



Holistic Nutrition & Fitness on Isla Mujeres,

By Lucia Di Cesare, BSc, RHN, PTS



Breath & Breakfast ft. Yoga with Marcia

Wouldn't it be great to wake up in your vacation rental and have your very own private yoga class followed by a healthy, organic breakfast? \$185 for up to 10 people

Simply Healthy Cooking Classes:

In the comfort of your rental, I will demonstrate some simply healthy recipes that you and/or your group can enjoy. Lunch or dinner options available. All ingredients are certified organic and locally sourced when possible. \$55pp

Simply Healthy Meals (Breakfast, Lunch, Dinner):

Feel like staying at your rental and enjoying the space with your group? Let me come to you and prepare a healthy, organic meal. Just sit back and relax. \$20-55pp

* Special pricing for multiple meals

Organic Groceries:

Would you like to stock the refrigerator with fresh, organic produce? Or perhaps some of your favourite specialty items (vegan, superfoods, etc) that you may not be able to find on the island? E-mail me for the price list: lucy@simplyhealthyliving.ca

Private or Group Workouts:

I will create a custom workout to meet your needs. Using Pilates bands, light hand weights and/or your own bodyweight, this will be a full body workout. *Canfitpro* certified! \$55 private or \$15pp for groups of 4ppl or more



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Retreat Meals and/or Planning:

Let me take the stress out of planning your retreat. I have a lot of experience hosting and cohosting retreats. Depending on the size of your group and budget, we can choose your ideal property. I have many island contacts and can arrange for any extra services you may need; massage, yoga, fitness, tours, cooking classes, sound baths, etc.

Book your healthy, organic, farm to table meal:

Phone: +52 998 704 2824

Email: lucy@simplyhealthyliving.ca

Check me out on Instagram: [simplyhealthyliving_lucy](https://www.instagram.com/simplyhealthyliving_lucy)

www.simplyhealthyliving.ca