

PUBLIC EVENT

Guided meditation (Yoga Nidra) at The Haven, Friday 30 October

When	2026-10-30 12:15
Where	The Haven Wellness Resort & Spa, Bajo Boquete
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Summary

Weekly guided meditation (Yoga Nidra) at The Studio, The Haven Wellness Resort & Spa, Bajo Boquete; held Mondays 10:45 a.m. and Fridays 12:15 p.m., \$5 for 45 minutes. This occurrence is Friday 30 October at 12:15 p.m.

Full text (English)

The Studio at The Haven Wellness Resort & Spa in Bajo Boquete offers guided meditation twice a week: Mondays at 10:45 a.m. and Fridays at 12:15 p.m., \$5 for a 45-minute session. The style is Yoga Nidra, 'yoga for the brain', practised lying on your back while being guided through rotation of consciousness around the body, breath awareness and visualization, producing deep physical, mental and emotional relaxation. Sessions include setting a personal resolve, repeated at the start and end. Classes follow Gentle Yoga on Mondays and Vinyasa Yoga on Fridays and can be added on or taken alone. The teacher is Joy Alexander, head of The Studio, who has led this practice for nearly a decade. More information at StudioHavenBoquete.com.