

# SCHEDULE OF DAILY ACTIVITIES / MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am	8.15am to 9.15am
<b>Beach Walk</b> ♡☀ Lobby	<b>Full Body Stretching</b> ☉ COMO Shambhala Retreat (Maximum of 12 person)	<b>Beach Walk</b> ♡☀ Lobby	<b>Full Body Stretching</b> ☉ COMO Shambhala Retreat (Maximum of 12 person)	<b>Beach Walk</b> ♡☀ Lobby	<b>Hatha Yoga</b> COMO Shambhala Retreat (Maximum of 12 person)	<b>Hatha Yoga</b> COMO Shambhala Retreat (Maximum of 12 person)
10.00am to 3.00pm	8.00am to 1.00pm	10.00am to 3.00pm	8.00am to 1.00pm	10.00am to 3.00pm	8.30am to 1.30pm	10.00am to 3.00pm
<b>Phuket Cultural and Old Town Tour**</b> ♡☀☀ THB 3,000 ++ per person (Minimum of two person)	<b>Black Rock and Laem Krating Hike**</b> ♡☀ THB 3,300 ++ per person (Minimum of two person)	<b>Phuket Cultural and Old Town Tour **</b> ♡☀☀ THB 3,000 ++ per person (Minimum of two person)	<b>Big Buddha from Kata Beach Hike**</b> ♡☀ THB 3,300 ++ per person (Minimum of two person)	<b>Phuket Cultural and Old Town Tour **</b> ♡☀☀ THB 3,000 ++ per person (Minimum of two person)	<b>Khao Phra Teaw National Park Hike**</b> ♡☀ THB 3,800 ++ per person (Minimum of two people)	<b>Phuket Cultural and Old Town Tour **</b> ♡☀☀ THB 3,000 ++ per person (Minimum of two person)
<b>11.00am to 3.00pm</b>						
<b>Rang Yai Beach Experience (Join a group trip) **</b> Adult - THB 1,900++ per adult (Minimum of two adult / Maximum of eight-person) / Children - THB 900++ per child (4 to 12 year old) / Infant – under four year old complimentary Private 6,500++ per trip / maximum four-person (Additional charge 1,000++ per person)						
<b>12.00pm to 2.00pm</b>						
<b>Thai Cooking Class ** ( Nahmyaa )</b> THB 2,200 ++ per person (Maximum of four person)						
2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm	2.00pm to 3.00pm
<b>Bracelet Making</b> Lobby (Maximum of five person)	<b>Tie Dye Making</b> Play by COMO THB 800++ per person	<b>Animal Towel Folding</b> Lobby (Maximum of five person)	<b>Basic Ink Mandala</b> Lobby (Maximum of five people)	<b>Tie Dye Making</b> Play by COMO THB 800++ per person	<b>Basic Thai Language</b> Lobby (Maximum of 10 person)	<b>Animal Towel Folding</b> Lobby (Maximum of five person)
<b>3.00pm to 4.00pm</b>						
<b>Cocktail and Mock – Tail Class ** ( Aqua Bar)</b> THB 1,200++ or 690++per person (Maximum of four person)						
4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm	4.30pm to 5.30pm
<b>Thai Kick Boxing Workout</b> Lobby (Minimum of two person)	<b>Family Fun with Archery</b> Lobby ♡	<b>Family Fun with Cornhole</b> Lobby ♡	<b>Family Fun with Badminton</b> ♡ Lobby ♡	<b>Thai Kick Boxing Workout</b> Lobby (Minimum of two person)☀	<b>Family Fun with Archery</b> Lobby ♡	<b>Family Fun with Cornhole</b> Lobby ♡
		5.00pm to 6.00pm	5.00pm to 6.00pm	5.00pm to 6.00pm		
		<b>Asthanga Yoga</b> COMO Shambhala Retreat (Maximum of 12 person)	<b>Vinyasa Yoga</b> COMO Shambhala Retreat (Maximum of 12 person)	<b>Asthanga Yoga</b> COMO Shambhala Retreat (Maximum of 12 person)		

# CLASS DESCRIPTION



## Yoga

**Yoga has been practiced for over 5,000 years. It provides a total workout for both body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are myriad, from increased flexibility and muscle tone, to lowered stress levels and blood pressure. Private yoga classes are available on request for beginners to experts, helping to develop a practice that can be incorporated into a daily lifestyle, or to enhance your existing yoga commitment. Our yoga expert works closely with you to design a program for your specific needs.**

## Play by COMO

**Our dedicated Play by COMO Space is designed to inspire purposeful and creative child-directed play for children aged four to 12, with carefully-selected toys, books, games and art materials. The Play Space is open daily between 9.00am and 6.00pm. Toddlers under four must be accompanied by a babysitter or parent at all times.**

## 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 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.

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