

# SCHEDULE OF DAILY WELLNESS ACTIVITIES

(Week One)



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
<b>Deep Flow Yoga</b> ♥ Yoga Pavilion	<b>Meridian Stretch Qi Gong</b> ◎ Yoga Pavilion	<b>Village and Rice Field Walk</b> ♥ ⚡ Activity Office	<b>Revitalising Yoga</b> ♥ Yoga Pavilion	<b>Village and Rice Field Biking</b> * ♥ ⚡ Activity Office	<b>Estate Walk</b> ♥ ⚡ Activity Office	<b>Wake Up Yoga Flow</b> ♥ Yoga Pavilion
	10.00am to 10.30am			10.00am to 10.30am		
	<b>Wellness Talk</b> ◎ Sattva Meeting Room			<b>Wellness Talk</b> ◎ Sattva Meeting Room		
11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm
<b>Therapeutic Hydrotherapy</b> * ♥ ⚡ Vitality Pool	<b>Pilates Mat</b> ♥ Yoga Pavilion	<b>COMO Circuit Training</b> ♥ Gym	<b>Therapeutic Hydrotherapy</b> * ♥ ⚡ Vitality Pool	<b>Core Work</b> ♥ Yoga Pavilion	<b>Pilates Mat: Legs and Core</b> ♥ Yoga Pavilion	<b>Functional Fitness Training</b> ♥ Gym
2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm
<b>Restorative Pilates</b> ◎ Yoga Pavilion	<b>Balinese Gratitude Ceremony</b> ◎ Activity Office	<b>Therapeutic Hydrotherapy</b> * ♥ ⚡ Vitality Pool	<b>Pilates with Props</b> ♥ Yoga Pavilion	<b>Balinese Gratitude Ceremony</b> ◎ Activity Office	<b>Therapeutic Hydrotherapy</b> * ♥ ⚡ Vitality Pool	<b>Breathwork Workshop</b> ◎ 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
<b>Estate Walk</b> ♥ ⚡ Activity Office	<b>Village and Rice Field Biking</b> * ♥ ⚡ Activity Office	<b>Yoga Nidra Meditation</b> ◎ Pilates Studio	<b>Meridian Stretch Qi Gong</b> ◎ Yoga Pavilion	<b>Easy Flow Yoga</b> ◎ Yoga Pavilion	<b>Better Life Yoga</b> ♥ Yoga Pavilion	<b>Village and Rice Field Biking</b> * ♥ ⚡ Activity Office

♥ Active    ◎ Gentle    ⚡ Weather permitting outdoor activities

\* Additional charge IDR 350,000 per guest and 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.

# SCHEDULE OF DAILY WELLNESS ACTIVITIES

(Week Two to Four)



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
<b>Deep Flow Yoga</b> ♥ Yoga Pavilion	<b>Meridian Stretch Qi Gong</b> ◎ Yoga Pavilion	<b>Village and Rice Field Walk</b> ♥ ⚡ Activity Office	<b>Revitalising Yoga</b> ♥ Yoga Pavilion	<b>Village and Rice Field Biking</b> * ♥ ⚡ Activity Office	<b>Estate Walk</b> ♥ ⚡ Activity Office	<b>Wake Up Yoga Flow</b> ♥ Yoga Pavilion
	10.00am to 10.30am			10.00am to 10.30am		11.00am to 12.00pm
	<b>Wellness Talk</b> ◎ Sattva Meeting Room			<b>Wellness Talk</b> ◎ Sattva Meeting Room		<b>Wellness Talk</b> ◎ Sattva Meeting Room
11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm
<b>Therapeutic Hydrotherapy</b> * ♥ ⚡ Vitality Pool	<b>Pilates Mat</b> ♥ Yoga Pavilion	<b>Core Work</b> ♥ Yoga Pavilion	<b>Therapeutic Hydrotherapy</b> * ♥ ⚡ Vitality Pool	<b>COMO Circuit Training</b> ♥ Gym	<b>Pilates Mat: Legs and Core</b> ♥ Yoga Pavilion	<b>Functional Fitness Training</b> ♥ Gym
2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm
<b>Restorative Pilates</b> ◎ Yoga Pavilion	<b>Balinese Gratitude Ceremony</b> ◎ Activity Office	<b>Therapeutic Hydrotherapy</b> * ♥ ⚡ Vitality Pool	<b>Pilates with Props</b> ♥ Yoga Pavilion	<b>Balinese Gratitude Ceremony</b> ◎ Activity Office	<b>Therapeutic Hydrotherapy</b> * ♥ ⚡ Vitality Pool	<b>Breathwork Workshop</b> ◎ 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
<b>Estate Walk</b> ♥ ⚡ Activity Office	<b>Village and Rice Field Biking</b> * ♥ ⚡ Activity Office	<b>Easy Flow Yoga</b> ◎ Yoga Pavilion	<b>Meridian Stretch Qi Gong</b> ◎ Yoga Pavilion	<b>Yoga Nidra Meditation</b> ◎ Pilates Studio	<b>Better Life Yoga</b> ♥ Yoga Pavilion	<b>Village and Rice Field Biking</b> * ♥ ⚡ Activity Office

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- 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.
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- Outdoor activities are subject to change based on weather conditions.
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# CLASS DESCRIPTION

## **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.

## **Easy Flow Yoga**

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.

## **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 the legs and core to improve strength, flexibility, and coordination.

## **Pilates Mat**

An energising Pilates class designed to improve core strength, flexibility, and coordination throughout the whole body.

## **Wake Up Flow Yoga**

An active morning yoga practice to invigorate body and mind. The class begins with sun salutations and moves into additional asanas that shake off sleepiness, stretch out stiff muscles and focus your mind.

## **Breathwork Workshop**

Discover the art of yogic breathing (pranayama), which guides meditation and helps to optimise health by increasing oxygen flow throughout the body.

## **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.*

## **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.*

## **Therapeutic 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.*

## **COMO Circuit Training**

An indoor interval training class combining dynamic balance, strength, agility, coordination and cardio conditioning for the whole body.

*Maximum of six guests per session.*

## **Meridian Stretch QiGong**

Focuses on the Oriental tradition of shaking, stretching and breathing. This class helps to loosen the fascia and increase energy into the body's meridians. This is a therapeutic practice that will leave you with a feeling of peace and vitality.

## **Yoga Nidra Meditation**

This class is a deep relaxation technique and a form of meditation. It can help diminish symptoms of anxiety by teaching mental calmness and cultivating a state of deep physical and emotional relaxation.

*Maximum of eight 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.*

## **Functional Fitness**

Functional training exercises are planned and performed to improve optimal human movement and physical capacity.

*Maximum of six guests per session.*

## **Wellness Talk**

Join one of our wellness experts for a talk on ancient wellness principles and how they can be applied to modern life