

SCHEDULE OF DAILY ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30am to 10.30am	9.00am to 10.00am	9.30am to 10.30am	9.00am to 10.00am	9.30am to 10.30am	On request and availability	
Deep Power Yoga Yoga Pavilion	Slow Flow Yoga Yoga Pavilion	Slow Flow Yoga Yoga Pavilion	Mindful Meditation and Pranayama Yoga Pavilion	Restorative Yoga Yoga Pavilion	Private Yoga / Meditation US\$190 (single) US\$220 (couple)	Private Yoga / Meditation US\$190 (single) US\$220 (couple)
					3.30pm to 4.30pm	3.30pm to 4.30pm
					Yoga Flow Yoga Pavilion	Mindful Meditation and Pranayama Yoga Pavilion

Points to Note

- Slow Flow Yoga: This class begins with a centering of mind, conscious, deep breath core sequence. Transition into sun salutation style vinyasa into the flow of cardio movement. Closing session of savasana meditation.
- Restorative Yoga: This restorative Yoga offers Yin style postures focus on slowly and gently exercising the connective tissue that surrounds the joints in the body.
- Deep Power Yoga: This class begins with a centering of mind, conscious, deep breath core sequence. Transition into sun salutation style vinyasa into the flow of cardio movement. Closing session of savasana meditation.
- Yoga Flow: An integration of styles which provides lots of active movements to stretch, strengthen and balance, while instilling a sense of calm breathing.
- All Wellness Activities classes is offered to all COMO Parrot Cay guests aged 16 years and above and are complimentary unless stated with pricing.
- For personal instructions, please enquire with Spa Reception to book a private session.
- All classes are delivered with a group dynamic in mind and may be not be suitable for some.
- Please arrive five minutes before the classes schedule start time.
- If you are pregnant or have any other special conditions, please inform the teacher to discuss any special needs.
- Please wear suitable attire for indoor and outdoor activity. It is advisable to wear sun protection for outdoor activities.
- Booking require for all classes. Please dial 8888 to book your space.
- Maximum 15 guests per group class on first come first book basis.