BELIEVE Magic

FESTIVE PROGRAMME December 24th 2023 to January 1st 2024



A very warm welcome to COMO Uma Canggu.

In this season of enchantment, we have planned a suite of delightful activities to add a touch of magic to your festive celebrations. Spend some time making a difference with our beach cleanups, rejuvenate yourself with an array of wellness experiences and celebrate a year well spent with feasts, music and more. Join us to create magical moments against the backdrop that is Bali's natural beauty.

Warmest regards,

Henry Scott General Manager, COMO Uma Canggu



# 8.00am

**Pilates with Props** 

Experience a deeper nuance to Pilates when you add a range of props such as the foam roller under the guidance of our wellness instructor. \*Yoga Studio, maximum 10 participants

#### 4.00pm Yin Yoga

Rejuvenate for the festivities ahead with a restorative Yin Yoga session to cultivate inner stillness and calm. \*Yoga Studio, maximum 15 participants

#### 5.30pm **Rejuvenate Sound** Healing

Experience how music and sound can be healing for your body and mind in this peaceful session. \*Yoga Studio, maximum 15 participants

#### 5.00pm to 8.00pm **Christmas Eve Cocktail Party**

Join us in tropicalchic attire for this adults-only soirée, filled with holiday cheer and live music. Enjoy seasonal drinks like the pomegranate rosemary spitzer and an assortment of delectable Christmas canapés and treats. \*COMO Beach Club, Complimentary entry, a la carte prices apply.



# 7.00am

Sunrise Yoga Selected sequences are seamlessly woven together in this fluid, moving meditation that will energise you for the festivities ahead. \*The Lawn at COMO Beach Club, maximum 15 participants

#### 9.00am **Pilates with Props**

Experience a deeper nuance to Pilates when you add a range of props such as the foam roller under the quidance of our wellness instructor. \*Yoga Studio, maximum 15 participants

### 12.00pm to 3.00pm Christmas Dav Brunch

Celebrate Christmas Day with a delightful brunch accompanied by an entertaining live performance to call up the festive spirit. \*COMO Beach Club IDR 760,000

## 4.00pm **Restorative Pilates**

Strengthen your muscles and improve your posture, flexibility and balance in this bodyconditioning session. \*Yoga Studio, maximum 15 participants

## 5.00pm to 8.00pm Sunset Gin and Jazz

Listen to live music as you taste gin drink specials mixed by our expert bartenders. \*COMO Beach Club



#### 7.00am Lower Body Workout

Try a series of lowerbody exercises that are designed to build a strong foundation for everyday movements. \*Yoga Studio, maximum six participants

#### 8.00am

### Cardio Boost Class

This equipmentfree cardio and strength class is a great workout for fat burning, boosting endurance and toning. \*Yoga Studio, maximum

10 participants

#### 12.00pm to 3.00pm Boxing Day BBQ

Enjoy a scrumptious barbecue lunch accompanied by the beats of a DJ set on Boxing Day. \*COMO Beach Club IDR 740,000

#### 4.00pm Qi gong

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. Using exercises, the energy within your body, mind and spirit is regulated, improving your wellbeing. \*Yoga Studio, maximum 15 participants

### 4.00pm to 6.00pm Archery Classes

Experience the thrill of archery under the guidance of skilled instructors. Maximum seven guests per day. \*The Lawn at COMO Beach Club

#### 5.00pm to 8.00pm Sunset Rose and Jazz

Listen to live jazz as you taste rosé drink specials, mixed by our expert bartenders. \*COMO Beach Club



7.00am Boot Camp Workout Boot camp combines the best of cardiovascular and strength training. Challenge your mind and body as you alternate between high and low intensity exercises. \*The Lawn at COMO Beach Club, maximum 10 participants

## 9.00am

Functional Training

Join us for strength training exercises that will help your body handle daily activities better. \*Yoga Studio, maximum eight participants

# 3.00pm to 4.00pm Surf Talk and Eco Enzyme Talk

Learn more about surfing from our talented instructors and discover the benefits of ecoenzymes with Ibu Jumi in this interactive session. \*Surf Shack

#### 4.00pm Pranayama and Meditation Learn Pranayama – the art of breath control – and combine it with meditation for an

exercise that has the power to invigorate the body and relax the mind. \*Yoga Studio, maximum 15 participants

## 7.00pm Family Movie Night

Gather your loved ones for a special family movie night at the Lawn, featuring heart-warming Christmas-themed films, accompanied by delightful treats such as cookies, candy canes, and a special hotchocolate bar. \*The Lawn at COMO Beach Club, Complimentary entry, a la carte prices apply.

