

SCHEDULE OF FITNESS 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
Hatha yoga Yoga pavilion 	Vinyasa yoga Yoga pavilion 	Hatha yoga Yoga pavilion 	Vinyasa yoga Yoga pavilion 	Hatha yoga Yoga pavilion 		Vinyasa yoga Yoga pavilion 
		11.30am to 12.00pm				11.30am to 12.00pm
Embodied Flow Private Somatic Yoga Yoga pavilion Group Class US\$60 per adult guest	Deep Breath Yoga Studio Group Class US\$60 per adult guest	Kids yoga Yoga pavilion (Age 5-12 years old)	Somatic Reset Yoga pavilion Group Class US\$60 per adult guest	Deep Stretch Yoga Studio Group Class US\$60 per adult guest		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 yin yoga Yoga pavilion 	Restorative yin yoga Yoga pavilion 	Restorative yin yoga Yoga pavilion 	Restorative yin yoga Yoga pavilion 	Restorative yin yoga Yoga pavilion 		Restorative yin 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 or exhale, creating a smooth, flowing sequence of poses. It is suitable for those who enjoy a more active, energizing approach to yoga.

Restorative yin 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.

Embodied Flow: Private Somatic Yoga

Come home to your body through intuitive movement, somatic exploration, and embodied awareness. This one-on-one session helps you reconnect with your inner wisdom, fostering authentic, free-flowing movement and a deep sense of self-trust

Deep Breath

A fusion of traditional yogic breathing techniques (Pranayama) and targeted upper-body stretches, this class enhances lung capacity and breath control. Especially recommended for freedivers, surfers, and anyone looking to breathe with greater ease and intention.

Somatic Reset

A deeply restorative experience combining gentle breathwork, Yin Yoga postures, and Yoga Nidra. Designed to release stored tension, regulate the nervous system, and guide you back to a state of calm resilience and inner balance.

Deep Stretch

Specifically targeting the muscles engaged while surfing, this class is designed to release tension and help you ease into a beautiful, relaxed day on the island.

Power Couple Yoga

A private couple's massage class, teaching you the skills you need to benefit from this centuries-old healing tradition at home. Our massage therapist will teach both chair-based and massage bed techniques, explaining the anatomy of the back and the key areas to target.

Assisted Stretching

Enhance your flexibility while reducing muscle tension and relieving stiffness

