

BE A
CONSCIOUS
TRAVELER



SOULFUL CACAO RETREAT
SUDDHA PREM



SPRING &
SUMMER BREAK
2026

UXMAL

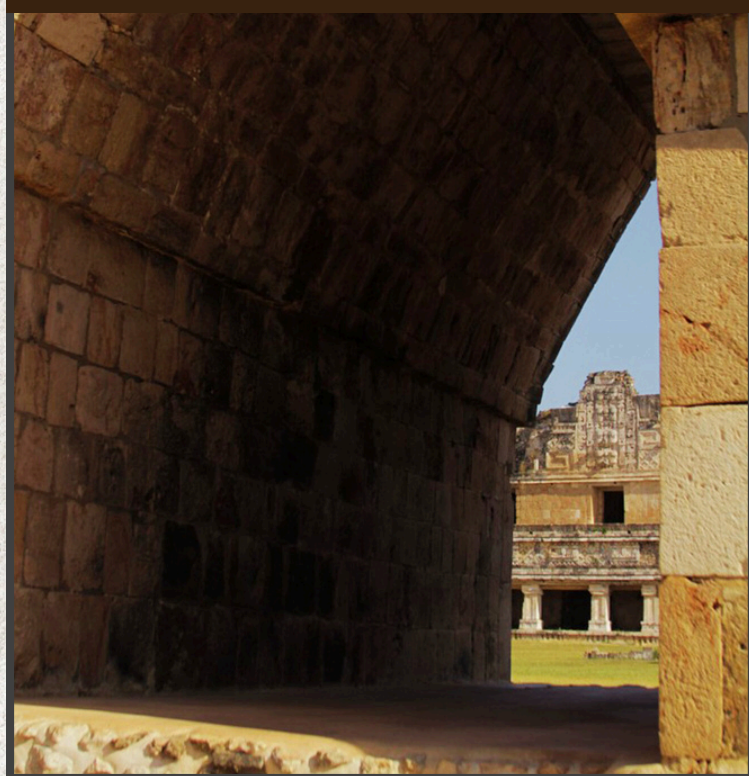
SOULFUL CACAO RETREAT
JOURNEYING THROUGH ANCIENT
MAYA CULTURE

UXMAL & 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 Labna — each one adorned with hundreds of Chaac masks, symbols of the rain god and the Maya's deep connection to the rhythms of the Earth. Founded around A.D. 700, Uxmal is one of the most magnificent cities of the ancient Maya, renowned 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.

AN ADULTS-ONLY RETREAT
FOR SEEKERS, HEALERS, AND EARTH-LOVERS

THE LODGE AT UXMAL



Located just steps from the pyramids, The Lodge at Uxmal is an eco-resort 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 views of the Pyramid of the Magician, enjoy fresh fruits from the plantation, and immerse yourself in a setting where nature, culture, and comfort meet.



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REST IN A SACRED CACAO GROVE & ECO-LODGE

