

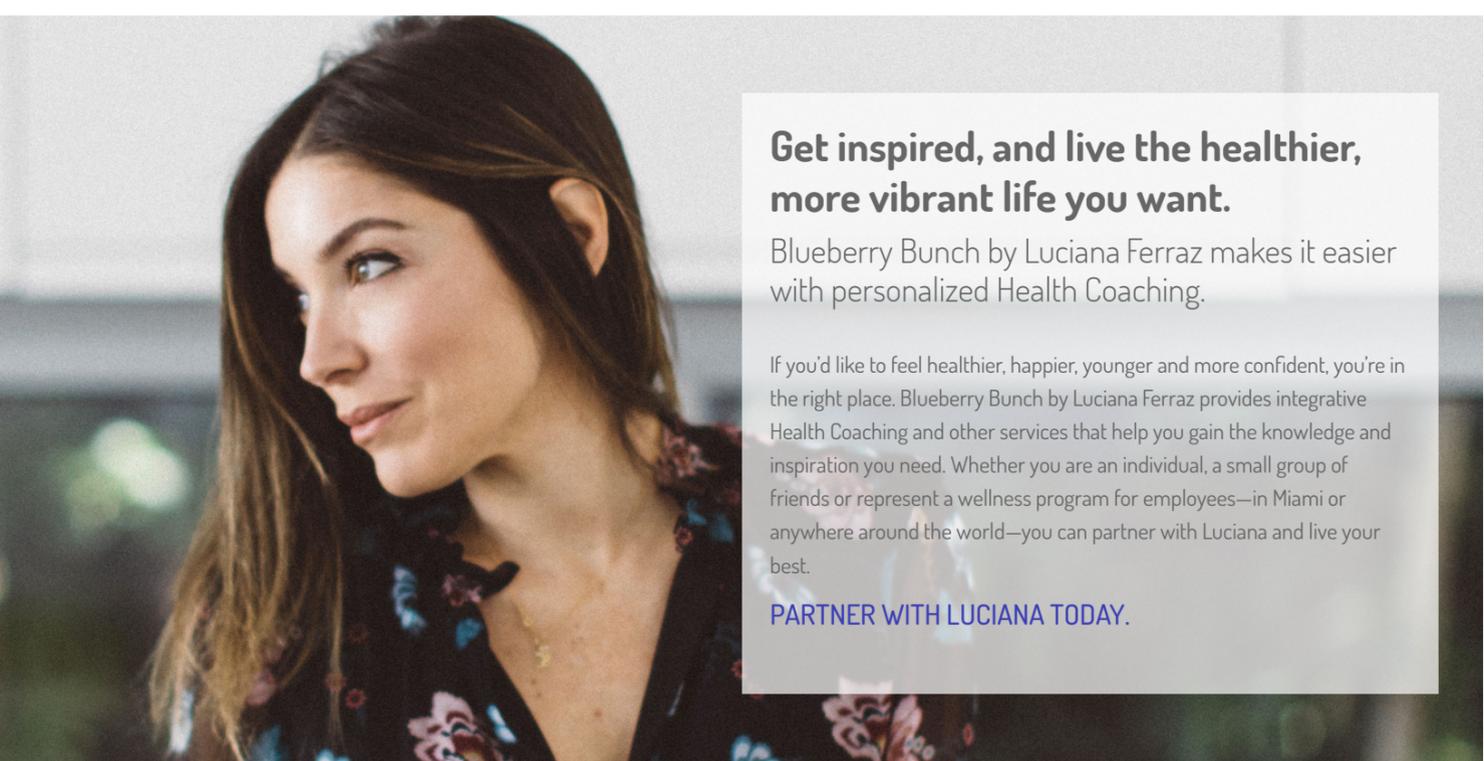
## LIVE HEALTHIER. FEEL YOUNGER.

Achieve the balance you crave in life through health coaching with Luciana.

Get free inspiration delivered.

Subscribe to the Blueberry Bunch newsletter today!

Get inspiration for nutrition, life balance, holistic health and other ways to feel healthier, happier and younger.



### Get inspired, and live the healthier, more vibrant life you want.

Blueberry Bunch by Luciana Ferraz makes it easier with personalized Health Coaching.

If you'd like to feel healthier, happier, younger and more confident, you're in the right place. Blueberry Bunch by Luciana Ferraz provides integrative Health Coaching and other services that help you gain the knowledge and inspiration you need. Whether you are an individual, a small group of friends or represent a wellness program for employees—in Miami or anywhere around the world—you can partner with Luciana and live your best.

