

PUBLIC EVENT

Tai Chi & Qi Gong at The Haven

When	2026-10-06 12:30 to 2026-10-06 13:30
Where	The Haven Spa, Bajo Boquete
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Summary

Tai Chi & Qi Gong classes Tuesdays (foundations) and Thursdays (martial practice) at 12:30 pm at The Haven Spa, Bajo Boquete; next session Tuesday 6 Oct. Instructor Mounir Afkir, in English.

Full text (English)

Location: The Haven Spa, Boquete - Ave. A Oeste. TAI CHI & QI GONG TUESDAY & THURSDAY 12:30 PM. TUESDAY: Tai Chi Foundations - learning and refining the basics: stances, posture, weight shifting and the movements of the form, practised slowly step by step. Suitable for beginners and anyone wanting to strengthen fundamentals. THURSDAY: Tai Chi Martial Practice - applications of the form, push hands and partner work; some grounding in basics recommended, beginners best starting on Tuesday. Instructor: Mounir Afkir (English).