

PUBLIC EVENT

OVALO Sculpt class

When	2026-10-06 11:00 to 2026-10-06 12:00
Where	The Haven Spa, Bajo Boquete
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Summary

OVALO Sculpt, a functional strength, mobility and breath class, runs Tuesdays and Thursdays at 11 am at The Studio, The Haven Spa, Bajo Boquete. Next session Tuesday 6 Oct. Instructor Oriana Velez Nava.

Full text (English)

Location: The Haven Spa, Boquete - Ave. A Oeste. OVALO SCULPT TUE & THU 11 AM. OVALO Sculpt is a conscious movement method combining mobility, functional strength, cardiovascular activation, core work and breath in a progressive sequence designed to strengthen the body, raise energy and cultivate presence. Inspired by functional training and dynamic yoga, it develops stability, endurance and body awareness while keeping a strong connection between movement, alignment and breath. Progression: connect, activate, align, flow, strengthen, elevate, stabilize, release, integrate. Instructor: Oriana Velez Nava (Spanish/English).