

PUBLIC EVENT

Guided meditation (Yoga Nidra) at The Haven, Monday 2 November

When	2026-11-02 10:45
Where	The Haven Wellness Resort & Spa, Bajo Boquete
Source	newsboquete
Published	2026-10-28 17:54-05:00
Discovered	2026-10-29 07:01-05:00
Link	https://vive-boquete.blogspot.com/2026/10/news-boquete-weekly-guided-meditation.html

Summary

Weekly Yoga Nidra guided meditation at The Studio, The Haven Wellness Resort & Spa, Bajo Boquete, Monday 2 November at 10:45 a.m., \$5 for 45 minutes (also Fridays 12:15 p.m.).

Full text (English)

Weekly guided meditation at The Studio, The Haven Wellness Resort & Spa in Bajo Boquete, Monday 2 November at 10:45 a.m. The 45-minute Yoga Nidra session costs \$5 and follows Gentle Yoga. Participants rest on their backs and are guided through rotation of consciousness, breath awareness and visualization for deep relaxation. Led by Joy Alexander, head of The Studio. Details at StudioHavenBoquete.com.