PUBLIC EVENT

Gentle Yoga, Wednesday 4 November

When	2026-11-04 09:30 to 2026-11-04 10:30
Where	The Haven, Bajo Boquete
Source	eventsboquete
Published	2026-11-04 09:30-05:00
Discovered	2026-11-01 02:00-05:00
Link	https://eventsboquete.org/boquete-events-calendar/event/1050-gentle-yoga

Summary

Gentle Yoga with Joy Alexander at The Haven, Bajo Boquete, Wednesday 4 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; suitable for beginners or those preferring a relaxed, mindful style, tailored to the group's needs. Instructor: Joy Alexander (English). The Studio at The Haven Wellness Resort & Spa, Bajo Boquete.

Re-posting is welcome. Please keep the link to the original article, and credit BQTWatch by including this link:
https://BQTWatch.BQTInfo.com/pdf/Calendar/2026-11-01_Event_Gentle-Yoga-Wednesday-4-November_v1.pdf