

PUBLIC EVENT

Community Class: Slow Hatha Yoga

When	2026-10-04 09:15 to 2026-10-04 10:30
Where	The Haven Spa, Ave. A Oeste, Bajo Boquete
Source	eventsboquete
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Summary

Weekly 75-minute slow Hatha yoga community class at The Studio, The Haven Spa, Bajo Boquete, Sundays 9:15 am; \$5 or free for members. Next occurrence Sunday 4 October.

Full text (English)

Community Class: Slow Hatha Yoga, Sunday 9:15 am (75 min), \$5.00 or free for Haven members. This 75-minute class is about slowing down and diving into the whole teachings of traditional Hatha Yoga. Our practice is more than asanas as we journey to find our bliss. Beginners and advanced students welcome. Instructor: Lester Karplus (English). The Studio is located in The Haven Wellness Resort & Spa, Bajo Boquete.