

COMO POINT YAMU

SCHEDULE OF DAILY ACTIVITIES

Available from May 1st to June 30th 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8.15am to 9.15am	8.15am to 9.15am
					Hatha Yoga Yoga Studio	Hatha Yoga Yoga Studio
		5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm		
		Restorative Yoga Yoga Studio	Vinyasa Yoga Yoga Studio	Vinyasa Yoga Yoga Studio		

CLASS DESCRIPTION

Restorative Yoga

Restorative yoga is a styles 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.

Hatha Yoga

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

Vinyasa Yoga

This yoga style offers Asanas in a series of flowing movements synchronized with breathing. 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.

POINTS TO NOTE

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