

COMO POINT YAMU

SCHEDULE OF DAILY ACTIVITIES / APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am to 9.00am	8.15am to 9.00am	8.15am to 9.00am	8.15am to 9.00am	8.15am to 9.00am	8.15am to 9.15am	8.15am to 9.15am
Beach Walk Lobby	Stretch Class COMO Shambhala Retreat (Maximum of 12 persons)	Beach Walk Lobby	Stretch Class COMO Shambhala Retreat (Maximum of 12 persons)	Beach Walk Lobby	Vinyasa Yoga COMO Shambhala Retreat (Maximum of 12 persons)	Hatha Yoga COMO Shambhala Retreat (Maximum of 12 persons)
11.00am to 11.30am	11.00am to 11.30am	11.00am to 11.30am	11.00am to 11.30am	11.00am to 11.30am		
Yoga for Neck, Shoulder and Back Release COMO Shambhala Retreat (Maximum of 12 persons)	Yoga for Hip and Legs COMO Shambhala Retreat (Maximum of 12 persons)	Yoga for Neck, Shoulder and Back Release COMO Shambhala Retreat (Maximum of 12 persons)	Yoga for Hip and Legs COMO Shambhala Retreat (Maximum of 12 persons)	Yoga for Neck, Shoulder and Back Release COMO Shambhala Retreat (Maximum of 12 persons)		
Check availability						
Land Experiences Phuket Cultural and Old Town Tour (THB3,000++ per person) / Hiking to Black Rock & Karting Cape (THB3,300++ per person) / Rainforest Hiking (THB3,800++ per person) All (Minimum of two person) ** Please contact our Guest Service Agent to book activities at least 24 hours in advance and are subject to availability.						
9.30am to 1.30pm						
Rang Yai Beach Getaway (Join a group trip) ** Adult - THB 1,900++ per adult (Minimum of four adults / Maximum of seven persons) / Children - THB 900++ per child (4 to 12 year old) / Infant – complimentary for aged four and younger Private 7,500++ per trip / 4 hours / maximum of four persons (Additional charge 1,000++ per person)						
Check availability						
Pampering at COMO Shambhala: Skin Detoxifying Treatment 30mins (THB 1,000net per person) OR Skin Detoxifying Treatment 30mins follow by Indian Head Massage 30mins (THB 2,500++ per person)						
3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm
Bracelet Making Lobby THB 300++ per piece (Maximum of five person)	Tie Dye Making Lobby THB 800++ per piece (Maximum of five person)	Animal Towel Folding Lobby (Maximum of five person)	Bracelet Making Lobby THB 300++ per piece (Maximum of five person)	Tie Dye Making Lobby THB 800++ per piece (Maximum of five person)	Thai Talks Lobby (Maximum of five person)	Animal Towel Folding Lobby (Maximum of five 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	
Restorative Yoga COMO Shambhala Retreat THB 800++ per person (Maximum of eight persons)	HIIT Cardio with Sand Bag COMO Shambhala Retreat THB 800++ per person (Maximum of five persons) *Power & Energy Session*	Mat Pilates COMO Shambhala Retreat THB 800++ per person (Maximum of five persons)	Fit Ball COMO Shambhala Retreat THB 800++ per person (Maximum of one to two persons)	Sound Healing Meditation COMO Shambhala Retreat THB 800++ per person (Maximum of eight persons)	Sound Healing Meditation COMO Shambhala Retreat THB 800++ per person (Maximum of eight persons)	
4.15pm to 5.00pm	4.00pm to 7.00pm	4.15pm to 5.00pm	4.15pm to 5.00pm	4.15pm to 5.00pm	4.15pm to 5.00pm	4.15pm to 5.00pm
Beginner Muay Thai Class Lobby (Maximum of five person)	Sunset Cruise with Capricorn (Join Trip) THB 4,500++ per person (Minimum of four persons)	Family Fun with Badminton Lobby	Basic Muay Thai Class Lobby (Maximum of five person)	Family Fun with Corn Hole Lobby	Beginner Muay Thai Class Lobby (Maximum of five person)	Family Fun with Soft Archery Lobby

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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.

Basic Muay Thai Class

Emphasizes core techniques such as stance, punches, kicks, elbows, and knees. Suitable for beginners as well as those who want to review fundamentals.

Beginner Muay Thai Class

Focuses on target learners—people with little to no prior experience. The pace is usually slower and more guided.

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.

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.

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.

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.

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.

Traditional Thai Signature Therapy

This treatment begins with a full body scrub, which includes traditional herbs like lemongrass and galangal to help stimulate circulation and nourish the skin, while also boosting your body's immune system. Our therapists will then apply a compress which uses aromatic herbs and spices to improve circulation, soothe muscle aches and pains, and rejuvenate your body.

Family Fun with 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.

COMO Shambhala Stretch Class – Lower Body / Upper Body
A guided flexibility session using the Active Isolated Stretching (AIS) technique to safely and effectively improve mobility, joint health, and overall body balance. This 45-minute class is suitable for all levels of fitness and provides a gentle yet powerful way to enhance range of motion, release tension, and support long-term physical wellbeing.

Sound Healing Meditation

Experience deep relaxation and inner balance through the power of sound. This class uses soothing vibrations from instruments such as singing bowls, chimes, and gentle rhythmic tones to calm the mind, release stress, and restore your natural energy flow. Perfect for anyone seeking peace, clarity, and a holistic reset. Join us and let the sound guide you into harmony.

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.
- 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.