

PUBLIC EVENT

Gentle Yoga at The Haven, Monday 2 November

When	2026-11-02 09:30 to 2026-11-02 10:30
Where	The Haven Spa, Ave. A Oeste, Bajo Boquete
Source	eventsboquete
Published	2026-11-02 09:30-05:00
Discovered	2026-11-01 02:00-05:00
Link	https://eventsboquete.org/boquete-events-calendar/event/1048-gentle-yoga

Summary

Gentle Yoga class at The Studio, The Haven Wellness Resort & Spa, Ave. A Oeste, Bajo Boquete, Monday 2 November at 9:30–10:30 a.m. Held Monday through Friday each week, in English with Joy Alexander.

Full text (English)

Gentle Yoga, Monday through Friday at 9:30 a.m. A class encouraging breath and body awareness, blending traditional poses with conscious movement. Great for beginners or those who prefer a relaxed, mindful style. Options are given and requests encouraged; each class is tailored to the group's needs, in the spirit of yoga as a healing practice, with poses for various conditions (back pain, tight shoulders, etc.). Results include increased strength, flexibility, balance and enhanced wellbeing. Instructor: Joy Alexander (English). The Studio is located in The Haven Wellness Resort & Spa in Bajo Boquete.