

PUBLIC EVENT

Gentle Yoga, Friday 6 November

When	2026-11-06 09:30 to 2026-11-06 10:30
Where	The Haven Spa, Bajo Boquete
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Summary

Gentle Yoga at The Haven Spa, Bajo Boquete, Friday 6 November at 9:30 am. Held Monday through Friday.

Full text (English)

Gentle Yoga runs Monday to Friday at 9:30 am at The Haven Spa, Ave. A Oeste, Boquete. It blends traditional poses with conscious movement and breath awareness, good for beginners or a relaxed, mindful practice. Classes are tailored to the group's needs, in the spirit of yoga as a healing practice. Instructor: Joy Alexander (in English).