

## SCHEDULE OF WELLNESS ACTIVITIES

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
Hatha yoga Yoga pavilion 	Vinyasa yoga Yoga pavilion 	Hatha yoga Yoga pavilion 	Vinyasa yoga Yoga pavilion 	Hatha yoga Yoga pavilion 	Passive Stretching Yoga Studio 	Vinyasa yoga Yoga pavilion 
9.00am to 8.00pm	9.00am to 8.00pm	11.30am to 12.00pm	9.00am to 8.00pm	9.00am to 8.00pm	9.00am to 8.00pm	11.30am to 12.00pm
Travel the world at COMO Shambhala  Best of India - 60 minutes Indian Head Massage and 30 minutes Sundari Facial.  \$180++ per person	Travel the world at COMO Shambhala  Best of Thailand - 60 minutes Thai Massage and 30 minutes Back Massage  \$180++ per person	Kids yoga  Yoga pavilion (Age 5-12 years old)	Travel the world at COMO Shambhala  Best of Indonesia – 90 minutes Authentic Indonesian  \$180++ per person	Travel the world at COMO Shambhala  Best of Jordan - 60 minutes Marine Algae Therapy Wrap + 30 minutes Facial  \$235++ per person	Travel the world at COMO Shambhala  Best of Paris - 90 minutes Guinot Hydradermie Lift Facial  \$200++ per person	Kids yoga Yoga pavilion (Age 5-12 years old) 
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		4.00pm to 5.00pm
Restorative yoga Yoga pavilion 	Restorative yoga Yoga pavilion 	Restorative yoga Yoga pavilion 	Restorative yoga Yoga pavilion 	Restorative 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.

## Indian Head Massage

Helps relieve stress-induced tension in the head, neck and shoulders. A gentle facial massage of the nine Marma facial points is also included.

## Thai Massage

Assists in unblocking trapped energy and improves vitality. Your expert COMO Shambhala therapists manoeuvre your body into yoga-like stretching positions, applying pressure along the meridians and mobilising joints.

## Indonesian Massage

An Authentic Indonesian Massage. Our experts incorporate both rolling and kneading strokes, providing a good therapeutic workout and inducing deep relaxation.

## Marine Algae Therapy

Treatment contains rich minerals and vitamins to stimulate metabolism and boost circulation.

## Guinot Hydradermie Plus Treatment

Involves deep cleansing, purification, oxygenation and hydration to leave skin with a healthy glow. Prescriptive gels to suit your specific needs are applied to your skin, before a mild ionised current helps the gel to penetrate through.

## Assisted Stretching

Enhance your flexibility while reducing muscle tension and relieving stiffness