COMO
SHAMBHALA
PARROT CAY

COMO WELLNESS JOURNEY: IMPROVE YOUR POSTURE

WITH VISITING PRACTITIONER, AMY BUCK

From December 27th 2025 to January 27th 2026, discover a new awareness of your body and movement through the ALIGN Approach, created and guided by visiting practitioner Amy Buck.

With tailored programmes and innovative practices, Buck empowers guests to build resilience, move with ease, and experience long-term transformation in both body and mind.

DIGITAL POSTURAL ANALYSIS

Discover your body's unique alignment with a detailed screening of static and dynamic posture, identifying muscular imbalances and asymmetries. Guests receive a personalised corrective exercise programme, complete with postural photos and a summary report, with the option to save programmes for future visits and long-term progress.

Session includes:

- Detailed Summary of Muscular Imbalances
- Postural Assessment Photos
- Personalised Programme

75 minutes – $290

SOMATIC NEUROTHERAPY

With Buck's ALIGN Somatic Neurotherapy, experience a therapeutic practice that blends neuroscience with somatic awareness to retrain the nervous system. This treatment addresses chronic pain, postural imbalances and movement dysfunction by restoring natural, pain-free patterns. By releasing unconscious muscular tension, it encourages ease, balance and functional alignment. Guests leave with greater mobility and a renewed connection between body and mind.

60 minutes – $250

MYOFASCIAL RESTORATION

Buck's ALIGN Myofascial Restoration works to release restrictions in the fascia, the connective tissue network supporting the body. Using targeted techniques, this therapy improves tissue hydration, relieves adhesions and rebalances tension patterns to reduce pain, enhance mobility and improve posture. The session supports optimal function and long-term well-being, leaving the body feeling lighter and more aligned.

60 minutes – $250

ANTIGRAVITY FITNESS

This dynamic practice uses suspended hammocks to combine aerial arts, Pilates, yoga and strength training. A full-body workout, it decompresses the spine, improves flexibility, and builds core strength, all while cultivating a playful sense of freedom. Whether inverting, floating or flowing, participants finish feeling uplifted and energised. Offered in both private and couple's sessions for a shared, transformative experience.

60 minutes – $265 (single), $300 (couple)

All prices are subject to 10 per cent service charge and 12 per cent prevailing government tax. Advance booking is recommended.

Please contact COMO Shambhala by dialling extension 8888 on your in-room phone or email COMO Shambhala team below.
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