[PARTNER WITH LUCIANA TODAY.](#)



Individual Coaching



Wellness at Work



Ayurveda



Group Coaching



Detox



Yoga

#### Your Experience

Be inspired and learn to live healthier as Luciana tailors her programs to you, incorporating tools from western and eastern perspectives based on your specific goals and interests.

[SEE PROGRAMS](#)

#### Your Coach

Luciana has a unique holistic approach with expertise in integrative nutrition health coaching, Ayurveda, detoxes, meditation, pranayama, yoga, essential oils and other tools.

[GET TO KNOW HER](#)

#### Your First Consultation

If you haven't talked with Luciana yet, set up a consultation call now. You can talk through your goals, health history and Luciana's approach, and see if she would be a good fit for you.

[SCHEDULE](#)

## #blueberrybunchhealth



## News & Blog

## Inspiration Delivery

### [+ 9-Day Retreat: India Healing 2019](#)

This February, let's embark on an unforgettable journey to South India, the healing cradle of the world. Through the medicinal and rejuvenating therapies of Ayurveda, experienced at its very source, we'll renew our energies and awaken spiritual, mental and physical transformation within our bodies.

### [+ Welcome to the Blueberry Bunch blog with wellbeing inspiration](#)

Hello! I am so excited to have launched my new Blueberry Bunch blog and website. It's a place for you to come explore the meaning of wellbeing and what it means to you.

### [+ 6+ holistic tips for healthier, more comfortable air travel](#)

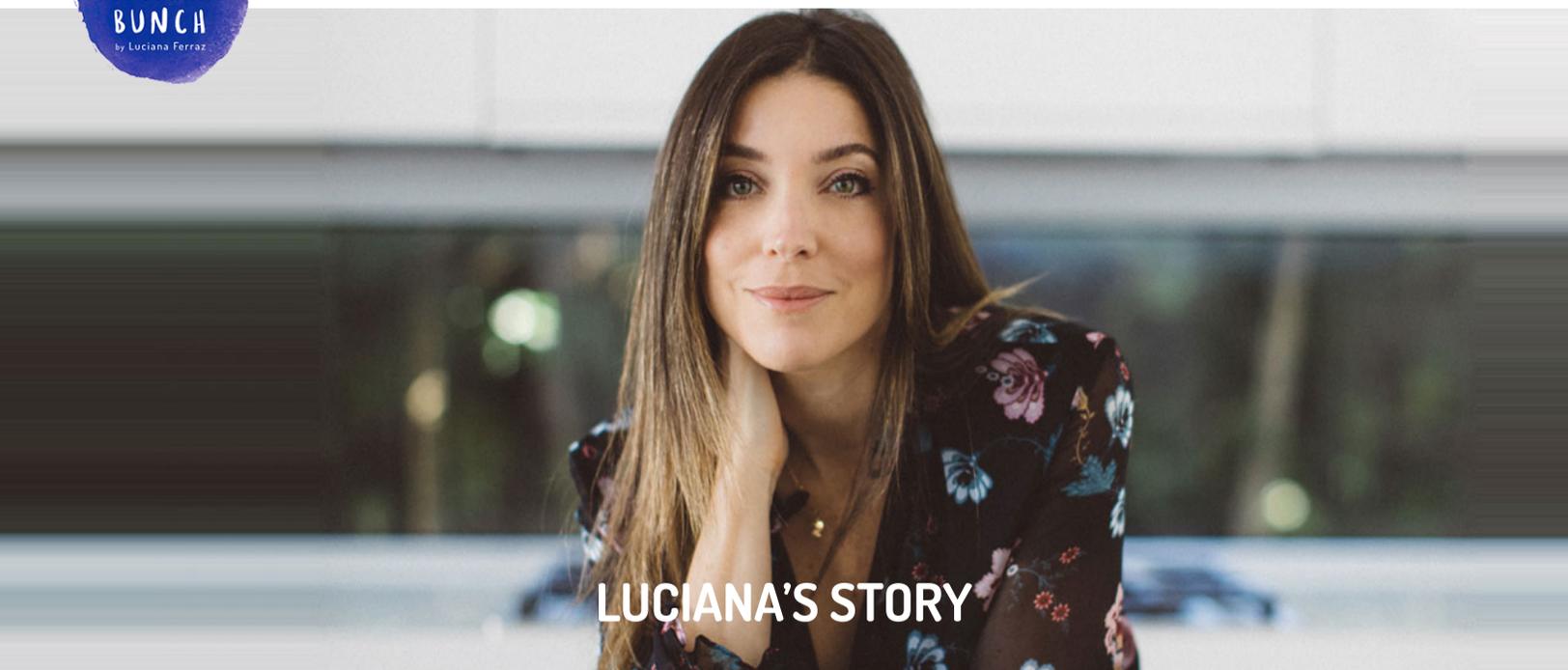
Whether you're planning a visit with loved ones, a business trip or another adventure, thinking ahead with a holistic approach can make your flight more enjoyable and get you to your destination feeling your best. There's no doubt flying can take a toll on your body, especially with frequent or long-distance travel. Throughout my years...

