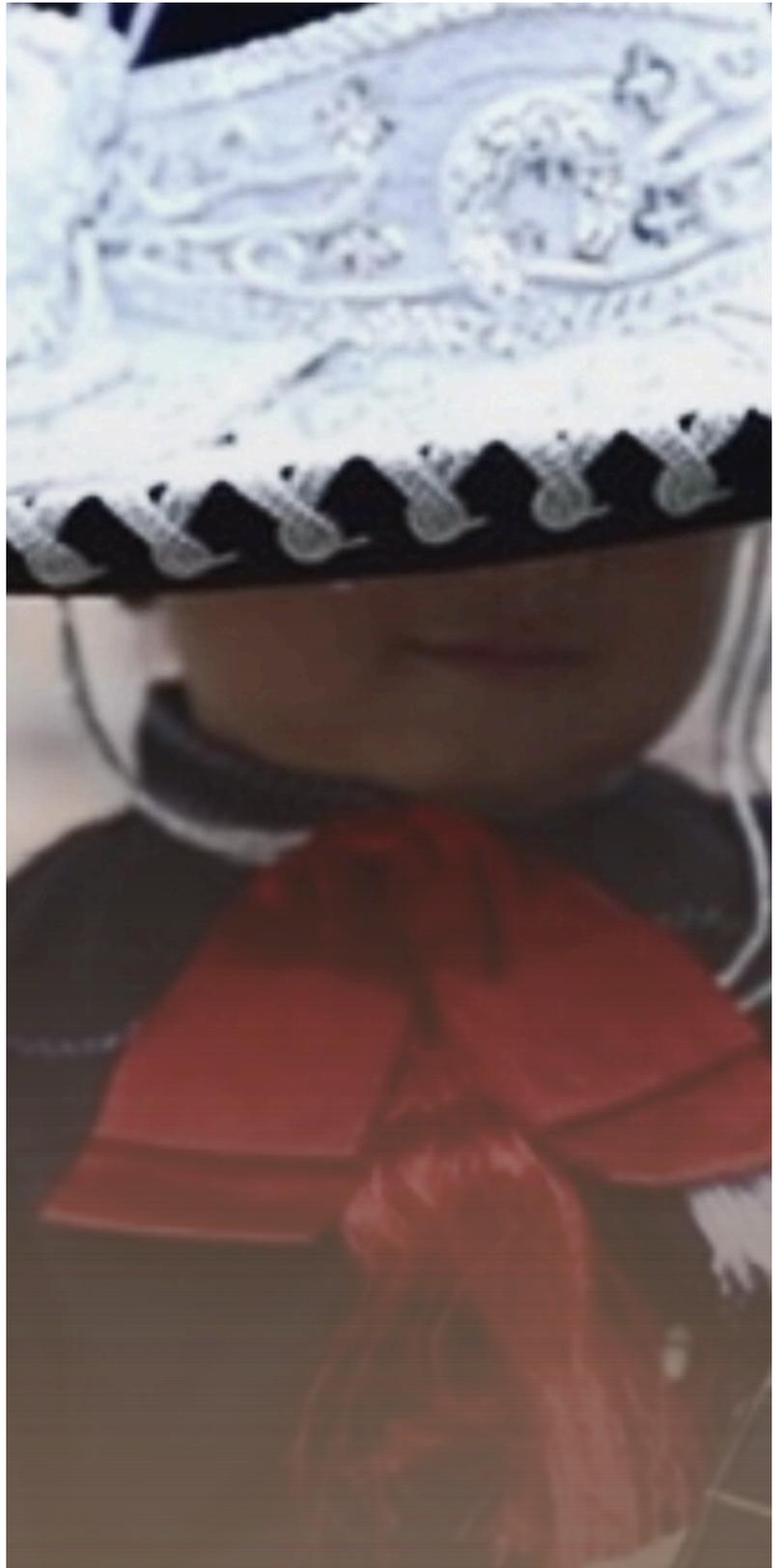


Suddha Prem



EDITOR-IN-CHIEF & ART
DIRECTOR
**GABRIELA
ROCHA CABALLERO**

PHOTOGRAPHY BY
**RYAN YOSHIMOTO &
GABRIELA ROCHA
CABALLERO**



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FROM THE EDITOR

Welcome to **Suddha Prem Magazine**.

