

PUBLIC EVENT

Community Class: Slow Hatha Yoga, Sunday 8 November

When	2026-11-08 09:15 to 2026-11-08 10:30
Where	The Haven Spa, Bajo Boquete
Source	eventsboquete
Published	2026-11-08 09:15-05:00
Discovered	2026-11-01 02:00-05:00
Link	https://eventsboquete.org/boquete-events-calendar/event/1136-community-class-hatha-slow-yoga

Summary

Slow Hatha Yoga community class at The Haven Spa, Bajo Boquete, Sunday 8 November at 9:15 am, \$5 (free for Haven members). Weekly Sunday class.

Full text (English)

This 75-minute Sunday community class at 9:15 am at The Haven Spa explores traditional Hatha Yoga as taught by the early sages, going beyond asanas. Beginners and advanced students are welcome. Instructor: Lester Karplus (in English). Cost \$5, free for Haven members.