[SEE MORE](#)

Stay connected for tips and events

[SUBSCRIBE](#)





## LUCIANA'S STORY

### Meet the creator of Blueberry Bunch.

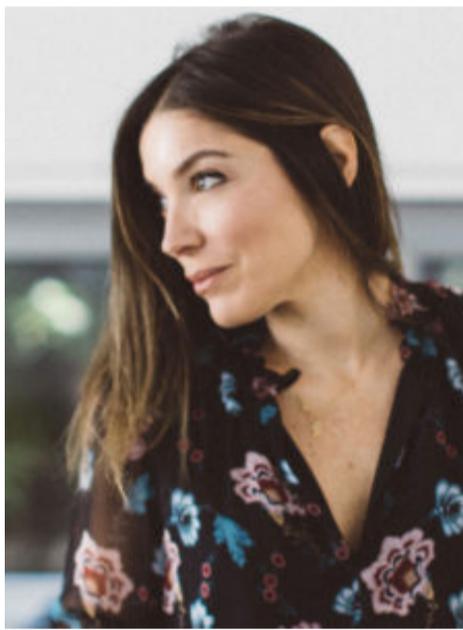
Blueberry Bunch was founded by Luciana Ferraz, an integrative nutrition health coach, certified Ayurvedic counselor, certified yoga instructor, mom and world traveler. Luciana is passionate about helping people like you achieve greater well-being in a holistic way.

### Luciana's mission

Luciana inspires, educates and motivates healthy lifestyle changes within individuals and groups who seek a more balanced and integrative (or holistic) way of living.

### How she supports YOU

Do you want to gain an appreciation for healthier foods? Reduce unhealthy cravings? Stress less? Lose weight? Sleep better? Feel more vibrant, confident and even younger? Enjoy better overall life balance? Using a unique holistic approach, Luciana will tailor her program specifically for your goals and interests. Her expertise comes from both western and eastern perspectives and includes health coaching, integrative nutrition, detoxes, Ayurveda, meditation, pranayama, yoga, essential oils and other tools that she can help you explore in your journey to live better.



### Luciana's story

Luciana Ferraz has had a passion for healthy living since being introduced to nutritious foods and activities as a young child. In her late teens, Luciana adopted a cleaner diet and began practicing yoga. Once she experienced how good those changes were for her mind, body and soul, there was no turning back.

Luciana's interests in healthy, holistic living became so strong that she left her corporate career to pursue a higher quality of life with greater balance. Her journey took her around the world, where she soaked up inspiration and restoration at retreats and studied yoga and Ayurveda (and continues to do so).

Feeling healthier, happier and younger, Luciana was inspired to help others achieve greater balance in their own lives. She expanded her education and now uses all she has learned to motivate and empower others so they, too, can restore their mind, body and soul.

### Luciana's education and credentials

- Ayurvedic Health and Wellness Counselor - [Sai Ayurvedic College](#)
- Integrative Nutrition Health Coach (INHC) - [Institute of Integrative Nutrition](#)
- Certified International Health Coach (CIHC) - [International Association for Health Coaches](#)
- Registered Yoga Teacher (RYT 200) - [Yoga Alliance](#)
- Advanced Yoga Studies - [Evolutionary Global Prana Vinyasa](#)
- AyurYoga® teacher certification - [The Ayurveda Institute](#)
- Member of NAMA - [National Ayurvedic Medical Association](#)
- Bachelor's degree in Advertising from [Rollins College](#)



### Languages Luciana speaks

Luciana Ferraz is fluent in English, Portuguese and Spanish.

### Who Luciana works with

Whether you are an individual, a small group of friends, or represent a wellness program at a startup or other corporation—in Miami or anywhere around the world—Luciana has the flexibility and expertise to support you.

## Learn More & Connect

See what other people say about Luciana.

[TESTIMONIALS](#)

Learn more about health coaching.

[PROGRAMS](#)

Connect with Luciana for a consultation.