Welcome to the very first issue of Suddha Prem Magazine. For as long as I can remember, I've loved books and magazines — their pages a place to pause, reflect, and dream. Today, it feels like a full circle moment to share this living, breathing publication with you.

During my early career in Puerto Vallarta (1999), I was fortunate to produce and design the city's first promotional travel magazine, representing Banderas Bay and Costa Alegre. Shortly after, I became PR Director of Bay View Grand, a respected multimillion-dollar real estate developer. Working directly under Elias Sacal Cababie, I managed successful advertising campaigns, focusing on high-profile magazine covers and editorial features.

Each month I weave together stories of ancestry, sustainability, and conscious living — not just as articles, but as invitations to pause, reflect, and reconnect.

This season, I've been reflecting on how travel, memory, and belonging shape the way we live. From the mercados of Cuetzalan to the gardens of my mamá and tía, these experiences remind me that sustainability is not a trend, but a way of being.

As you read through the magazine, may you find something that inspires you — whether it's a recipe, a ritual, a conscious business, a destination, or a retreat. Most of all, may you feel that you are part of this circle of storytellers, healers, and seekers walking the path of conscious living together.



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,

*Gabriela
Rocha Caballero*
EDITOR-IN-CHIEF



HOW TO BE A SUSTAINABLE TRAVELER



“The pleasure we derive from journeys is perhaps dependent more on the mindset with which we travel than on the destination we travel to.” – Alain de Botton

PHOTOGRAPHY BY RYAN YOSHIMOTO
XPONENT.STUDIO
RYANYOSHIMOTO.COM

For me, sustainable travel has never been just about where we go – it’s about how we show up. I remember walking through Cuetzalan’s mercados for the first time – holding my mother’s hand, breathing in the aroma of roasted coffee beans in the cool cloud forest air. Women sold herbs and flowers, children wove baskets from jonote fiber and bejuco wood, and the earth, wet from the rain, filled the air with its scent.

Long before the term sustainability became common, it was clear to me that walking those cobblestone streets was part of my path. This simple way of life wasn’t a trend – it was a way of belonging to the earth, a form of responsible tourism rooted in culture and community.



