

SCHEDULE OF DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30am to 9.30am	8.30am to 9.30am	8.30am to 9.30am	8.30am to 9.30am	8.30am to 9.30am	8.30am to 9.30am	8.30am to 9.30am
Sun Salutation Flow Yoga Maximum of 18 guests ♡☀	Yoga for Immunity Maximum of 18 guests ♡☀	Wake Up Flow Yoga Maximum of 18 guests ♡☀	Wake-up Walk Maximum of 18 guests ♡☀	Rising Flow Yoga Maximum of 18 guests ♡☀	Deep Flow Yoga Maximum of 18 guests ♡☀	Vinyasa Yoga Maximum of 18 guests ♡☀
9.30am to 12.00pm	9.30am to 12.00pm	9.30am to 12.00pm	9.30am to 12.00pm	9.30am to 12.00pm	9.30am to 12.00pm	9.30am to 12.00pm
Truffle Hunting with Lunch €300 per person ♡☀	Truffle Hunting with Lunch €300 per person ♡☀	Truffle Hunting with Lunch €300 per person ♡☀	Truffle Hunting with Lunch €300 per person ♡☀	Truffle Hunting with Lunch €300 per person ♡☀	Truffle Hunting with Lunch €300 per person ♡☀	Truffle Hunting with Lunch €300 per person ♡☀
10.00am	10.00am	10.00am	10.00am	10.00am	10.00am	10.00am
Complimentary shuttle service to Siena	Complimentary shuttle service to Florence	Complimentary shuttle service to Siena	Complimentary shuttle service to Florence	Complimentary shuttle service to Siena	Complimentary shuttle service to Florence	Complimentary shuttle service to Florence
	11.30am to 1.00pm	11.30am to 1.00pm				
	Pasta Cooking Class €300 per person*	Pasta Cooking Class €300 per person*				
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	4.00pm to 5.00pm
Pizza Making Class €150 per person* Maximum of four guests	Pizza Making Class €150 per person* Maximum of four guests	Pizza Making Class €150 per person* Maximum of four guests	Pizza Making Class €150 per person* Maximum of four guests	Pizza Making Class €150 per person* Maximum of four guests	Pizza Making Class €150 per person* Maximum of four guests	Pizza Making Class €150 per person* Maximum of four guests
5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm
Restorative Yoga Maximum of 18 guests ♡☀	Pilates Mat – ♡☀ Legs and core Maximum of 18 guests	Sleep Yoga Maximum of 18 guests ♡☀		Pilates Mat – ♡☀ Full body Maximum of 18 guests	Restorative Yoga Maximum of 18 guests ♡☀	Pilates Mat – ♡☀ Upper body Maximum of 18 guests
	5.30pm to 6.30pm	5.30pm to 6.30pm	5.30pm to 6.30pm	5.30pm to 6.30pm	5.30pm to 6.30pm	5.30pm to 6.30pm
	Wine Tastings Prices from €100 per person Maximum of eight guests	Wine, Olive Oil and Cheese Tastings Prices from €100 per person Maximum of eight guests	Wine, Olive Oil and Cheese Tastings Prices from €100 per person Maximum of eight guests	Wine, Olive Oil and Cheese Tastings Prices from €100 per person Maximum of eight guests	Wine, Olive Oil and Cheese Tastings Prices from €100 per person Maximum of eight guests	Wine, Olive Oil and Cheese Tastings Prices from €100 per person Maximum of eight guests
5.00pm	6.00pm	5.00pm	6.00pm	5.00pm	6.00pm	6.00pm
Complimentary shuttle service from Siena	Complimentary shuttle service to Florence	Complimentary shuttle service to Siena	Complimentary shuttle service to Florence	Complimentary shuttle service to Siena	Complimentary shuttle service to Florence	Complimentary shuttle service to Florence

CLASS DESCRIPTION

Restorative Yoga

A gentle class to help stretch tight muscles and create length in the body. This class focuses on increasing mobility and stability to improve fundamental movement patterns.

Yoga for Immunity

A yoga class to provide a gentle, natural means of supporting the immune system. The class aims to condition the lungs, stimulate the lymphatic system to oust toxins from the body, and promote blood circulation. The calming sequence will help lower stress hormones that compromise the immune system.

