

SCHEDULE OF DAILY ACTIVITIES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|---|--|
| 8.00am to 9.00am | 6.00am to 6.45am | 8.00am to 9.00am | 8.00am to 9.00am | | 8.00am to 9.00am | 8.00am to 9.00am |
| Rising Flow Yoga Yoga Pavilion ♡ | Sunrise Yoga Sandbank ◎◎ | Breath – Flow Yoga Yoga Pavilion ♡ | Mat Pilates Yoga Pavilion ♡ | | Gentle Flow Yoga Yoga Pavilion ♡ | Sun Salutation Yoga Pavilion ♡ |
| 11.00am to 11.30am | 11.00am to 11.30am | 11.00am to 11.30am | 11.00am to 12.00pm | 10.00am to 11.00am | 11.00am to 12.00pm | 11.00am to 12.00pm |
| Wellness Talk "Simple ways to calm Your Nervous System" Yoga Pavilion ◎ | Hydrotherapy Circuit* Hydrotherapy Pool Advance booking required, Maximum 6Person ◎ | Breath well, Feel better* Yoga Pavilion ◎ | Aqua Yoga* Hydrotherapy Pool US\$ 30 per person Advance booking required, Maximum 6 person. ♡ | COMO Shambhala hour* (15-minute neck and shoulders massage) COMO Shambhala Reception | Reformer Pilates* Pilates Studio (15-minutes fundamental exercise) One complimentary session per guest Advance booking required ♡ | Joints Mobilisation* Hydrotherapy Pool US\$ 30 per person Advance booking required, Maximum 6 Person ◎ |
| 3:00pm to 4:00pm | 3:00pm to 4:00pm | 3:00pm to 3:30pm | 3:00pm to 4:00pm | | 5.30 pm to 6.15pm | 5.30pm to 6.15pm |
| Foundational Yoga Yoga Pavilion ◎ | Restorative Yoga Yoga Pavilion ◎ | Meditation Yoga Pavilion ◎ | Yin Yoga Yoga Pavilion ◎ | | Guide Deep Relaxation* US\$ 30 per person Advance booking required. Yoga Pavilion ◎ | Sunset Yoga Sandbank ◎◎ |

To each activity denote their status as active, gentle or outdoors for your reference. Programme is subject to changes. For more information, please contact COMO Shambhala by dialling '2' on your in-room phone.

- Advance booking is advisable; please reach out to our COMO Shambhala team to secure your spot.
- Please note that for all paid activities, cancellations must be made at least two hours in advance; cancellations made within four hours of the activity starting will incur a 50 per cent charge. No-shows will be charged in full.
- We advise you to arrive at least five minutes before each activity begins; if you arrive more than 15 minutes late, or if the class is oversubscribed, you may not be allowed to join out of courtesy for the other participants.
- Our classes are delivered with group dynamics in mind; for a more tailored experience, you may book a private session with one of our experts.
- For our pregnant guests, we recommend private sessions instead of group classes, for closer attention and safety while exercising.
- Outdoor activities are subject to change based on weather conditions. For more information, please refer to the class descriptions on the following page.

CLASS DESCRIPTION

Rising Flow Yoga

Is an energizing practice that combines dynamic movement and breath work to awaken the body & mind.

Wellness talk

A brief talk sharing practical ways to feel calmer, more relaxed, and at ease in daily life.

Foundational Yoga

Emphasizes the basics of poses (asana) and breath control (pranayama) for balance and relaxation.

Sunrise Yoga

A gentle yoga practice performed in the morning to energize the body and mind for the day ahead.

Hydrotherapy Circuit

Wellness experience that involves hydro massage jet. Each element is designed to stimulate circulation, reduce muscle tension, detoxify the body, and promote relaxation and rejuvenation.

Restorative Yoga

Gentle relaxing practice that uses props like bolsters, blankets, and blocks to support the body in passive poses, promoting deep rest and stress relief.

Breath-Flow Yoga

Dynamic style of yoga that links breathe with movement, flowing smoothly between poses in a sequence. It emphasizes fluid transitions, strength, and flexibility.

Breathe Well, Feel Better

The techniques of intentionally controlling your breathing patterns to improve relaxation, focus, and over all heath.

Meditation

A mindfulness practice done while sitting, focusing on breath, thoughts, or sensations to promote relaxation and mental clarity.

Mat Pilates

Form of Pilates exercise performed on the mat, focusing on strengthening the core, improve flexibility, and enhancing over all body alignment and balance through controlled movements and breathing technique.

Aqua Yoga

Low-impact yoga practice performed in water, combining yoga poses and breathing techniques to improve flexibility, strength, and relaxation while reducing strain on joints and muscles.

Yin Yoga

Slow-paced style of yoga that involves holding passive postures for an extended period to target deep connective tissues such as fascia, ligaments, and joints. It promotes flexibility, relaxation, and mindfulness.

Gentle Flow Yoga

Slow, relaxing yoga style with smooth movements and breath coordination to enhance flexibility and clam the mind.

Reformer Pilates

Form of Pilates performed on reformer machine, which uses a sliding carriage, springs, and straps to provide resistance, flexibility, core stability, and over all body alignment through controlled and precise movements.

Guide Deep Relaxation

A guided deep relaxation experience using soothing sound to calm the nervous system and restore balance.

Sun Salutation

A sequence of yoga poses performed in a flow, combination movement, breath, and mindfulness to energize the body, improve flexibility, and promote overall well-being .

Joints Mobilisation

Gentle & Control movement of the joints performed in warm water to improve mobility, reduce the stiffness, ease pain and support safe functional movement.

Sunset Yoga

A calming yoga practice done in the evening to relax and unwind from the day's activities.