

PUBLIC EVENT

Gentle Yoga, Thursday 5 November

When	2026-11-05 09:30 to 2026-11-05 10:30
Where	The Haven Spa, Bajo Boquete
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Summary

Gentle Yoga class at The Studio, The Haven Wellness Resort & Spa, Bajo Boquete, Thursday 5 November at 9:30 am. Held Monday through Friday each week.

Full text (English)

Gentle Yoga runs Monday to Friday at 9:30 am at The Haven Spa, Ave. A Oeste, Boquete. The class blends traditional poses with conscious movement and breath awareness, suitable for beginners or anyone preferring a relaxed, mindful style. Poses are tailored to the group and can address conditions such as back pain or tight shoulders. Instructor: Joy Alexander (in English).