Support Community-Led Experiences

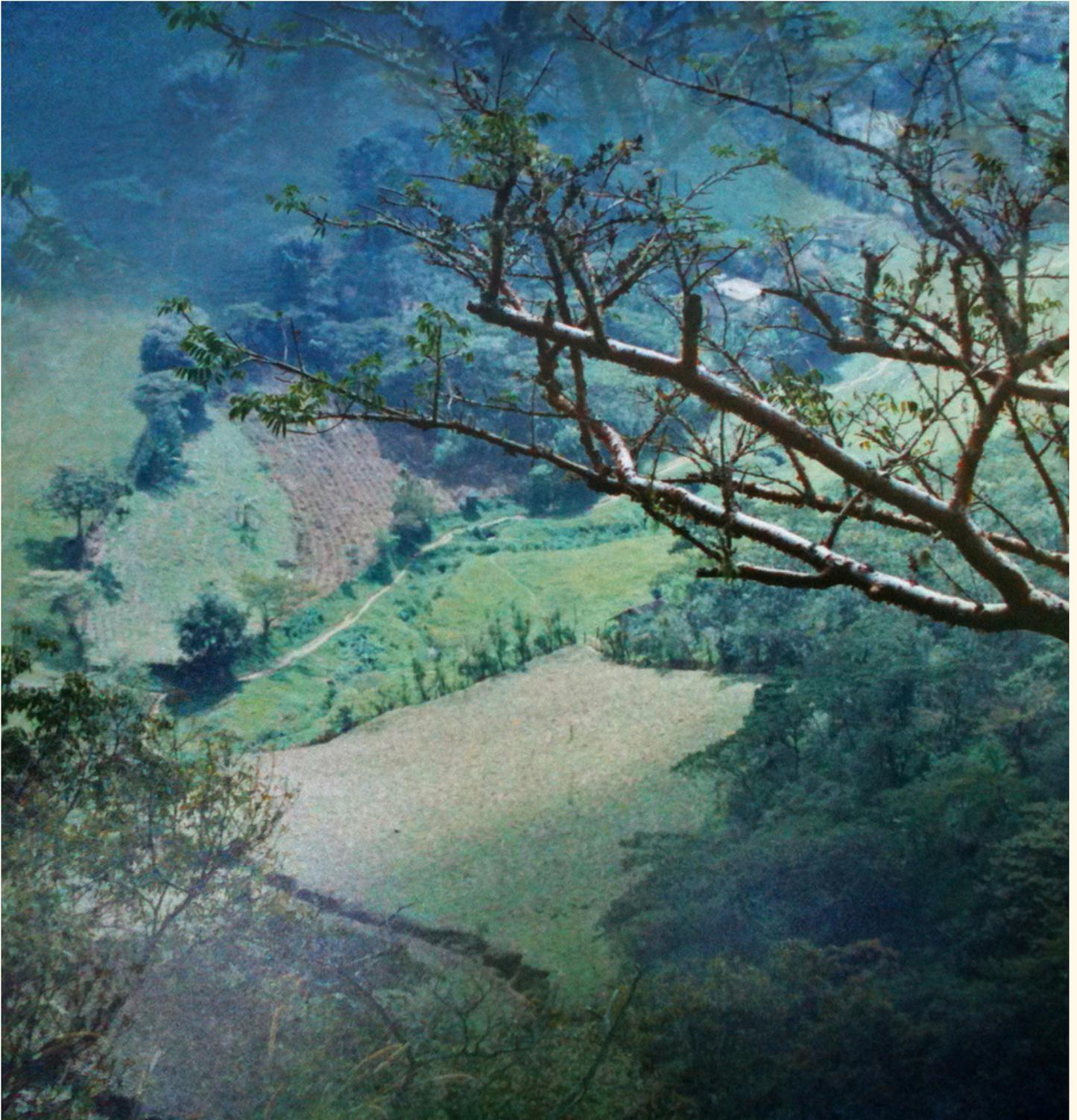
Travel isn't just movement across land. It's transformation — for us, and for the places we touch.

PHOTOGRAPHY BY EDUARDO LUGO.
WILDLIFE CONNECTION, PUERTO VALLARTA.
WILDLIFECONNECTION.COM

From the **Tosepan Kali cooperative in Cuetzalan**, preserving indigenous rights and housing, to **Wildlife Connection in Puerto Vallarta**, where whale tours and free dolphin adventures fund conservation research — the most meaningful journeys are those where your dollars empower lives. When you choose destinations that embody sustainable tourism, you're not just traveling — you're planting seeds of resilience and belonging. I've seen it in Cuetzalan, where Nahua and Totonaca families share their stories with travelers. I've felt it in the Puuc Route geotourism experiences, where Mayan artistry and cacao rituals still breathe through stone.

CUETZALAN DEL PROGRESO: MEXICO'S HIDDEN GEM

Located in the state of Puebla, this cloud forest of lush mountains touches three sierras, overlooking Oaxaca, Puebla, and Veracruz.



BY GABRIELA ROCHA CABALLERO
PHOTOGRAPHY BY SUDDHA PREM



Cuetzalan del Progreso is a magical town where time slows down and traditions remain alive. At the heart of the community lies its vibrant mercado — the beating pulse of daily life. Here, you can still witness millenary traditions like “trueque,” the ancient practice of trade and exchange that connects people, land, and livelihood.



