# Iguazu Wellness - Relaxing Forest Bath Experience in Foz do Iguaçu

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| **Location:** Foz do Iguacu, Brazil  **Language:** English  **Duration:** 3.5 hours | **Magpie Product Code:** GEBNDH  **Company Website:** iguazuwellness.com  **Primary Contact:** Iguazu Wellness |

**Description Summary:**
The Forest Bath invites us to awaken all the senses to experience the happiness of the forest. Breathing the fresh air, smelling the aromas of the forest, listening to the sound of the water.
We will make a contemplative trail of 3km in the Atlantic Forest, dedicated to the expansion of the 5 senses, through breathing exercises and bio-energetics, recognition of ecological relationships and Guaraní medicinal plants.
We will do mindfulness techniques, mindfulness in the present moment by touching trees and piling Pebbles of Hope, which are semi-precious stones from our region, activating the vibrational mineral field at Cachoeira do Juruva and a photo stop.
Afterwards, free time to swim in the waterfall or in the Iguaçu River and then return along the trail, ending with a healthy snack and relaxation.

**Description:**
Nature invites us to an internal search for connection with our self. An ascent to the origins of existence.
Gently move your eyes towards the forest canopy, watch the branches sway, listen to the rustling leaves and the birds that sing. Stop, breathe deeply, immerse yourself in the happiness of the forest. This contemplation relieves tensions and calms the mind, providing well-being and health.
The Breath of Nature tour invites you to awaken all your senses to this forest therapy, created in Japan in 1980, called Shinrin-Yoku or Forest Bathing.

**Inclusions:**

All Fees and Taxes

Mats (Yoga Mats)

Ayurvedic Juice

Wellness Instructor

**Exclusions:**

Private transportation

**Know Before You Book:**

- Duration: 3h 30m

- Mobile tickets accepted

- Instant confirmation

**Health items:**

Regular temperature checks for staff, Regularly sanitized high-traffic areas, Guides required to regularly wash hands

### Locations:

**Pickup:**
none

**Starts Notes:**
Aguaray Eco Esportes, Alameda Caete - Chácara - Remanso Grande, Foz do Iguaçu - PR, Brazil

**Instant Confirmation:**
Yes

### Cancellation

**Cancellation Policy:**
standard

**Cancellation Cut-off:**
24
hours

**Cancellation Notes:**
For a full refund, cancel at least 24 hours in advance of the start date of the experience.

### Pricing