

SCHEDULE OF DAILY ACTIVITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00am to 9.00am	8.00am to 9.00am	7.00am to 8.00am	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 	Sun rise yoga Yoga pavilion 	Hatha yoga Yoga pavilion 	Vinyasa yoga Yoga pavilion 		Vinyasa yoga Yoga pavilion 
10.00am to 10.45am	10.00am to 10.45am	11.30am to 12.00pm	10.00am to 10.45am	11.30am to 12.00pm		11.30am to 12.00pm
Yoga for back pain Yoga pavilion US\$50 per guest	Yoga for hips opening Yoga pavilion US\$50 per guest	Kids yoga Yoga pavilion (Age 5-12 years old)	Yoga for diver Yoga pavilion US\$50 per guest	Pranayama (Breathwork) Yoga pavilion US\$50++ 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 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 
Daily 9.00am to 9.00pm						
30-minute Post Workout Passive Static Stretching and Surf Recovery Release Stretching Yoga pavilion US\$50 per guest						

 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.

Yoga for back pain

Therapeutic poses that help relieve tension, improve flexibility, and strengthen the muscles supporting the spine. The practice includes stretches to lengthen the back, open the hips, and release tightness in areas like the lower back and shoulders.

Yoga for hips opening

Focuses on stretches and poses that release tension and improve flexibility in the hips, pelvis, and lower back. These poses target the hip flexors, groin, and glutes, helping to stretch and strengthen the muscles around the hips.

Yoga for diver

Focuses on enhancing flexibility, strength, and breath control. It emphasizes stretches for the shoulders, hips, spine, and legs to increase mobility, reduce tension, and improve posture. Recommended for pre-dive and post-dive.

Kids yoga

Designed specifically for children, incorporating playful elements and focusing on developing strength, flexibility, balance and mindfulness.



Pranayama (Breathwork)

Pranayama is an art that practises breathing control, enabling optimum health and calm by increasing oxygen flow.

Passive static stretching

This session helps to release muscle tightness, enhanced joint mobility and increase range of motion and flexibility. Recommended to use steam bath after.