

SCHEDULE OF DAILY WELLNESS ACTIVITIES

(Week Two to Four)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am
Deep Flow Yoga ♥ Yoga Pavilion	Meridian Stretch Qi Gong ○ Lawn or Yoga Pavilion	Village and Rice Field Walk ♥ ⚙️ Activity Office	Revitalising Yoga ♥ Yoga Pavilion	Village and Rice Field Biking * ♥ ⚙️ Activity Office	Estate Walk ♥ ⚙️ Activity Office	Wake Up Yoga Flow ♥ Yoga Pavilion
11.00am to 12.00pm	11.00am to 11.30am	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm
Therapeutic Hydrotherapy * ♥ ⚙️ Vitality Pool	Cardio Boost ♥ Gym	Core Work ♥ Yoga Pavilion	Therapeutic Hydrotherapy * ♥ ⚙️ Vitality Pool	COMO Circuit Training ♥ Gym	Pilates Mat: Legs and Core ♥ Yoga Pavilion	Functional Fitness Training ♥ Gym
2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm
Restorative Yoga ○ Yoga Pavilion	Balinese Gratitude Ceremony ○ Activity Office	Therapeutic Hydrotherapy * ♥ ⚙️ Vitality Pool	Pilates with Props ♥ Yoga Pavilion	Balinese Gratitude Ceremony ○ Activity Office	Therapeutic Hydrotherapy * ♥ ⚙️ Vitality Pool	Breathwork Workshop ○ Yoga Bale
4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm
Estate Walk ♥ ⚙️ Activity Office	Village and Rice Field Biking * ♥ ⚙️ Activity Office	Easy Flow Yoga ○ Yoga Pavilion	Meridian Stretch Qi Gong ○ Lawn or Yoga Pavilion	Yoga Nidra Meditation ○ Pilates Studio	Better Life Yoga ♥ Yoga Pavilion	Village and Rice Field Biking * ♥ ⚙️ Activity Office

♥ Active ○ Gentle ⚙️ Weather permitting outdoor activities

* Additional charge IDR 350,000 per guest and subject to 21 per cent government tax and service

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.

For more information, please refer to the class descriptions on the following page.

SCHEDULE OF DAILY WELLNESS ACTIVITIES

(Week One)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am	8.00am to 9.00am
Deep Flow Yoga ♥ Yoga Pavilion	Meridian Stretch Qi Gong ○ Lawn or Yoga Pavilion	Village and Rice Field Walk ♥ ⚙️ Activity Office	Revitalising Yoga ♥ Yoga Pavilion	Village and Rice Field Biking * ♥ ⚙️ Activity Office	Estate Walk ♥ ⚙️ Activity Office	Wake Up Yoga Flow ♥ Yoga Pavilion
11.00am to 12.00pm	11.00am to 11.30am	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm
Therapeutic Hydrotherapy * ♥ ⚙️ Vitality Pool	Cardio Boost ♥ Gym	COMO Circuit Training ♥ Gym	Therapeutic Hydrotherapy * ♥ ⚙️ Vitality Pool	Core Work ♥ Yoga Pavilion	Pilates Mat: Legs and Core ♥ Yoga Pavilion	Functional Fitness Training ♥ Gym
2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm
Restorative Yoga ○ Yoga Pavilion	Balinese Gratitude Ceremony ○ Activity Office	Therapeutic Hydrotherapy * ♥ ⚙️ Vitality Pool	Pilates with Props ♥ Yoga Pavilion	Balinese Gratitude Ceremony ○ Activity Office	Therapeutic Hydrotherapy * ♥ ⚙️ Vitality Pool	Breathwork Workshop ○ Yoga Bale
4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm
Estate Walk ♥ ⚙️ Activity Office	Village and Rice Field Biking * ♥ ⚙️ Activity Office	Yoga Nidra Meditation ○ Pilates Studio	Meridian Stretch Qi Gong ○ Lawn or Yoga Pavilion	Easy Flow Yoga ○ Yoga Pavilion	Better Life Yoga ♥ Yoga Pavilion	Village and Rice Field Biking * ♥ ⚙️ Activity Office

♥ Active ○ Gentle ⚙️ Weather permitting outdoor activities

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Points to Note

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For more information, please refer to the class descriptions on the following page.



COMO SHAMBHALA

CLASS DESCRIPTION

Restorative Pilates

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.

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.

Pilates with Props

An active, engaging Pilates class designed to improve strength, coordination and flexibility using a range of Pilates props.

Easy Flow Yoga

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.

Revitalising Yoga Class

An active yoga sequence to increase stamina, endurance, mobility and strength. The class will assist to elongate muscles, strengthen joints and stabilise the core.

Core Work

Learn isolated and dynamic bodyweight movements that target the strength and efficiency of your core.

Better Life Yoga

This class is a mix of active and gentle yoga styles. The dynamic aspect of the flow will get the blood flowing to your muscles while the slower poses will target deep connective tissues.

Pilates Mat: Legs and Core

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

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.

Breathwork Workshop

Discover the art of yogic breathing (pranayama), which guides meditation and helps to optimise health by increasing oxygen flow throughout the body.

Balinese Gratitude Ceremony

Make your own gratitude offering – known as "Canang Sari" – accompanied by our activity guide. Canang sari is offered to the god Sang Hyang Widhi Wasa daily, in gratitude for world peace.

Maximum eight guests per session.

Cardio Boost

This class takes place indoors, with full-body exercises that get your heart rate up. An elevated heart rate has many health benefits, including lowering fat and supporting your bone density.

Maximum of six guests per session.

Estate Walk

Join a short guided walk on the Estate's scenic nature path. The walk is of moderate difficulty with some steep areas.

Maximum of eight guests per session.

Therapeutic Hydrotherapy

Experience a combination of stretching, aerobics and water jet massage in our heated Vitality Pool, filled with healing natural spring water. The hydrotherapy session ends with relaxation on our al fresco sun beds.

Maximum of eight guests per session.

COMO Circuit Training

An indoor interval training class combining dynamic balance, strength, agility, coordination and cardio conditioning for the whole body.

Maximum of six guests per session.

Meridian Stretch QiGong

Focuses on the Oriental tradition of shaking, stretching and breathing. This class helps to loosen the fascia and increase energy into the body's meridians. This is a therapeutic practice that will leave you with a feeling of peace and vitality.

Yoga Nidra Meditation

This class is a deep relaxation technique and a form of meditation. It can help diminish symptoms of anxiety by teaching mental calmness and cultivating a state of deep physical and emotional relaxation.

Maximum of eight guests per session.

Village and Rice Field Walk

Follow our guides off the beaten path, through Begawan Village and its rice paddies. This is an easy to moderate walk.

Maximum of Eight guests per session.

Village and Rice Field Biking

Cycle from COMO Shambhala Estate through rice fields and trails, to Begawan Village. This is an easy to moderate cycling route.

Maximum of six guests per session.

Functional Fitness

Functional training exercises are planned and performed to improve optimal human movement and physical capacity.

Maximum of six guests per session.