[CONNECT](#)



## INDIVIDUAL HEALTH COACHING

### Individual Health Coaching with Luciana Ferraz

Teaming up with a health coach—it's like getting a personal wellness makeover.

Does your body, mind and soul crave something more? Do you want to live healthier, feel happier and more vibrant, and have a greater sense of life balance? Luciana can help. She offers holistic guidance and tools to inspire and empower you to live your best. Try Individual Health Coaching today.

[BOOK A SESSION](#)

### Your Individual Health Coaching experience with Luciana

Luciana will listen carefully to understand the specific interests and obstacles you have in your life, and she'll tailor a Health Coaching program just for you. You can expect to:

- **Meet twice a month** (or more often, if you prefer) for 50 minutes session in Miami or from anywhere else via video call online.
- **Receive guidance** that inspires and empowers you to set and achieve realistic wellness goals, make sustainable lifestyle changes, overcome obstacles and achieve greater life balance.
- **Tap into helpful tools** from each session like holistic practices, handouts, food samples, recipes, self-care products like essential oils, classes, seminars and newsletters.
- **Receive additional support** between sessions when needed.

#### How you can benefit

Based on your interests and goals, you could enjoy benefits like:

- Feeling healthier, happier and more confident
- Being able to manage stress better
- Better sleep and energy
- Appreciation for tasty, nutritious food
- Reduced unhealthy cravings
- Healthier weight and body you feel good about
- Healthy, glowing skin
- Feeling younger and aging gracefully
- Better overall life balance
- A healthier home environment for your whole family

### Learn more and book a session now.

To talk about how Luciana can personally partner with you, submit the [Health History Form](#), and Luciana will set up a complimentary 15-minute chemistry call.

### SEE WHAT OTHERS ARE SAYING.

“Prior to working with Luciana, I was easily agitated, had lost motivation for work and found my ‘funks’ to be occurring frequently. The sessions with Luciana have worked in ways that previous efforts have failed. I now feel a richness about life and a sense of purpose and excitement that I haven’t felt in decades.”

- Troy Ludgood, Managing Director of Head of Core Fixed Income

[See more](#)

### Learn more about Luciana.

Luciana's unique holistic approach comes from both western and eastern influences and includes integrative nutrition health coaching, Ayurveda, detoxes, meditation, pranayama, yoga, essential oils and other tools that she can help you explore in your journey to live better. [Read more](#)



# DETOX

## Detox programs with Luciana Ferraz

It's like pressing the reset button on your relationship with food and your body.

Would you like to feel better about your body and skin? Increase your energy? Learn more about clean eating and improve your relationship with food? Join a detox by integrative nutrition health coach Luciana Ferraz. It's an excellent opportunity to get the knowledge and inspiration you need to eat wholesome foods and give your body a break from processed foods, toxins and chemicals.

[BOOK A SESSION](#)

### Your Detox experience with Luciana

- **Choose from a group detox or individual.** Group detoxes usually run for seven days but can go longer as appropriate. The length of individual detoxes is tailored to your goal.
- **Select your theme.** Luciana offers seasonal detoxes, which are designed to help you feel better about your body as you head into summer or approach or recover from other holidays, for example. Choose the current theme, or talk with Luciana if you have other specific goals or timing in mind. Hop over to the [events](#) page to see what's on the schedule.
- **Receive support from anywhere.** Your detox will start with a kickoff call (or in-person meeting in Miami, if you prefer). You'll receive a comprehensive guide beforehand and emails to support you throughout your journey.

**How you can benefit**

By cleansing your body and eating healthier, you could enjoy benefits like:

- Feeling healthier, happier and more confident
- Better energy and life balance
- Appreciation for tasty, nutritious food
- Reduced unhealthy cravings
- Healthier weight and body you feel good about
- Glowing skin
- Feeling younger and aging gracefully

Learn more and book your detox now.

Submit the [Health History Form](#), and Luciana will reach out to book your detox.

### SEE WHAT OTHERS ARE SAYING.

“I was extremely impressed with the results I achieved! I've lost weight and felt very energetic! In addition, I've completely changed my eating habits, learning how to buy and cook delicious whole food and make that part of my daily menu.”

- Luciana Pavan, CMO Zing Rides

[See more](#)

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## Ayurveda with Luciana Ferraz

It's a natural healing system for your body with a 5,000-year track record.

Would you like to live with your best physical and mental state? Feel a sense of harmony and vitality in your body, mind and soul from a balanced style of living? Treat and prevent stress, illness and disorders in a holistic way? As a certified Ayurvedic counselor, Luciana can help with all of these things by empowering you with life-changing Ayurveda knowledge and practices. Connect with Luciana to get inspired to incorporate Ayurveda into your life.

