

Ever PRESENT

With her series of intentional programs and retreats for Auberge Collection's new approach to Wellbeing, spiritual leader Gabby Bernstein shares her secret recipe for a joyful life.



Gabby Bernstein, shown at Mayflower Inn, Auberge Collection, has crafted a series of experiences to bring the Joy of Wellbeing to every Auberge property.

For some, the most energizing part of midday is a frothy latte. Gabrielle Bernstein's restorative ritual is far more impactful—and unusual. "This sounds strange," she says, "but it's like a cat meditation." Bernstein reclines on her couch, with her cat, Jimi Blue, curled up on her chest, their breaths falling in sync as she silently repeats a mantra. "It's quite powerful, because there's such resonance in the vibration of the cat," she explains. This cozy pause is a reminder that even small, simple things have an outsized effect on our wellbeing—an ethos she's now exploring with a new Auberge Collection partnership.

The author of nine bestselling books, Bernstein—or just Gabby, as she's known to her legions of fans—is beloved for her accessible approach to spirituality and self-help. Naturally warm, empathetic, and unflinchingly honest, she has never shied away from sharing personal struggles. Stories about her experiences with addiction and infertility, and how she triumphed by applying practices like manifestation, meditation, and Internal Family Systems therapy, form the backbone of her teachings.

For Bernstein, wellbeing starts with the mind and spirit—a perspective she arrived at through personal experience. "The biggest change over the years is realizing that my body had to follow the spiritual and the internal," she says.

That inward-first approach is the connective tissue of Bernstein's work, including her new

partnership with Auberge Collection. The collaboration sprang from a serendipitous encounter with an Auberge executive on a flight—an anecdote that could have been lifted directly from one of her books about manifestation. As she tells it, the pair "took the sign from the universe," and, less than a year later, Bernstein has created a suite of custom joy experiences for guests. Part of Auberge Collection's groundbreaking new approach to wellness, Joy of Wellbeing, the suite of offerings will be available across all properties to help travelers discover greater energy, realize boundless performance, and live a vibrant and joyful life.

Before they even check in, guests can embark on a "Joy of Wellbeing" journey via custom Gabby Coaching & Meditation app programs designed exclusively for Auberge. Inspired by Bernstein's own daily practices, it includes guided meditations, connection rituals, and exercises for prioritizing more "unapologetic joy," as she calls it.

These touchpoints continue throughout the stay, infusing daily routines with moments of reflection and relaxation: At all Auberge properties, Bernstein's pre-treatment ritual—a guided breathing mantra paired with comforting heart/hand placement—is designed for guests to set an intention in order to derive gratitude from their ensuing therapies. A "Joy of Wellbeing Journal" facilitates daily contemplation and gratitude practice. And a turndown ritual that instructs guests to pull a card

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from a deck of inspiring spiritual quotes provides guidance each day of their trip. Together, these practices guide guests to give themselves permission to disconnect and be present with themselves and their loved ones—ultimately, to find joy in all the moments of their trip, both big and small.

For those seeking a truly transformative experience, The Joy of Wellbeing Retreat is an opportunity to learn directly from Bernstein herself. Set for April 30–May 3, 2026, at The Lodge at Blue Sky in Utah, it will incorporate spiritual teachings, guided meditations, emotional healing practices, and “wild, embodied movement.” Bernstein hopes the experience will be “like a rinse cycle” for the spirit—clearing away emotional and mental sediment so guests depart feeling lighter, freer, and more joyful.

Bernstein believes that allowing ourselves this breathing room from daily responsibilities to contemplate and reorient is conducive to positive change, especially in a tranquil mountain setting like Blue Sky. “Getting away is sometimes the first step,” she says. “It’s a commitment to yourself, to the universe, saying ‘I’m ready to go inward. I want to take care of myself.’”

