

SCHEDULE OF DAILY ACTIVITIES



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 Bale	Estate walk ♥ ⚙️ Activity Office	Village and Rice Field Walk * ♥ ⚙️ Activity Office	Revitalising Yoga ♥ Yoga Pavilion	Village and Rice Field Biking * ♥ ⚙️ Activity Office	COMO Obstacle Circuit ♥ ⚙️ Activity Office	Wake Up Yoga Flow ♥ Yoga Pavilion
10.00am to 11.00am	10.00am to 10.30am	10.00am to 11.00am	10.00am to 11.00am	10.00am to 11.00am	10.00am to 11.00am	10.00am to 10.30am
Healing Hydrotherapy * ♥ ⚙️ Vitality Pool	Cardio Boost ♥ Gym	Pilates with Props ♥ Yoga Pavilion	Healing Hydrotherapy * ♥ ⚙️ Vitality Pool	Move with COMO ♥ Gym	Pilates Mat: Legs and Core ♥ Yoga Pavilion	Feel the Burn ♥ Gym
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
Restorative Pilates ◎ Yoga Pavilion	Balinese Gratitude Ceremony ◎ Activity Office	Healing Hydrotherapy * ♥ ⚙️ Vitality Pool	Core Work ♥ Yoga Pavilion	Balinese Gratitude Ceremony ◎ Activity Office	Healing Hydrotherapy * ♥ ⚙️ Vitality Pool	Breathwork Yoga 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
Move with COMO ♥ Gym	Village and Rice Field Biking * ♥ ⚙️ Activity Office	Yoga for Immunity ◎ Yoga Pavilion	COMO Obstacle Circuit ♥ ⚙️ Activity Office	Estate Walk ♥ ⚙️ Activity Office	Better Life Yoga ♥ Yoga Bale	Village and Rice Field Biking * ♥ ⚙️ Activity Office

♥ Active ◎ Gentle ⚙️ Weather permitting outdoor activities

* Priced at IDR 350,000 per guest and are 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.

CLASS DESCRIPTION



COMO SHAMBHALA

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.

Yoga for Immunity

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 hormones that compromise the immune system.

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.

Pranayama and Meditation

Learn the art of yogic breathing (pranayama) and simplified guided meditation that optimizes the oxygen flow and enhances mental relaxation.

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 outdoors, 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 four 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.

Healing 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.

Jungle Gym

Complete our outdoor training circuit. Each station features functional bodyweight exercises – move through each one quickly, but with as much rest as you need.

Maximum of four guests per session.

Move with COMO

This one-hour indoor interval training class combines dynamic balance, strength, agility, coordination and cardio conditioning for the whole body.

Maximum of four 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.

Feel the Burn

Keep your heart rate up with this intense training technique of short, active, recovery periods. You'll get a good sweat, burn more fat and feel the endorphins – in less time.

Maximum of four guests per session.

COMO Obstacle Circuit

Adventure across the estate taking on obstacles such as up and down walks, jungle gym features and more. Finish off your victory with a cool down.

Maximum of four guests per session.

Leg and Core Exercise

The set of Core exercises improves posture and balance, and the leg exercise help to develop a stronger lower body and prevent injuries

Hatha Yoga

This classical Yoga session involves a set of physical postures connected with breathing that is practiced slowly and gently.

Restorative Yoga

A gentle, slow, still style of yoga that involves long, passive holds of easier yogic postures.