# Iguazu Wellness - Yoga & Mindfulness

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| **Location:** Foz do Iguacu, Brazil  **Language:** English  **Duration:** 1.5 hours | **Magpie Product Code:** COYJVZ  **Company Website:** iguazuwellness.com  **Primary Contact:** Iguazu Wellness |

**Description Summary:**
A moment of relaxation and existential harmony, classes focused on breathing exercises, stretching and postures (Asanas). Conducting the experiment depends on the level of each group and what expectations. We can apply Hatha Yoga, Yoga Nidra, Meditation or Mindfulness. During your tour of the Falls, at your hotel or at your event.

**Description:**
An invitation to disconnect from everyday stress, from technologies, to mental relaxation, a recovery of vital energy and a rescue of consciousness and well-being.

**Inclusions:**

Yoga Mats (Mat) for exclusive use during practice.

**Know Before You Book:**

- Duration: 1h 30m

- Mobile tickets accepted

- Instant confirmation

**Health:**

Your safety and health are our priority.

**Health items:**

Regular temperature checks for staff, , Guides required to regularly wash hands

### Locations:

**Pickup:**
none

**Starts Notes:**
Foz do Iguaçu, State of Paraná, Brazil
Classes can be held during the visit to the Falls, at your hotel, at your event, or at the Yoga Studio. Let's go to you!

**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