

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	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm
Sound Healing Meditation Group Session US\$35++ per person Yoga Studio ⦿	Core Yoga Mobility Training US\$35++ per person Yoga Studio ♡	Integrated Fitness Training with Claudio Bolognini US\$80++ per person Gym ♡	Sound Healing Meditation Group Session US\$35++ per person Yoga Studio ⦿	Hip and Shoulder Yoga Mobility Training US\$35++ per person Yoga Studio ♡	Fitness Training with Claudio Bolognini Complimentary Gym ♡	Integrated Fitness Training with Claudio Bolognini US\$80++ per person Gym ♡
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.