Deep Flow Yoga

An active practice that aims to release mental and physical tension. The class will assist to bring awareness to subtle energies while strengthening the abdominal muscles.

Sun Salutation Yoga

Start the day by creating focus and improving flexibility, as well as helping to boost your immune system and overall health. Relieve stress and find inner peace through this yoga session.

Wake Up Flow Yoga

An active morning yoga practice to invigorate body and mind. The class begins with sun salutations and moves into additional asanas that shake off sleepiness, stretch out stiff muscles and focus your mind.

Rising Flow Yoga

A dynamic practice inspired by the Ashtanga Primary Series, blending traditional asanas with breath and flow to boost endurance and strength.

Sleep Yoga

A calming session with gentle stretches and breath control, designed to deeply relax the body and prepare for restful sleep.

Pilates Mat: Legs and Core

An energising Pilates mat class, designed to target for the legs and core to improve strength, flexibility, and coordination.

Pilates Mat: Upper Body

A focused Pilates class that begins with a general body warm-up and transitions into targeted exercises aimed at strengthening and toning the upper body.

Pilates Mat: Full Body

A fun and engaging workout that involves a comprehensive series of Pilates exercises, designed to activate and strengthen every part of your body for a balanced and full-body conditioning experience.

Estate Walk

Join a guided walk to explore the estate's forests, lakes, olive groves and vineyards. We have four routes indicated on our map. However, the entire 740-acre estate is free to roam. The surrounding countryside is typical of Tuscany's rolling beauty, and home to rich wildlife, including hares, deers and even boars.

Truffle Hunting with Lunch

Embark on an exquisite truffle hunting experience set amidst the rolling hills of our Tuscan estate. Our seasoned truffle hunter will guide you through the picturesque woods in search of these rare and prized delicacies, which you will indulge in at a special four-course lunch.

Pizza Making Class

Guided by our expert chef, you will choose from carefully sourced ingredients to make your favourite pizza, before baking it in our own wood-fired pizza oven. Enjoy the fruits of your labour with a cool drink as you look out over the spectacular hills, vineyards and olive groves of the Chianti region.

Pasta Making Class

Learn the art of making pasta from scratch with our Executive Chef, Giovanni Luca Di Pirro.

Wine Tastings

Choice of:

Chianti Classico wine tasting

Our sommelier will share his knowledge of Chianti Classico wines during these hour-long tasting sessions. Each wine will be accompanied by a range of delicious Tuscan cold cuts and pecorino sheep cheese.

Brunello Di Montalcino wine tasting

Among Italy's best-regarded wines is Brunello di Montalcino — a product of the Tuscan province of Siena. In 1980, Brunello di Montalcino was among the four wines awarded the first Denominazione di Origine Controllata e Garantita (DOCG).

Super Tuscan wine tasting

During the hour-long tasting session with our sommelier, you will be given an introduction to Super Tuscan wines while you sample a few of our sommelier's favourites, accompanied by a range of Tuscan cold cuts and pecorino cheese.

Wine, Olive Oil and Cheese Tastings

There will be an assortment of breads, fresh and dried fruits, along with the estate's home-grown extra virgin olive oil to accompany the cheese selection. Carefully selected wines — ranging from a dry white for low aromatic cheeses, through to bold vintage reds for cheeses of medium-aromatic intensity — will also be chosen to perfectly complement each cheese selection. Then, round off your tasting with a passito or liqueur wine to bring out the rich flavours of the aged cheeses.

POINTS TO NOTE

- The symbols next to each activity denote their status as active, gentle or outdoors for your reference.
- Advance booking is advisable; please reach out to our COMO Shambhala Estate team to secure your spot.
- Please note that for all paid activities, cancellations must be made at least two hours in advance; cancellations made within two hours of the activity starting will incur a 50 per cent charge. No-shows will be charged in full.
- We advise you to arrive at least five minutes before each activity begins; if you arrive more than 15 minutes late, or if the class is oversubscribed, you may not be allowed to join out of courtesy for the other participants.
- Our classes are delivered with group dynamics in mind; for a more tailored experience, you may book a private session with one of our experts.
- For our pregnant guests, we recommend private sessions instead of group classes, for closer attention and safety while exercising.
- Outdoor activities are subject to change based on weather conditions.
- Please bring sun protection, and wear suitable attire (including footwear) for outdoor activities.