



SCHEDULE OF DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am to 9.00am	10.00am to 12.00pm	7.00am to 9.00am	10.00am to 12.00pm	7.00am to 9.00am	10.00am to 12.00pm	7.00am to 9.00am
Enjoy a Floating Breakfast Price: US\$86 per couple	Offshore Turtle Snorkeling Price: US\$75 per person	Bubbly Breakfast Price: US\$399 per couple	Game Fishing Kindly enquire with your Villa Host for pricing	Enjoy a Floating Breakfast Price: US\$86 per couple	Game Fishing Kindly enquire with your Villa Host for pricing	Bubbly Breakfast Price: US\$399 per couple
10.00am to 12.00pm	12.00pm to 3.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm	10.00am to 12.00pm
Private Boat Hire Kindly enquire with your Villa Host for pricing	Taco Tuesday at Thila Price: À la carte	Kayak and Snorkeling Adventure Price: US\$50 per person	Offshore Turtle Snorkeling Price: US\$75 per person	Private Boat Hire Kindly enquire with your Villa Host for pricing	Offshore Turtle Snorkeling Price: US\$75 per person	Offshore Reef Explorer Snorkeling Price: US\$70 per person
10.00am to 12.00am	3.00pm to 3.30pm	10.00am to 12.00pm	3.30pm to 4.30pm	10.30am to 11.30am	12.00pm to 3.00pm	3.00pm to 3.30pm
Guided Turtle and Reef Snorkeling Safari	Marine Biology Presentation Marine Sports Centre	Offshore Reef Explorer Price: US\$70 per person	Aqua Safari with Marine Biologist Price: US\$70 per person US\$35 per child	Guided Turtle and Reef Snorkeling Safari	Kebab Lunch at Thila Price: À la carte	Kids Marine Biology Presentation Marine Sports Centre
11.30am to 4.00pm	3.30pm to 4.30pm	4.30pm to 5.30pm	4.30pm to 6.30pm	11.30am to 4.00pm	3.00pm to 3.30pm	4.30pm to 6.30pm
Romantic Castaway Picnic at Lavadhoo Price: US\$400 per couple	Guided Marine Biologist Snorkeling Price: US\$50 per person	Try Dive at the Lagoon Introductory Experience	Dolphin Cruise Price: US\$125 per person 62.5 per child	Romantic Castaway Picnic at Lavadhoo Price: US\$400 per couple	Marine Biology Presentation Marine Sports Centre	Dolphin Cruise Price: US\$125 per person US\$62.5 per child
5.00pm to 6.00pm	4.30pm to 6.30pm	5.00pm to 7.00pm	6.30pm to 4.30pm	5.00pm to 7.00pm	4.30pm to 6.30pm	5.00pm to 7.00pm
Romantic Sailing by Traditional Dhoni Price: US\$220 per couple	Dolphin Cruise Price: US\$125 per person US\$62.5 per child	Sunset Bottom Fishing Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	UV Night Snorkeling at House Reef Price: US\$100 per person	Romantic Sailing by Traditional Dhoni Price: US\$220 per couple	Private Boat Hire Kindly enquire with your Villa Host for pricing	Romantic Sailing by Traditional Dhoni Price: US\$220 per couple
7.00pm to 10.00pm	5.00pm to 7.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	5.00pm to 7.00pm	6.30pm to 7.30pm
Candlelit Dinner Price: US\$100 (Set-up only)	Romantic Sailing by Traditional Dhoni Price: US\$220 per couple	Private Cinema Under the Stars Price: US\$450 per couple	Candlelit Dinner Price: US\$100 (Set-up only)	Private Cinema Under the Stars Price: US\$450 per couple	Sunset Bottom Fishing Price: US\$125 per person *Caught fish will be cooked at Madi or Tai	UV Night Snorkeling at House Reef Price: US\$100 per person
7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm	7.00pm to 10.00pm
Flavours of India at Madi No additional supplement for guests on full board or half board	Omakase Set Dinner at Tai Supplement of US\$50 per person on full board or half board	Lobster and Champagne at Madi No additional supplement for guests on full board or half board	Romantic Beach Dinner Price: US\$550 per couple	Sea, Fire, Land and Salt at Madi No additional supplement for guests on full board or half board	Omakase Set Dinner at Tai Supplement of US\$50 per person on full board or half board	Candlelit Dinner Price: US\$100 (Set-up only)