Keying into Bernstein’s steadfast belief that wellbeing should be accessible and enjoyable for all—whether on a back-to-nature retreat in the mountains or a beach getaway in Mexico—these practices are designed to help

guests thrive and grow from every moment in their vacation: dinner with loved ones, a quiet morning with a cup of coffee, even a kombucha-making class. Wellbeing is a bigger picture than just wellness or the spa; it’s about integrating joy into every moment.

Of course, taking what you’ve learned within the supportive boundaries of a holiday and applying it to regular life can be challenging, but empowering others is what Bernstein does best. To help guests integrate her teachings once they’re home and in the thick of to-do lists, they can access her coaching and meditation app after departure.

With enough dedication to the particular practices that work best for them—be it morning affirmations, evening journaling, or a midday meditation—anyone can prioritize their wellbeing and change their life for the better, Bernstein says. She sees Auberge’s Joy of Wellbeing approach as a significant first step.

“The times in my life where I said, ‘I’m going to take that trip, I’m going to go do that retreat, or I’m going to make that commitment,’ have always been moments of upleveling,” she says. “So, if you’re hearing the call and you’re ready to take that action, you’re committing internally to go bigger. You’re actually saying, ‘I’m ready to take my own personal development a step further.’” However the call arrives, the message is clear: Joy isn’t merely found; it’s made.

In collaboration with Bernstein, the Joy of Wellbeing by Auberge introduces new immersive touchpoints and joy-inspired programming to help guests discover greater energy, realize boundless performance, and live a vibrant and intentional life.



The Joy of Wellbeing

At Auberge Collection, health isn't about relentless self-optimization or trend-chasing; it's about being present, savoring simple pleasures, and finding joy in the small things. Alongside Gabby Bernstein's joy-infused activations, each property offers its own immersive experiences and treatments anchored in four pillars, each designed to offer guests new ways to feel more joyful and alive each day.

AWE

APPRECIATING THE SIMPLE MOMENTS

To amplify guests' sense of wonder, Auberge's immersive experiences harness the power of nature. For instance, at Hacienda AltaGracia, Auberge Collection—named #1 Resort in Central America by *Travel + Leisure's* 2025 World's Best Awards—an invigorating scrub treatment is followed by a warm, herbal River Bath in the Costa Rican jungle, where birdsong and rushing water soothe the mind. Guests can also pause for an In the Wild listening ritual to appreciate the soundscape of ocean waves, and pen a "joy mail" postcard to their future self, reflecting on how it feels to be part of something greater.

CONNECT

WITH OTHERS, NATURE, AND OURSELVES

Connection is at the core of joyful living, and Auberge getaways are full of opportunities to strengthen existing bonds and forge new ones. The Lodge at Blue Sky, Auberge Collection offers Gracie's Farm Dinner Series, a communal experience where guests gather under the clear Utah skies, surrounded by colorful blooms and laughter, to learn stories of the land and its bounty from farmers, chefs, and kindred spirits. More connections are forged with Masters in Residence, experts



in modalities from food fermentation and energy healing to equine therapy and expressive writing workshops. Across all the Auberge properties, hands-on workshops are taught by local craftspeople to experience the culture of the destination on a deeper level.

EXCEL

GROWTH THROUGH BOUNDLESS PERFORMANCE

Intentional movement is one of the most effective ways to boost feel-good hormones and cultivate instant joy. For some, that might mean participating in an outdoor sprinting clinic or upping the intensity with master instructors. For others, it might simply involve a functional Pilates class or a guided hike along a secluded mountain trail.

NURTURE

MAKING TIME FOR TRUE SELF-CARE

Taking inspiration from destination-specific practices to create a series of experiences and rituals, Auberge helps guests calm their nervous systems and feel fully cared for. Try each destination's exclusive signature treatments, relax with a bathtime ritual featuring locally sourced botanicals, join a skinhealth workshop, or downshift under a weighted blanket in a screen-free nurture nook.

Above: At Wildflower Farms, Auberge Collection, a pottery workshop gently leads into a mindfulness meditation. Opposite: At Hacienda AltaGracia, Auberge Collection, the River Bath journey begins with an in-river aura cleansing.

