PUBLIC EVENT

Gentle Yoga, Tuesday 3 November

When	2026-11-03 09:30 to 2026-11-03 10:30
Where	The Haven, Bajo Boquete
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Summary

Gentle Yoga with Joy Alexander at The Haven, Bajo Boquete, Tuesday 3 November 9:30–10:30 am; offered Monday through Friday.

Full text (English)

Gentle Yoga, Monday through Friday 9:30 am. A class encouraging breath and body awareness, blending traditional poses with conscious movement; good for beginners or those preferring a relaxed, mindful style, with options and requests encouraged and poses given for conditions such as back pain or tight shoulders. Results include increased strength, flexibility, balance and overall wellbeing. Instructor: Joy Alexander (English). The Studio at The Haven Wellness Resort & Spa, Bajo Boquete.

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