Enjoy sundowners at Thila daily with live music from 5.30pm to 6.30pm with a complimentary glass of Prosecco or Aperol Spritz

- Advance booking is required for all activities. For any inquiries or to check the availability of activities, please contact your dedicated Villa Host, who will be delighted to assist you.
- Private or tailor-made trips based on the excursions listed here can be organised on request. For more details please contact the Guest Services team on extension 0.
- Children aged three to 11 years old will be charged 50 per cent of the excursion price. Infants under three years old will not be charged for any excursions. All children and infants under 12 years old need to be accompanied by a parent or guardian.
- Please give at least two hours notice before the excursions start time for any cancellations. A 50 per cent cancellation fee will apply for notice of less than two hours.
- All prices are subject to a 10 per cent service charge and prevailing government taxes.
- *Denotes activities that allow a limited number of participants.

SCHEDULE OF WELLNESS ACTIVITIES



Rise and Revitalise – Early Bird Offer

Start your day with an extended moment of tranquility. Book any treatment between 9.00am to 11.00am and receive an additional 30 minutes at no extra cost. Reservations can be made at any time – offer valid exclusively for treatments scheduled within Early Bird Hours.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	8.00am to 9.00am
Sun Salutation Flow Yoga pavilion ♡	Hatha Yoga Yoga pavilion ♡	Ashtanga Yoga Yoga pavilion ♡	Vinyasa Yoga Yoga pavilion ♡	Hatha Yoga Yoga pavilion ♡	Vinyasa Yoga Yoga pavilion ♡	Ashtanga Yoga Yoga pavilion ♡
11.00am to 12.00pm	11.00am to 12.00pm	11.30am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm		11.30am to 12.00pm
Sound Healing Meditation Group Session US\$35 per person Yoga Studio Ⓜ	Core Yoga Mobility Training US\$35 per person Yoga Studio ♡	Kids Yoga Yoga Studio Ⓜ	Sound Healing Meditation Group Session US\$35 per person Yoga Studio Ⓜ	Hip and Shoulder Yoga Mobility Training US\$35 per person Yoga Studio ♡		Kids Yoga Yoga Studio Ⓜ
5.30pm to 6.15pm	4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm	4.00pm to 5.00pm		4.00pm to 5.00pm
Sunset Beach Yoga ♡	Restorative Yoga Yoga pavilion Ⓜ	Hatha Yoga Yoga pavilion ♡	Restorative Yoga Yoga pavilion Ⓜ	Vinyasa Yoga Yoga pavilion ♡		Restorative Yoga Yoga pavilion Ⓜ

♡ Active Ⓜ Gentle

- Advance booking is required. Programme is subject to changes. For more information, please contact COMO Shambhala by dialling '2' on your in-room phone
- All prices are subject to prevailing government taxes and service charges

CLASS DESCRIPTION

Hatha Yoga

Focuses on physical postures, breathing exercises, and relaxation techniques. It is often slower-paced, making it accessible to beginners and great for stress relief.

Vinyasa Yoga

Each movement is synchronized with an inhale and exhale, creating a smooth, flowing sequence of poses. It is suitable for those who enjoy a more active, energizing approach to yoga.

Restorative Yoga

Slow-paced style of yoga that focuses on deep relaxation and stretching. Poses are held for several minutes, allowing the muscles to relax and the connective tissues to stretch and release tension. It is a calm and gentle practice and ideal to calm the mind after a long active day.

Ashtanga Yoga

A powerful and rhythmically flowing practice that links each movement to the breath, creating internal heat that purifies the body while improving flexibility, stamina, and focus.

Sun Salutation Flow

A flowing series of 12 yoga poses performed with mindful breath, celebrating the Sun as a source of vitality, clarity, and renewal.

Sunset Beach Yoga

A mindfulness transition to end the day, a series of poses design to release the tension during the day and calms the mind and body before resting.

Sound Healing Meditation

Experience a calming meditative journey guided by resonant sound vibrations designed to align your energy, quiet the mind, and melt away stress.

Yoga Mobility Training

A specific yoga mobility that targeted stiff areas like hips, shoulders and strengthens core, stability in legs and arms and full body strengths to restore freedom of movement.

