

PUBLIC EVENT

Vinyasa Flow Yoga, Wednesday 4 November

When	2026-11-04 08:00 to 2026-11-04 09:00
Where	The Haven, Bajo Boquete
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Summary

Vinyasa Flow Yoga with Sigrid Schneider at The Haven, Boquete, Wednesday 4 November 8:00–9:00 am; held Wednesdays.

Full text (English)

Vinyasa Yoga Flow, Wednesday 8 am. Raise energy and build stamina through repetition of high-intensity postures recruiting the larger muscles, improving endurance and joint range of motion; poses can be shortened, modified, propped or skipped. Instructor: Sigrid Schneider (Spanish/English). The Haven Spa, Ave. A Oeste, Boquete.