

PUBLIC EVENT

Hatha Vinyasa Yoga, Wednesday 4 November

When	2026-11-04 18:00 to 2026-11-04 19:00
Where	The Haven, Bajo Boquete
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Summary

Hatha Vinyasa Yoga with Oriana Velez Nava at The Haven, Boquete, Wednesday 4 November 6:00–7:00 pm; held Mondays and Wednesdays.

Full text (English)

Hatha Vinyasa Yoga, Mon & Wed 6:00 pm. Fluid class combining pranayama, postures, mudras and a closing meditation with sound bath to build balance, strength, flexibility and concentration. Instructor: Oriana Velez Nava (Spanish/English). The Haven Spa, Ave. A Oeste, Boquete.