[CONNECT NOW](#)

### A brief background on Ayurveda and Luciana's experience

Ayurveda is a healing system that arose around 5,000 years ago in India and is rapidly gaining popularity in the West for holistic health and preventive medicine. It helps you become more aware of how your environment and your own particular nature affect your daily life. By applying Ayurvedic principles to your life, you can bring harmony to your body, mind and soul, which allows your body's natural healing system to work to its greatest potential.

Luciana received a degree in Ayurveda from Sai Ayurvedic College. As a certified Ayurvedic counselor and integrative nutrition health coach, Luciana offers a truly unique blend of holistic wisdom, with western and eastern influences, for a healthy, balanced life.

### Your Ayurveda experience with Luciana

Each individual's experience is personally tailored and could include any of the following:

- **Identifying goals and concerns**—from specific health concerns to gaining a deeper understanding of yourself and living in harmony with your environment
- **Introducing the doshas**—what they are, how yours are unique and how they influence a plan for you
- **Incorporating Ayurveda into your life**—the Ayurvedic principles to support your dosha, goals and needs, which could include herbal remedies, daily routine (dinacharya), body work, proper diet using spices and favorable foods, meditation, pranayama, yoga and much more

#### How you can benefit

- Gaining a deeper understanding of yourself
- Living in harmony with your environment and nature
- Feeling healthier, happier and more confident
- Being able to manage stress better
- Better sleep and energy
- Healthier body you feel good about
- Healthy, glowing skin
- Feeling younger and aging gracefully
- Better overall life balance

Before your Ayurveda experience, please submit the [Client Agreement Form](#).

### SEE WHAT OTHERS ARE SAYING.

“Prior to working with Luciana, I was easily agitated, had lost motivation for work and found my ‘funks’ to be occurring frequently. The sessions with Luciana have worked in ways that previous efforts have failed. I now feel a richness about life and a sense of purpose and excitement that I haven’t felt in decades.”

- Troy Ludgood, Managing Director of Head of Core Fixed Income

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## Yoga with Luciana

It's harmony for the soul and strength for the body that can last a lifetime.

Are you interested in reducing stress, feeling more patient and calm through life's challenges and getting stronger and more flexible? Join Luciana Ferraz, owner of Blueberry Bunch and a certified yoga instructor, for a life-altering yoga experience. She's been teaching yoga since 2003 and has studied under world renowned teachers like Shiva Rea. While helping you strengthen your body, Luciana takes you inward to cultivate positive energy in your daily routine and to move with the flow of life.

### Choose your yoga experience.

Luciana currently offers yoga sessions for workplaces, groups of friends and individuals—in Miami and other destinations that she travels to. You can choose from the many types of yoga that she teaches. Each lesson can be adapted for all body types, ages and levels of athleticism.

- **Prana Vinyasa® Yoga:** an energetic, creative, full-spectrum approach to embodying the flow of yoga, cultivated by Shiva Rea and the Global Vinyasa Collective of Teachers. It is an evolutionary method of embodied transformation and radiant health, cultivating inner and outer strength, fluidity, skill, intuition and vital energy through balanced and creative fluid sequences (vinyasas). It includes movement, music, sound, and poetry to deepen the flow.
- **Trance Dance:** a high-energy movement meditation that blends yoga and dance to music from around the world
- **AyurYoga®:** a healing form of yoga based on Ayurveda and Vedic science where you follow a rhythm unique to your dosha (mind and body) type
- **Restorative Yoga:** a gentle, therapeutic yoga practice that involves holding a few simple poses for longer periods to achieve deep relaxation and restoration for your whole body

#### How you can benefit

- Improved strength and flexibility
- Better able to cope with stress
- Feeling healthier, happier and more confident
- Better energy and life balance
- Healthier weight and body you feel good about
- Feeling younger and aging gracefully

[BOOK A SESSION](#)

### SEE WHAT OTHERS ARE SAYING.

“I was a tired, stressed, working mother of a toddler who had minimal yoga experience. Luciana helped me take my practice to a whole new level and has helped me quiet my mind and let go of each day's stress. After class, I always feel strong and invigorated but also supremely relaxed.”

- Emily S., lawyer

[See more](#)

### Learn more about Luciana.

Luciana's unique holistic approach comes from both western and eastern influences and includes integrative nutrition health coaching, Ayurveda, detoxes, meditation, pranayama, yoga, essential oils and other tools that she can help you explore in your journey to live better. [Read more](#)