

HOTEL DAS CATARATAS

A BELMOND HOTEL
IGUASSU FALLS

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FULL MOON RETREAT WITH LÍVIA DE BUENO

29 SEPTEMBER - 1 OCTOBER 2023

EXPERIENCE THE INTOXICATING ENERGY OF IGUASSU
FALLS OVER THE FULL MOON PERIOD. JOIN OUR UNIQUE
ACTIVITIES DESIGNED TO ENHANCE YOUR WELLBEING,
BALANCE AND SELF-KNOWLEDGE.

Lose yourself in an inspiring and transformative experience as you connect deeply with nature. In this self-discovery retreat led by mentor Livia de Bueno and accompanied by experienced yoga teacher Louise Luz, you will be guided to find a perfect balance between body, mind and spirit.



A night photograph of Iguassu Falls. The image shows the massive scale of the waterfall cascading over a dark, rocky edge. A vibrant rainbow is visible in the misty spray at the base of the falls. The sky is a deep, dark blue, and the overall scene is illuminated by the ambient light of the falls and the moon.

The energy of Iguassu Falls is astounding, with a scientific explanation that allows us to understand and measure its magnitude. Prepare to unravel the secret behind the wonderful sensation that is awakened when you come into contact with this marvel of nature. Experience the unforgettable sight of the lunar rainbow shimmering in the spray of the waterfall on full moon nights.

FRIDAY 29 SEPTEMBER

2pm - Opening Circle with Livia de Bueno at Magic Tree

3.30pm - Meditation and yoga with Louise Luz in the annex room next to Itaipu restaurant

4.30pm-6pm - Picnic with a view of Iguassu Falls

7pm-7.30pm - Dinner at Ipê restaurant. If you prefer, room service is available 24h*

Not included in package; please check rates

7.30pm - Talk and guided meditation with Livia de Bueno on the slope

8.45pm - Full Moon Experience:

Guided tour with a local guide to witness the lunar rainbow over Iguassu Falls

Meeting point: Hotel Lobby

SATURDAY 30 SEPTEMBER

6.30am-10am - Breakfast at Ipê restaurant

or the best experience, we recommend you have breakfast beforehand

7am - Experience "Feel the Energy"

Meeting point: Hotel Lobby

12.30pm-3.30pm - Lunch at Ipê restaurant

Not included in package; please check rates

2pm - Lunar circles and intention list workshop with

Livia de Bueno at Magic Tree

5pm - Meditation and yoga with Louise Luz in the annex room next to Itaipu restaurant

8pm-10.30pm - Chef's Experience

Harmonized dinner in the garden

SUNDAY 1 OCTOBER

6.30am-10am - Breakfast at Ipê restaurant

10am - Macuco Safari:

Macuco Safari:

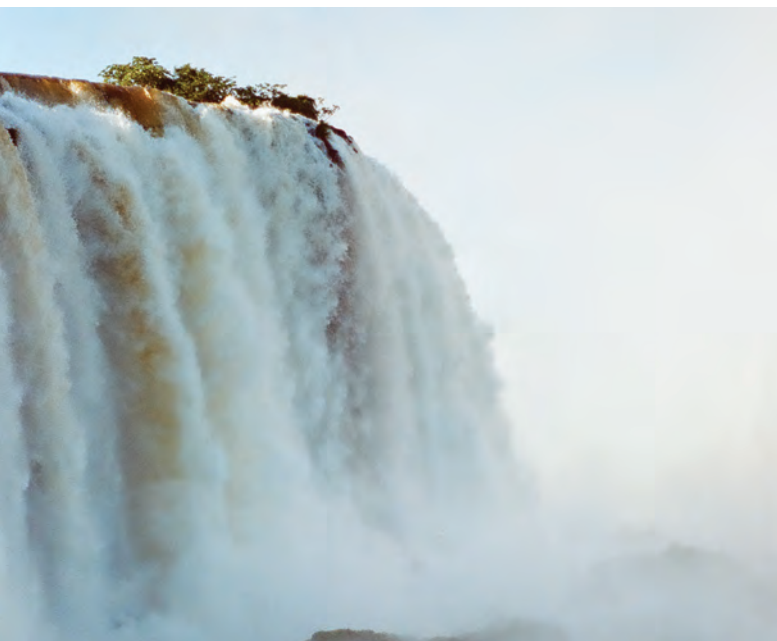
An exhilarating experience in and around Iguassu Falls – prepare to get wet! We recommend light clothing and to bring a coat for the end of the tour. Transport is provided to the location

Meeting point: Hotel Lobby

12.30pm - Closing Circle at Magic Tree

1pm-3.30pm - Lunch at Ipê restaurant

Not included in package; please check rates





**29 SEPTEMBER - 1 OCTOBER
2023:**

From R\$3,250 + taxes*

per night for single occupancy

From R\$4,250 + taxes*

per night for double occupancy

INCLUDES:

- Two nights' accommodation in a Superior Room, with breakfast at Ipê restaurant (29 September - 1 October)
- Workshop with Lívia de Bueno (30 September)
- Two meditation and yoga classes with Louise Luz (29 and 30 September)
- Full Moon Experience: Lunar Rainbow (29 September)
- Harmonized dinner in the garden (30 September)
- Feel the Energy experience (30 September)
- Picnic with a view of Iguassu Falls (29 September)
- Macuco Safari (1 October)
- Transfers between the Brazilian airport and the hotel

**FOR MORE INFORMATION
AND RESERVATIONS:**

Phone: +55 21 2545 8878

reservations.brazil@belmond.com

Or contact your travel agent

BELMOND.COM

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TERMS AND CONDITIONS:

*Program subject to weather conditions. Minimum two nights' stay from 29 September to 1 October, 2023.

Add 10% service charge, 5% ISS and local tourism tax per day. Subject to availability at the time of booking.

Rate Policy: 100% deposit of the total package value at the time of booking, payable in 5 installments without surcharge, and non-refundable in the event of cancellation. Payment policies are subject to change without notice according to different distribution channels.