## THURSDAY, DECEMBER 28TH 2023

### 7.00am Sunrise Yoga

Selected sequences are seamlessly woven together in this fluid, moving meditation that will energise you for the festivities ahead. \*The Lawn at COMO Beach Club, maximum 15 participants

#### 4.00pm Yin Yoga

Rejuvenate yourself with a restorative session of Yin Yoga to cultivate inner stillness and calm while increasing your body's flexibility. \*Yoga Studio, maximum 15 participants

#### 4.00pm to 6.00pm Archery Classes

Experience the thrill of archery under the guidance of skilled instructors. Maximum seven guests per day. \*The Lawn at COMO Beach Club

## 5.30pm Rejuvenate Sound Healing

Experience how music and sound can be healing to your body and mind in this peaceful session. \*Yoga Studio, maximum

15 participants

#### 5.00pm to 8.00pm Sunset Bubbles and Jazz

Listen to live music as you taste bubbles specials mixed by our expert bartenders. \*COMO Beach Club



## 7.00am Flow Pilates

Improve your posture and core strength with mat Pilates. Using your body weight as resistance, these exercises can increase muscle endurance and flexibility while strengthening the spine.

\*The Lawn at COMO Beach Club, maximum 15 participants

## 9.00am Qi Gong

Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. Using exercises, the energy within your body, mind and spirit is regulated, improving your wellbeing. \*Yoga Studio, maximum 15 participants

### 4.00pm Core Strength Training

Activate your core muscles with lowimpact exercises that will strengthen your abdominals and help to stabilise your spine. \*Yoga Studio, maximum 15 participants

### 5.00pm to 8.00pm Sunset Gin and Jazz

Listen to live music as you taste gin drink specials mixed by our expert bartenders. \*COMO Beach Club



## 7.00am Beach Cleanup and Zumba

Start your day with an invigorating Zumba class followed by a beach clean up session. \*COMO Beach Club

# 8.00am

#### Suspend Fitness Training

Get a total body workout on our Jungle Sport equipment, and improve your strength, flexibility, posture and balance. *\*Yoga Studio, Maximum eight participants* 

### 11.00am Spiritual Blessing on Property

Join us as a priest from Canggu imparts blessings for the new year, and immerse yourself in this less experienced aspect of Balinese culture. \*The Lawn at COMO Beach Club, maximum 15 participants

## 4.00pm Restorative Yoga

This yoga exercise is appropriate for all levels, and encourages physical, mental and emotional relaxation. \*Yoga Studio, maximum 15 participants

#### 5.00pm to 8.00pm Sunset Rose and Jazz

Listen to live jazz as you taste rosé drink specials, mixed by our expert bartenders. \*COMO Beach Club



### 7.00am Lower Body Workout

Try a series of lowerbody exercises that are designed to build a strong foundation for everyday movements. \*Pilates Studio, maximum six participants

#### 8.00am Pilates Core Training

Learn the basic foundation of Pilates exercises in this workout. These exercises help to improve your posture, endurance, flexibility and core strength, while also strengthening your spine.

r roga Studio, maximum 15 participants

### 5.00pm Sunset Flow Yoga

Draw your day to a peaceful close with gentle movements and mindful breathing, while the stunning sunset creates a tranquil backdrop.

\*The Lawn at COMO Beach Club, maximum 15 participants

### 6.00pm to 1.00am New Year's Eve Celebration

Welcome the New Year with style as we host a Mediterraneaninspired New Year's Eve menu. Dress in chic white outfits. and count down to the New Year to the backdrop of live music and engaging DJ sets. Live music is from 6.00pm to 9.30pm; DJ sets from 9.30pm to midnight. A 360 photo booth is available from 7.00pm to 10.00pm so you can capture your memories of the festivities. IDR 980,000 (includes a glass of bubbles to toast the New Year)



#### Terms and conditions

- All activities require advanced booking
- All prices stated are subject to 21 per cent tax and service charge
- All group classes are subject to availability. Please contact Guest Services for reservations
- Children aged 12 years or younger will be charged half the adult price for dining
  - .....



T. +62 361 6202228 E. res.uma.canggu@comohotels.com WhatsApp. +62 811 3821 4845 W. comohotels.com/bali/umacanggu

Please scan the QR code below to view our festive offers or visit us at comohotels.com/festive

