

PUBLIC EVENT

Deep Flow Yoga, Tuesday 3 November

When	2026-11-03 08:00 to 2026-11-03 09:00
Where	The Haven, Bajo Boquete
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Summary

Deep Flow Yoga with Alejandra del Fuego at The Haven, Boquete, Tuesday 3 November 8:00–9:00 am; regularly Thursdays 8 am and Saturdays 9:30 am.

Full text (English)

Deep Flow Yoga, Thu 8 am & Sat 9:30 am. Vinyasa links breath to movement in a moving meditation that builds strength, flexibility and unity of mind and body; Deep Flow is a challenging, powerful form using breathwork and conscious asana. Instructor: Alejandra del Fuego (English/Spanish). The Haven Spa, Ave. A Oeste, Boquete. This session: 3 November 2026, 8–9 am.