Walking through Cuetzalan’s cobblestone streets feels like stepping back in time. Indigenous traditions are woven with nature’s beauty, from the colorful textiles to the scent of freshly roasted coffee drifting from nearby cooperatives. The Nahuatl and Totonac cultures’ deep respect for the earth is reflected in every cup of coffee — each one grown through sustainable farming practices that nurture both the land and the community.

This lush region is framed by coffee plantations, their rich soil sustaining local families and preserving biodiversity. Each step through Cuetzalan is an immersive experience — a dance of color, rhythm, and exchange. The bustling market comes alive as community members trade harvests from their milpas (small parcels of land), keeping ancestral traditions strong.

Just outside town, near the Santuario de Nuestra Señora de Guadalupe, the Voladores de Papantla perform their breathtaking ritual — descending gracefully from the heavens, symbolizing the connection between sky, earth, and spirit. Continue your walk to La Iglesia de Los Jarritos, a sanctuary nestled close to the clouds, where local music fills the air and time seems to stand still.



THESE COMMUNITIES HOLD A PROFOUND CONNECTION TO THE LAND, PRESERVING A RICH HERITAGE THAT SUSTAINS THIS BEAUTIFUL REGION — AND THE COFFEE YOU ENJOY EVERY DAY.





When you visit **Cuetzalan**, you naturally embrace simple, slow living. You escape the rush and blend into the tranquility of the cloud forest.

Journey with Be a Conscious Traveler

Be a Conscious Traveler offers an immersive adventure in the heart of a Sierra coffee plantation.

Discover the itinerary: beaconsciustraveler.com/soulful-coffee-cuetzalan

A photograph of a teal ceramic cup filled with a light brown Ayurvedic tea. A single star anise is floating on the surface of the tea. The cup sits on a matching teal saucer. In the background, there are cinnamon sticks tied with twine and several star anise spices scattered on a dark, textured surface. The overall aesthetic is warm and natural, emphasizing the use of herbs and spices.

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CULINARY HERITAGE

UN POCO DE JARDIN: A LEGACY OF LOVE AND HEALING

My cherished Tia Tita, or Auntie Tita (short for Carlota), was the visionary behind the delightful notion of garnishing every meal with a touch of garden—simply put, adding **un poco de jardín**. My aunt, a beloved confidante and the heroine of my life, was technically my mama's aunt, but due to their shared age, they considered each other as primas, or cousins. Growing up together in 1940s Mexico City, life and marriages eventually led them to different cities across Mexico. Now, at an age where I find myself in need of my mother, my aunt, and our entire family more than ever, I ponder how they managed to endure all those years without each other's company and support. Fortunately, in the 1980s, they found themselves living just a few steps from each other in Cuernavaca. These two endearing women cherished their bond so deeply that they referred to each other as *hermanas del alma*, or soul sisters. Their relationship was characterized by the utmost respect, unconditional love, and sweet dedication, supporting one another through thick and thin.

Despite their striking similarities, they were also uniquely different. I was fortunate enough to witness their daily interactions and appreciate their individual quirks. Both women had an endless supply of yarn on the kitchen table, providing fashion and comfort to those around them.

My mama, Teresa, stood at the stove amid countless boiling pots, perpetually with a cigarette in one hand and a history book in the other, using a wooden spoon stained with tomato soup as a makeshift bookmark. Teresa, the consummate intellectual, repeatedly sacrificed her art and education for the demands of cooking, cleaning, and unwavering attention to her seven children. Her robust and seemingly brusque exterior was softened by spirituality, artistic flair, and a bohemian attitude that captivated everyone.



My mama. Cuernavaca, Mor. Mexico. 2001.



BY GABRIELA ROCHA CABALLERO
PHOTOGRAPHY BY SUDDHA PREM



ADD UN POCO DE JARDIN TO YOUR SOUPS AND MAIN DISHES.



My auntie Tita. Cuernavaca, Mor. Mexico. 2007.

