

SCHEDULE OF DAILY ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	6:00am to 6:45am
Rising Flow Yoga Yoga Pavilion ♥	Mat Pilates Yoga Pavilion ♥	Breath – Flow Yoga Yoga Pavilion ♥	Sun Salutation Yoga Pavilion ♥		Gentle Flow Yoga Yoga Pavilion ♥	Sunrise Yoga Sandbank ⚙️♥
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 Yoga Pavilion 🕒	Hydrotherapy Circuit*  Hydrotherapy Pool Advance booking required, Maximum 6 Person ♥	Breathing Exercise Yoga Pavilion 🕒	Reformer Pilates* (15-minute fundamental exercise) Pilates Studio One complimentary session per guest Advance booking required 🕒	COMO Shambhala Hour* (15-minute neck and shoulders massage) COMO Shambhala Reception	Aqua Yoga* Hydrotherapy Pool US\$ 30 per person Advance booking required, Maximum 6 person. ♥	Gentle Stretching Yoga Pavilion 🕒
3:00pm to 4:00pm	5.30pm to 6.15pm	3:00pm to 3:30pm	3:00pm to 4:00pm		5.30 pm to 6.15pm	3:00pm to 4:00pm
Yin Yoga Yoga Pavilion 🕒	Sunset Yoga Sandbank ⚙️🕒	Meditation Yoga Pavilion 🕒	Foundational Yoga Yoga Pavilion 🕒		Sleep Yoga Yoga Pavilion 🕒	Restorative Yoga Yoga Pavilion 🕒

🕒 Gentle    ♥ Active    ⚙️🕒 Weather permitting outdoor activities

To each activity denote their status as active, gentle or outdoors for your reference

- 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 discussion that focused on improving health, happiness and over all well-being.

## **Yin Yoga**

Slow-paced style of yoga that involves holding passive postures for an extended period (typically 3-5 minutes or longer) to target deep connective tissues such as fascia, ligaments, and joints. It promotes flexibility, relaxation, and mindfulness.

## **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.

## **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.

## **Sunset Yoga**

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

## **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.

## **Breathing exercise**

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.

## **Sun Salutation Yoga**

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 .

## **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.

## **Foundational Yoga**

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

## **Gentle Flow Yoga**

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

## **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.

## **Sleep Yoga**

A calming session with gentle stretches and breath control, designed to deeply relax the body and prepare for restful sleep.

## **Sunrise Yoga**

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

## **Gentle Stretching**

Slow and mind movements designed to gradually lengthen and loosen muscles and connective tissues without causing discomfort or strain. It promotes flexibility, relaxation, and improved circulation while minimizing the risk of injury.

## **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.