

PUBLIC EVENT

Deep Flow Yoga, Saturday 7 November

When	2026-11-07 09:30 to 2026-11-07 10:30
Where	The Haven Spa, Bajo Boquete
Source	eventsboquete
Published	2026-11-07 09:30-05:00
Discovered	2026-11-01 02:00-05:00
Link	https://eventsboquete.org/boquete-events-calendar/event/1474-deep-flow-yoga

Summary

Deep Flow Yoga (vinyasa) at The Haven Spa, Bajo Boquete, Saturday 7 November at 9:30 am. Weekly Saturday class.

Full text (English)

Deep Flow Yoga is held Saturdays at 9:30 am at The Haven Spa, Ave. A Oeste, Boquete. Vinyasa links breath to movement in a flowing, moving meditation that builds strength, flexibility and mind-body unity; Deep Flow is a challenging, powerful version. Instructor: Alejandra (until 7 November) and Joy for the rest of the year (English/Spanish).