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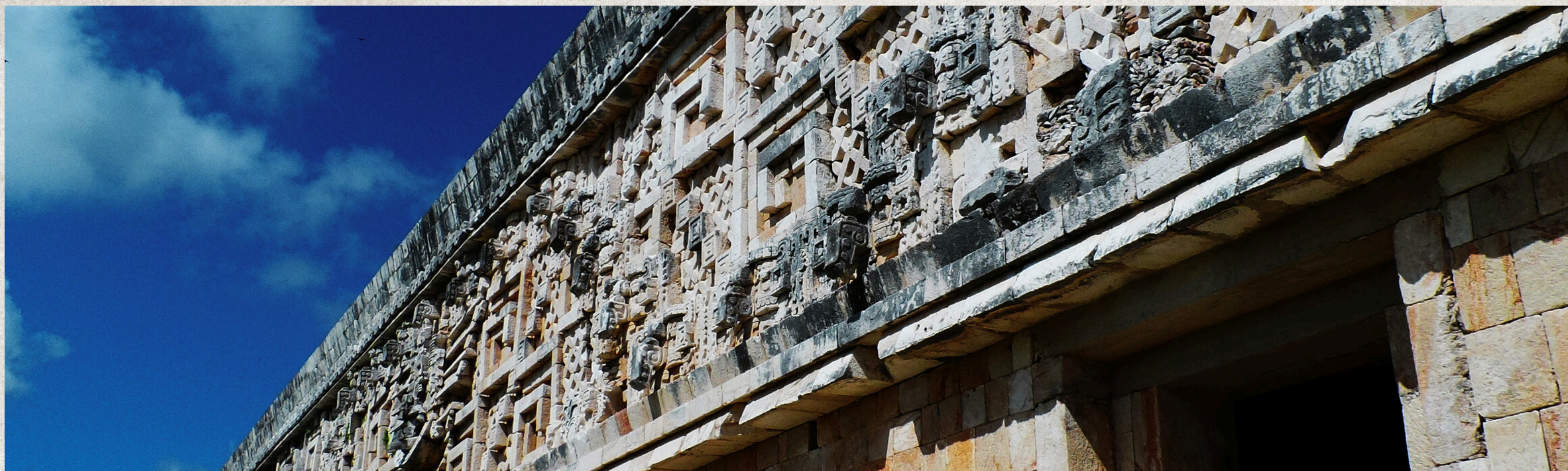
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STEP INTO SACRED LAND WHERE TIME
SLOWS, STORIES LIVE IN STONE, AND
CACAO FLOWS AS A SACRED ELIXIR.



AN INVITATION FOR ADULTS TO RECONNECT WITH
ANCESTRAL WISDOM, CACAO, AND SUSTAINABLE CULTURE.

A Retreat at Uxmal, Yucatán, Mexico.

Set amidst the mystical Puuc landscape, this retreat honors cacao as a sacred plant and portal to presence. Led by Gabriela Rocha Caballero — author of My Mama's Healing Soups, founder of Suddha Prem, and curator of Be a Conscious Traveler — you'll embark on an unforgettable journey inside a working cacao plantation, just steps from the ancient pyramids of Uxmal.

Each day invites you into a rhythm of cacao ceremonies and tastings, immersion in ancestral Mayan traditions, and mindful nature experiences woven into the sacred land of Uxmal — a UNESCO World Heritage Site in the heart of the Yucatán.



LET THE ENERGY OF THE PYRAMIDS AWAKEN YOUR SPIRIT — A PLACE TO SET
INTENTIONS, CULTIVATE CLARITY, AND INVITE TRANSFORMATION.

WHO IT'S FOR

Adults seeking transformative travel rooted in:

- Intentional ritual and spiritual reconnection
- Cultural immersion
- Eco-conscious living and mindful community



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IN EACH CUP, A RETURN — TO SELF, TO EARTH, TO CEREMONY

BE A
CONSCIOUS
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SOULFUL CACAO RETREAT SUDDHA PREM



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EACH SUNRISE INVITES YOU TO AWAKEN
ANCIENT MEMORY, WALK IN PRESENCE,
AND RECONNECT TO THE RHYTHM OF
THE EARTH.



The Spirit of Cacao

Cacao is more than a drink — it is ceremony, connection, and medicine. For thousands of years, this sacred plant has been revered as a bridge between the heart and the cosmos, used in ritual to awaken presence, gratitude, and collective healing.

Drinking ceremonial cacao gently opens the heart, increases blood flow to the brain, and deepens emotional awareness. It enhances focus, lifts the spirit, and invites you to slow down — to listen inward, remember joy, and root yourself in the wisdom of the Earth.

At this retreat, cacao becomes a daily ritual — a moment of stillness, intention, and soul nourishment.



A SEEKER'S PARADISE:
WHERE ANCIENT PYRAMIDS
MEET THE SPIRIT OF CACAO

[RESERVE NOW](#) | [JOIN WAITLIST](#)

→ This retreat is exclusively for adults—space is limited.

We welcome thoughtful minds who align with values of mindfulness, respect, cultural integrity, and sustainability.

→ Spaces are limited for this intimate, hands-on retreat.



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