On the other hand, Tia Tita stood at the stove with numerous pots bubbling away, holding a wooden spoon in one hand and a pair of scissors or knitting needles in the other. Arts and craft materials would invariably peek out from her apron pocket, likely sewn from an old hand-me-down dress she had worked on over the weekend. Carlota, the ultimate nurturer, perpetually dreamed of love and understanding, sacrificing her own freedom for a life dedicated to unconditional love. Despite her robust physique that appeared capable of carrying a horse on her back, her sweet operatic voice, artistic abilities, and affectionate demeanor could melt anyone's heart in an instant. Tia Tita only completed elementary school, playfully claiming she graduated because she repeated 1st grade six times, and the principal begged her to leave the premises for the love of God.

With a household to feed, she had to be inventive, preparing delectable dishes using whatever the edible gardens of her Cuautla home and well-stocked refrigerator offered. She found ways to keep her children and herself healthy, especially in times of scarcity, with an extra bit to share. "Mi Cielo, siempre hay alguien más pobre que nosotros, o en una peor situación. Por eso debemos estar preparados para ayudar y compartir. Nunca lo olvides, Tesoro" (My heaven, there's always someone poorer than us or in a worse situation. That's why we must be prepared to help and share. Never forget that, my dear treasure). Every day, particularly around lunchtime, I yearn for her presence — the joy of witnessing her dedication to cooking, her singing, and the beautiful presentation of each plate with her jardín concept. A seasonal blend of finely chopped herbs and greens adorned with a few drops of olive oil, lime, and sea salt — so full of love and absolutely YUMMY!



Xochimilco. Mexico City, Mexico. 1949.



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

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



UXMAL & THE PUUC ROUTE: A JOURNEY OF RENEWAL, ANCESTRY, AND PRESENCE



The Mayan town of **Uxmal**, a UNESCO World Heritage site, is a place of breathtaking beauty and deep cultural significance. Nestled in the heart of the Yucatán Peninsula, this sacred land carries the echoes of an ancient civilization that lived in harmony with nature.

BY GABRIELA ROCHA CABALLERO
PHOTOGRAPHY BY SUDDHA PREM



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Each visit invites you to awaken ancient memory, walk in presence, and reconnect with the rhythm of the earth and your ancestry.



THE PUUC ROUTE

The Puuc Route is a 40-kilometer journey that begins in Uxmal and weaves through ceremonial sites like Kabah, Sayil, Xlapak, and Labná – each adorned with hundreds of Chaac masks, symbols of the rain god and the Maya’s deep connection to the cycles of the Earth.

Founded around A.D. 700, Uxmal remains one of the most magnificent cities of the ancient Maya, celebrated for its sacred geometry, architectural harmony, and precise astronomical alignments.

The Pyramid of the Magician, with its unique elliptical base, rises from the land like a sacred sentinel – a place of wonder, reflection, and ancestral memory.

BY GABRIELA ROCHA CABALLERO
PHOTOGRAPHY BY SUDDHA PREM





Reconnect with Ancestral Knowledge

Step into the rich legacy of the Maya civilization as you walk among the ruins of Uxmal and other Puuc Route archaeological sites. Our guided tours, led by experienced historians, offer deep insights into Mayan cosmology, architecture, and sacred rituals.

Experience a Heart-Awakening Cacao Ceremony

Cacao has been used in ceremonies for centuries as a tool for spiritual connection and inner healing. During your stay, you'll participate in a traditional Mayan cacao ceremony, setting new intentions while blending with the natural and historical essence of this sacred land.



ECO-LUXURY RESORTS IN YUCATAN, OFFERING REGENERATIVE HOSPITALITY ALONGSIDE MAYAN HERITAGE AND ARCHAEOLOGY.



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

Join our Social Responsibility Tour and bring positive impact to the local Mayan community of San Simón. Together, we'll donate school supplies and clothing, ensuring that our journey supports the people who keep these traditions alive.

Give Back To The Land

Give back to the local community by participating in our Social Responsibility Tour. We will be donating school supplies and clothing to San Simón, a nearby Mayan community, ensuring that our presence brings positive impact.

