

PUBLIC EVENT

Gentle Yoga, weekdays

When	2026-10-02 09:30 to 2026-10-02 10:30
Where	The Haven Spa, Ave. A Oeste, Bajo Boquete
Source	eventsboquete
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Summary

Gentle Yoga is held Monday to Friday at 9:30 am at The Studio, The Haven Spa, Bajo Boquete. Next class Friday 2 October.

Full text (English)

Gentle Yoga, Monday through Friday 9:30 am. A class that encourages breath and body awareness, blending traditional poses with conscious movement. Great for beginners or those who prefer a more relaxed, mindful style. Options are given and requests encouraged; each class is tailored to the group's needs, in the spirit of yoga as a healing practice, with poses for various conditions (back pain, tight shoulders, etc.). Results include increased strength, flexibility, balance and enhanced well-being. Instructor: Joy Alexander (English). The Studio is in The Haven Wellness Resort & Spa, Bajo Boquete.