

SCHEDULE OF DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6.30am – 7.30am	7.00am – 8.00am			6.30am – 7.30am
		Sunrise Yoga ♡ ☀ at the Sandbank	Circuit Fitness ♡ at the Gym			Sunrise Yoga ♡ ☀ at the Sandbank
8.00am – 9.00am	8.00am – 9.00am				8.00am – 8.30am	
Hatha Yoga ○ at the Yoga Pavilion	Vinyasa Yoga ○ at the Yoga Pavilion				Introduction to Meditation ○ at the Yoga Pavilion	
	11.00am – 12.00pm		11.00am – 12.00pm		11.00am – 12.00pm	11.00am – 12.00pm
	Family Yoga ○ at the Yoga Pavilion US\$50 per family (two adults, two children)		Hydrotherapy Circuit Instruction ♡ at the Hydrotherapy Pool US\$15 per person		Family Yoga ○ at the Yoga Pavilion US\$50 per family (two adults, two children)	Hydrotherapy Circuit Instruction ♡ at the Hydrotherapy Pool US\$15 per person
4.30pm – 5.00pm	4.30pm – 5.30pm	4.30pm – 5.30pm	4.30pm – 5.30pm		4.30pm – 5.30pm	4.30pm – 5.30pm
Introduction to Meditation ○ at the Yoga Pavilion	Introduction to Pilates ○ at the Yoga Pavilion	Restorative Yoga ○ at the Yoga Pavilion	Hatha Yoga ○ at the Yoga Pavilion		Mat Pilates ○ at the Yoga Pavilion	Pilates with Props ○ at the Yoga Pavilion

♡ Active ○ Gentle ☀ Weather permitting outdoor activities

Points to Note

- Please arrive five minutes before the scheduled start time. As a courtesy to other guests, you may not be allowed to join a class if you are more than 15 minutes late.
- Outdoor activities are subject to weather conditions.
- Please wear comfortable clothing to yoga classes so you can move freely. Appropriate shoes are required for all Circuit Fitness classes.
- All classes are delivered with a group dynamic in mind; for a more tailored wellness experience, please book a private session with one of our experts. We advise pregnant guests to book private sessions to maximise comfort and safety.
- For more details, please refer to class descriptions on the next page.
- All prices are subject to a 10 per cent service charge and prevailing government taxes
- For further information or assistance, please contact our COMO Shambhala staff at the counter or dial 2 from your in-room phone. You can also dial 0 for guest services.

CLASS DESCRIPTION



Hatha Yoga

Builds strength, flexibility and balance using standing, seated, prone and supine positions with controlled breathing techniques.

Vinyasa Yoga

Focuses on allowing you to move seamlessly through a string of postures while focusing on your breath.

Restorative Yoga

Concentrates on longer holds of passive postures to improve flexibility. It creates space within deep muscle tissue, fascia and joints, while also integrating breathing techniques for a deeper state of relaxation.

Sunrise Yoga

Enables you to embrace the morning energy in nature with slow, sustained sun salutations.

Introduction to Meditation

Provides an overview of basic meditation techniques to cultivate awareness.

Introduction to Pilates

Teaches Pilates principles of how to access your deep core in order to strengthen movements.

Pilates with Props

A gentle class using a massage ball or foam roller to help create length and space in the body.

Mat Pilates

A Pilates-based practice that focuses on strengthening, toning and stretching the core. Suitable for all levels.

Circuit Fitness

A fun, energetic class that involves jogging and stretching exercises.

Hydrotherapy Circuit Instruction

A therapeutic full-body treatment of stretching, aerobics and water jet massage in a heated pool. Maximum of 6 guests per session.

Family Yoga

A yoga lesson for adults and children over the age of three. Yoga can help all ages improve concentration, stimulate the imagination and release energy in a fun, safe environment. For teenagers, yoga is a great way to reduce stress, while children will learn about animals, nature and basic anatomy through the animated yoga postures.