PUBLIC EVENT

Deep Flow Yoga, Thursday 5 November

When	2026-11-05 08:00 to 2026-11-05 09:00
Where	The Haven, Bajo Boquete
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Summary

Deep Flow Yoga with Alejandra del Fuego at The Haven, Boquete, Thursday 5 November 8:00–9:00 am; held Thursdays 8 am and Saturdays 9:30 am.

Full text (English)

Deep Flow Yoga, Thu 8 am & Sat 9:30 am. Vinyasa flow linking breath and movement in a moving meditation that builds strength, flexibility and mind-body unity; a challenging, powerful practice. Instructor: Alejandra del Fuego (English/Spanish). The Haven Spa, Ave. A Oeste, Boquete.

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https://BQTWatch.BQTInfo.com/pdf/Calendar/2026-11-01_Event_Deep-Flow-Yoga-Thursday-5-November_v1.pdf