





















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	6:00am to 6:45am
Rising Flow Yoga Yoga Pavilion 	Mat Pilates Yoga Pavilion 	Breath-Flow Yoga Yoga Pavilion 	Sun Salutation Yoga Pavilion 	Body in Balance with Kim Kusters Yoga Pavilion	Gentle Flow Yoga Yoga Pavilion 	Sunrise Yoga Yoga Pavilion  
11.00am to 11.30pm	11.00am to 11.30pm	11.00am to 11.30pm	11.00am to 12.00pm	10.00am to 11.00am	11.00am to 12.00pm	11.00am to 12.00pm
Wellness Talk Yoga Pavilion 	Hydrotherapy Circuit* Hydrotherapy Pool Advance booking required, Maximum 6 Person 	Breathwork Session Yoga Pavilion 	Reformer Pilates* (15-minute fundamental exercise) Pilates Studio One complimentary session per guest Advance booking required 	COMO Shambhala Hour* (15-minute neck and shoulders massage) COMO Shambhala Reception	Aqua Yoga* Hydrotherapy Pool US\$ 30 per person Advance booking required, Maximum 6 person. 	Gentle Stretching Yoga Pavilion 
3:00pm to 4:00pm	5.30pm to 6.15pm	3:00pm to 3:30pm	3:00pm to 4:00pm		5.30 pm to 6.15pm	3:00pm to 4:00pm
Yin Yoga Yoga Pavilion 	Sunset Yoga Sandbank  	Meditation Yoga Pavilion 	Foundational Yoga Yoga Pavilion 		Sleep Yoga Yoga Pavilion 	Restorative Yoga Yoga Pavilion 

 Gentle  Active   Weather permitting outdoor activities

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

CLASS DESCRIPTION

Rising Flow Yoga

Is an energising practice that combines dynamic movement and breathwork to awaken the body and mind.

Wellness talk

A discussion that is focused on improving health, happiness and over all well-being.

Yin Yoga

Slow-paced style of yoga that involves holding passive postures for an extended period (typically 3-5 minutes or longer) to target deep connective tissues such as fascia, ligaments, and joints. It promotes flexibility, relaxation, and mindfulness.

Mat Pilates

Form of Pilates exercise performed on the mat, focusing on strengthening the core, improve flexibility, and enhancing over all body alignment and balance through controlled movements and breathing technique.

Hydrotherapy Circuit

Wellness experience that involves hydro massage jet. Each element is designed to stimulate circulation, reduce muscle tension, detoxify the body, and promote relaxation and rejuvenation.

Sunset Yoga

A calming yoga practice done in the evening to relax and unwind from the day's activities.

Breath-Flow Yoga

Dynamic style of yoga that links breathe with movement, flowing smoothly between poses in a sequence, It emphasises flow between poses, strength, and flexibility.

Breathwork Session

The techniques of intentionally managing your breathing patterns to improve relaxation, focus, and overall health.

Meditation

A mindfulness practice done while sitting, focusing on breath, thoughts, or sensations to promote relaxation and mental clarity.

Sun Salutation Yoga

A sequence of yoga poses performed, combining flow, movement, breath, and mindfulness to energise the body, improve flexibility, and promote overall well-being .

Reformer Pilates

Pilates performed on a Pilates Reformer equipment that provides resistance, flexibility, core stability, and all over body alignment through controlled and precise movements.

Foundational Yoga

Emphasises the basics of poses (asana) and breath control (pranayama) for balance and relaxation.

Gentle Flow Yoga

Slow, relaxing yoga style with smooth movements and breath coordination to enhance flexibility and calm the mind.

Aqua Yoga

Low-impact yoga practice performed in warm water, combining yoga poses and breathing techniques to improve flexibility, strength, and relaxation while reducing strain on joints and muscles.

Sleep Yoga

A calming session with gentle stretches and breath control, designed to deeply relax the body and prepare you for restful sleep.

Sunrise Yoga

A gentle yoga practice performed in the morning to energise the body and mind for the day ahead.

Gentle Stretching

Slow and mind movements designed to gradually lengthen and loosen muscles without causing strain. It promotes flexibility, relaxation, and improved circulation while minimising the risk of injury.

Restorative Yoga

Gentle relaxing practice that uses props like bolsters, blankets, and blocks to support the body in passive poses, promoting deep rest and stress relief.