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: beaconsciustraveler.com/soulfcacaouxmal-womenretreat



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.



BY GABRIELA ROCHA CABALLERO
PHOTOGRAPHY ARABEL GARDUNO



TRAVEL DIARIES: SUDDHA PREM & BE A CONSCIOUS TRAVELER

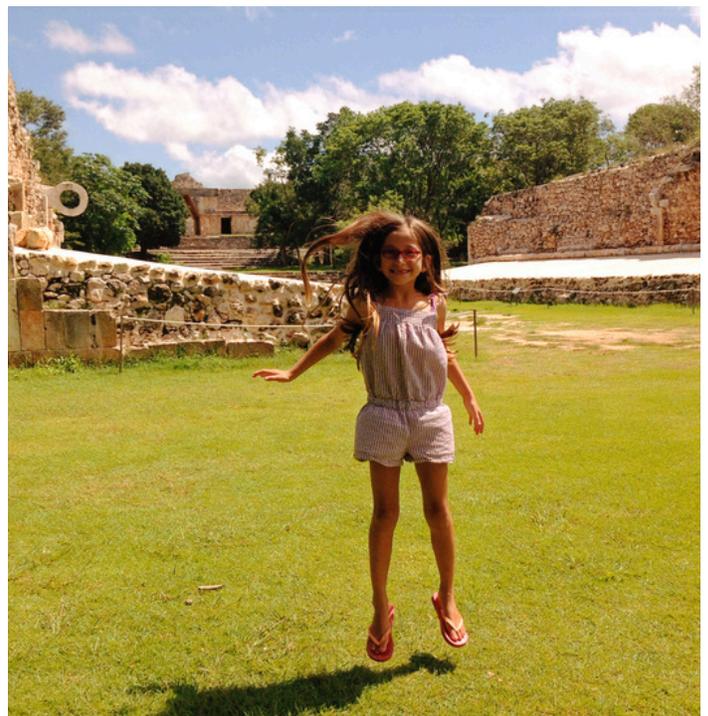
Be a Conscious Traveler offers transformative journeys that weave together mindfulness, sustainability, and the timeless wisdom of nature. Curated by **Suddha Prem**, these experiences are created for those seeking deeper connections – with themselves, with others, and with the living Earth.

Travel becomes a form of prayer, and every step a return to presence.



2015 Memories

- Crystalline Consciousness Energy Retreat with Arabel Garduno
- Crystalline Consciousness Energy Family Retreat with Arabel Garduno
- Permaculture Retreat with Larry Santoyo



my mama's healing soups



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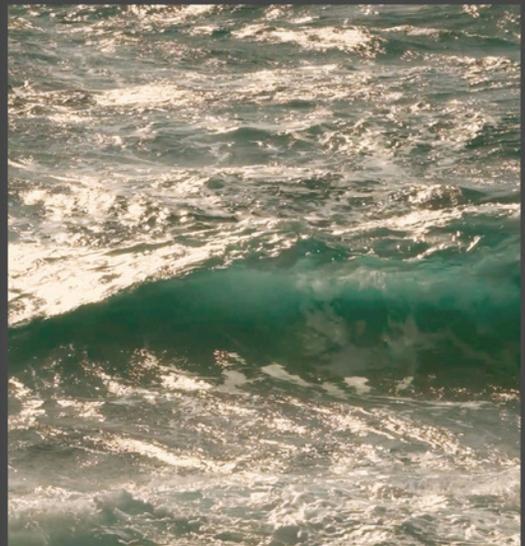
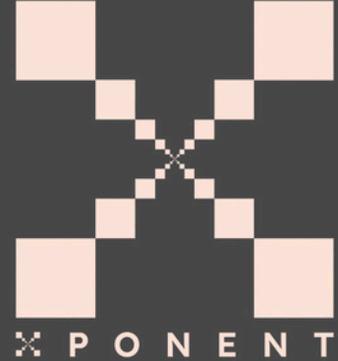
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