

Naga holistic practice in Boquete: services and classes

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Summary

Mounir, a holistic practitioner in Volcancito, Boquete, describes his massage, Reiki, reflexology and qigong/tai chi services and prices, plus a library talk on 16 November and regular classes at The Haven.

Full text (English)

A News Boquete posting introduces NAGA (heal, balance, grow), the practice of Mounir, a holistic practitioner based in Volcancito, Boquete. He describes 18 years of practice and training in qigong, tai chi, Jungian psychology, bodywork, nutrition, reflexology and acupressure, working full-time in this field since 2023. His "Bodha Method" has five pillars: Nourish, Move, Breathe, Rest, Know, and begins with a free intake conversation. Services include therapeutic massage, nervous-system relaxation, reflexology, Reiki and private classes; prices run from \$35 to \$55 per session depending on service and whether it is at the practice or at home, with discounts for packages of five. He also gives a talk, "Holistic & Somatic Wellbeing", at the Boquete library on 16 November at 11 am, a monthly class at The Haven on the last Saturday of each month, and weekly tai chi at The Haven on Tuesdays and Thursdays at 12:30. Contact: WhatsApp +507 6303 9091, info@naga.care, www.naga.care.