



KOYA WEBB YOGA CLASS

Kickstart start your holistic wellbeing with visiting expert practitioner Koya Webb. Join Webb for a daily complimentary yoga class or arrange private sessions at a time of your choosing. Through a variety of movement, mindfulness and meditation techniques, Webb can help unlock your deepest state of relaxation for the weeks and months ahead.

PRIVATE CLASSES

Breathwork and Mindfulness

A guided breathwork (Pranayama) class to activate the parasympathetic nervous system, helping to reduce anxiety and improve mental clarity.

Yoga for Stress Relief

Relax body, mind, and soul with movement techniques designed to improve mental clarity and instil a sense of calm.

Vinyasa Yoga for Flexibility

Increase your flexibility, strengthen your core and improve your balance with a series of poses to open the hips, legs and hamstrings.

Yin Yoga

Refresh weary joints and muscles, and soothe your mind with a slower-paced session involving long, passive holds. A perfect complement to Vinyasa.

Couple's Yoga

Aimed at building compassion, trust, balance and creativity, this class will allow you to deepen your experience by sharing your practice with a significant other.

Forgiveness Meditation

A three-step guided meditation focused on releasing resentment and fostering forgiveness.

Mindful Meditation

Learn mindfulness practices and techniques to help you find happiness, abundance and success.

60 minutes per class – Prices from US\$150.
All prices are subject to service charge and prevailing government tax.

To book a session with Koya Webb, please contact COMO Shambhala by dialling 2 on your in-room phone or contact the COMO Shambhala Reception below.

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