

SCHEDULE OF DAILY ACTIVITIES / APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am
Beach Walk Lobby	Full Body Stretching COMO Shambhala Retreat (Maximum of 12 persons)	Beach Walk Lobby	Full Body Stretching COMO Shambhala Retreat (Maximum of 12 persons)	Beach Walk Lobby	Hatha Yoga COMO Shambhala Retreat (Maximum of 12 persons)	Hatha Yoga COMO Shambhala Retreat (Maximum of 12 persons)
10.00am to 3.00pm	8.00am to 1.00pm	10.00am to 3.00pm	8.00am to 1.00pm	10.00am to 3.00pm	8.30am to 1.30pm	10.00am to 3.00pm
Phuket Cultural and Old Town Tour** THB 3,000 ++ per person (Minimum of two persons)	Black Rock and Laem Krating Hike** THB 3,300 ++ per person (Minimum of two persons)	Phuket Cultural and Old Town Tour ** THB 3,000 ++ per person (Minimum of two persons)	Big Buddha from Kata Beach Hike** THB 3,300 ++ per person (Minimum of two persons)	Phuket Cultural and Old Town Tour ** THB 3,000 ++ per person (Minimum of two persons)	Khao Phra Teaw National Park Hike** THB 3,800 ++ per person (Minimum of two persons)	Phuket Cultural and Old Town Tour ** THB 3,000 ++ per person (Minimum of two persons)
11.00am to 3.00pm						
Rang Yai Beach Experience (Join a group trip) ** Adult - THB 1,900++ per adult (Minimum of two adults / Maximum of eight persons) / Children - THB 900++ per child (4 to 12 year old) / Infant – complimentary for aged four and younger Private 6,500++ per trip / maximum of four persons (Additional charge 1,000++ per person)						
12.00pm to 2.00pm						
Thai Cooking Class ** Nahmyaa THB 2,200 ++ per person (Maximum of four persons)						
2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm
Bracelet Making Lobby (Maximum of five persons)	Tie Dye Making Play by COMO THB 800++ per person	Animal Towel Folding Lobby (Maximum of five persons)	Basic Mandala Lobby (Maximum of five persons)	Tie Dye Making Play by COMO THB 800++ per person	Thai Language Class Lobby (Maximum of 10 persons)	Animal Towel Folding Lobby (Maximum of five persons)
3.00pm to 4.00pm						
Cocktail and Mocktail Class ** Aqua Bar THB 1,200++ or 690++per person (Maximum of four persons)						
4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm
Muay Thai Lobby (Minimum of two persons)	Family Fun with Archery Lobby	Family Fun with Cornhole Lobby	Family Fun with Badminton Lobby	Muay Thai Lobby (Minimum of two persons)	Family Fun with Archery Lobby	Family Fun with Cornhole Lobby
		5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm		
		Asthanga Yoga COMO Shambhala Retreat (Maximum of 12 persons)	Vinyasa Yoga COMO Shambhala Retreat (Maximum of 12 persons)	Asthanga Yoga COMO Shambhala Retreat (Maximum of 12 persons)		

** Please contact our Guest Service Agent to book activities at least 24 hours in advance and are subject to availability.

All price is subject to a 10 percent service charge and seven per cent government tax

CLASS DESCRIPTION

Full Body Stretching

Benefits for both your mental and physical health when done regularly.

Beach Walk

Start your day with an energizing power walk along the beachfront, with views across the mangrove forests. Sportswear and sports shoes are required.

Phuket Old Town Tour

Visit Old Phuket town, the must-see historical district of the city, including Wat Chalong and Big Buddha.

Khao Phra Teaw National Park Hike

This is a challenging, four-hour trek into the green heart of Phuket's only virgin rainforest, far beyond the public access area of the Khao Phra Teaw National Park in the north of the island.

Rang Yai Beach Getaway

Experience the tranquil sands on Rang Yai Island – an idyllic backdrop for quality beach time while visiting COMO Point Yamu. The peaceful beach is just off the east coast of Phuket, a short 15-minute longtail boat ride away.

Black Rock and Laem Krating Hike

This hike starts from Rawai village and takes you to Black Rock Viewpoint where you can look out over Phuket's western Nai Harn beach, before moving onto Laem Krating, a lesser-known viewpoint with panoramic views of the Andaman Sea.

Big Buddha from Kata Beach Hike

Begin on the green slopes of Kata and make your way to where the towering Big Buddha statue sits. This is a more advanced trek that takes you through the habitat of diverse plants and wildlife that call this area home.

POINTS TO NOTE

- Advance booking is advisable; please reach out to our COMO Point Yamu 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.

Thai Cooking Class

Learn about Thai cuisine and cooking methods while becoming familiar with an array of fresh and exotic produce, including local herbs and spices.

Bracelet Making

Make your own friendship bracelet. A bracelet is best known as a symbol of a relationship with someone. Friendship bracelets are very in trend, especially among teens.

Tie-dye

Tie-dyeing is a method of dyeing by hand in which colored patterns are produced in the fabric by gathering together many small portions of material and tying them tightly with string before immersing the cloth in the dye bath.

Animal Towel Folding

It is conceptually similar to origami but uses towels rather than paper. Some common towel animals are elephants, snakes, rabbits, and swans.

Basic Mandala

In the ancient Sanskrit language of Hinduism and Buddhism, mandala means "circle." Drawing the mandala can also be used as an aid to meditation.

Thai Language Class

In this class, you'll learn the most useful Thai words for beginners along with their pronunciation.

Cocktail and Mocktail Making

Throughout the class, you will learn about balancing flavors and how to use ingredients such as bitters, syrups, and garnishes to create unique and delicious cocktails or mocktails.

Muay Thai

Thai Boxing or Muay Thai is Thailand's national sport that combines kicking and punching-style motions in surprisingly artful displays.

Family Fun with Archery

Archery is an excellent activity for the entire family. You can shoot in the backyard or nearby range. It's one of the safest sports and can be enjoyed indoors, too. Archery is also great exercise with many mental benefits.

Family Fun with Cornhole

Cornhole is a lawn game in which players take turns throwing wheat bags at a raised platform with a hole in the far end.

Badminton

This activity offers a fun and exciting way for families to spend time together while also getting some exercise. Through this activity, family members can develop a sense of teamwork and cooperation and improve their physical fitness and coordination.

Vinyasa Yoga

This yoga style offers Asanas in a series of flowing movements synchronized with the breath. This vigorous practice is done in which the breath is used as a constant point of reference for returning to and resting in the present moment.

Ashtanga Yoga

This intense and dynamic style builds cardiovascular strength and flexibility, threading together individual postures into a flowing action connected to the breath.

Hatha Yoga

Hatha is devoted to the physical processes and involves breathing and physical exercises.

Restorative Yoga

Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

- 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.