

PUBLIC EVENT

Guided Meditation (Yoga Nidra), Friday 6 November

When	2026-11-06 12:15 to 2026-11-06 13:00
Where	The Haven Spa, Bajo Boquete
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Summary

Yoga Nidra guided meditation at The Haven Spa, Bajo Boquete, Friday 6 November at 12:15 pm, \$5. Held Mondays at 10:45 am and Fridays at 12:15 pm.

Full text (English)

The Haven Spa in Bajo Boquete offers Guided Meditation in the Yoga Nidra style, Mondays 10:45–11:30 am and Fridays 12:15–1:00 pm (45 minutes). Yoga Nidra induces deep physical, mental and emotional relaxation while awareness is maintained, using a personal resolve, rotation of consciousness through the body, breath awareness and guided visualization. The class follows Gentle Yoga and can be an add-on or stand-alone session. Instructor: Joy Alexander. Price \$5 (in English).