

PUBLIC EVENT

Guided Meditation (Yoga Nidra)

When	2026-10-02 12:15 to 2026-10-02 13:00
Where	The Haven Spa, Ave. A Oeste, Bajo Boquete
Source	eventsboquete
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Summary

Guided Yoga Nidra meditation at The Studio, The Haven Spa, Bajo Boquete: Mondays 10:45–11:30 am and Fridays 12:15–1:00 pm, \$5. Next session Friday 2 October.

Full text (English)

Guided Meditation. Monday 10:45–11:30 am (45 min); Friday 12:15–1:00 pm (45 min). Experience the style of guided meditation called Yoga Nidra, a systematic method of inducing complete physical, mental and emotional relaxation. During Yoga Nidra one appears asleep but consciousness functions at a deeper level of awareness, allowing spontaneous contact with the subconscious. Techniques include creating a resolve (a short positive statement repeated at the start and end), rotation of consciousness through parts of the body, breath awareness, and guided visualization. Instructor: Joy Alexander. Price: \$5.00 (English). The class begins shortly after Gentle Yoga and can be an add-on or a stand-alone experience. The Studio is in The Haven Wellness Resort & Spa, Bajo Boquete.