

Slacklining

You came to the right place for a great slackline experience! Get control of your body and mind in this individual slacklining workshop in Boquete.

After a short introduction to slacklining and how to set up and mount a slackline, you will learn the best way to maintain balance as well as how to walk and sit on the slackline - and how to relax and focus while doing this!

Apart from finding your inner peace to keep the balance, you will practice your fitness and flexibility: Your entire balance comes from your core muscles. Slacklining will do wonders for your core strength and your posture. It exercises tummy, leg muscles, shoulders and a whole bunch of muscles that you didn't know you had (but you might get to know them very well the days after).



And at all levels, slacklining allows you to practice your coordination, agility and reflexes by improving reaction time. The duration of the workshop is 2-3 hours, so you have plenty of time to practice. The location of this workshop varies, your trainer knows the best spots where to put a slackline in Boquete. This individual slacklining workshop is for beginners, experts and everybody in between.