



Fairmont
MAYAKOBA

Health & Wellness Event Options

Featuring LifeStyle Cuisine  &
LifeStyle Cuisine Plus 

Vinyasa Yoga Session by the Ocean

Start your day with a different perspective with a view from your inside. Bend the boundaries as well as your body. With no single philosophy, Vinyasa Yoga throws out the rulebook of traditional yoga in order to connect postures and poses through dance-like movements. With room for individuality and quirks, this creative and diverse method of yoga will have you chanting, panting and aligning your body and mind in ways you never thought possible.

Sample Bento Box Menu

Protein

Balsamic Honey Glazed Portobello 


Vegetables

Baby White Potatoes, Bell Peppers and Cherry Vinegar 

Grains

Caribbean Rice Salad 

Dairy


Iceberg Blue Cheese Salad 


Dessert

Whole Wheat Carrot Cake 

Fairmont Mayakoba

Carretera Federal Cancún
Playa del Carmen Km.
298 Playa del Carmen
Solidaridad,
Quintana Roo, Riviera Maya
Mexico 77710

 Lifestyle Cuisine provides a full range of culinary options that appeal to those wishing to make smarter food choices and satisfy common nutritional needs, including low-carbohydrate, low-fat, Mediterranean and vegetarian diets.

 Lifestyle Cuisine *Plus*, taking our commitment to your well-being even further, offers delicious meals designed around guests' diet-dependent requirements, including the following: Diabetes, Heart disease or high blood pressure, Celiac disease (cannot tolerate gluten) or gastrointestinal disorders, Food allergies or sensitivities; as well as more specialized diets, such as: Vegan, Raw food, and Macrobiotic.

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SIGNATURE EVENTS