

PUBLIC EVENT

Monthly wellbeing class at The Haven, 31 October

When	2026-10-31
Where	The Haven, Boquete
Source	newsboquete
Published	2026-10-30 12:38-05:00
Discovered	2026-10-30 20:00-05:00
Link	https://vive-boquete.blogspot.com/2026/10/news-boquete-naga-massage-reiki-and-tai.htm l

Summary

Mounir of NAGA holds his monthly one-hour class at The Haven on the last Saturday of each month - next on Saturday 31 October - covering one element, its organ and emotion through gentle movement, breath and healing sound. No reservations required.

Full text (English)

Monthly class at The Haven, on the last Saturday of the month (Saturday 31 October): one hour, one element, its organ and its emotion, through gentle movement, breath and a healing sound to take home. No reservations required. Led by Mounir of NAGA, Boquete.