

# 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	8.00am to 9.00am
<b>Deep Flow Yoga</b> ♥ Yoga Pavilion	<b>Estate walk</b> ♥ ⚙️ Activity Office	<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>COMO Obstacle Circuit</b> ♥ ⚙️ Activity Office	<b>Wake Up Yoga Flow</b> ♥ Yoga Pavilion
10.00am to 11.00am	10.00am to 10.30am	10.00am to 11.00am	10.00am to 11.00am	10.00am to 11.00am	10.00am to 11.00am	10.00am to 10.30am
<b>Healing Hydrotherapy</b> * ♥ ⚙️ Vitality Pool	<b>Cardio Boost</b> ♥ ⚙️ Activity Office	<b>Pilates with Props</b> ♥ Yoga Pavilion	<b>Healing Hydrotherapy</b> * ♥ ⚙️ Vitality Pool	<b>Move with COMO</b> ♥ Gym	<b>Pilates Mat: Legs and Core</b> ♥ Yoga Pavilion	<b>Feel the Burn</b> ♥ Gym
3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm
<b>Restorative Pilates</b> ◎ Yoga Pavilion	<b>Balinese Gratitude Ceremony</b> ◎ Activity Office	<b>Healing Hydrotherapy</b> * ♥ ⚙️ Vitality Pool	<b>Core Work</b> ♥ Yoga Pavilion	<b>Balinese Gratitude Ceremony</b> ◎ Activity Office	<b>Healing Hydrotherapy</b> * ♥ ⚙️ Vitality Pool	<b>Breathwork Yoga 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>Jungle Gym</b> ♥ ⚙️ Activity Office	<b>Village and Rice Field Biking</b> * ♥ ⚙️ Activity Office	<b>Yoga for Immunity</b> ◎ Yoga Pavilion	<b>COMO Obstacle Circuit</b> ♥ ⚙️ Activity Office	<b>Estate Walk</b> ♥ ⚙️ Activity Office	<b>Better Life Yoga</b> ♥ Yoga Pavilion	<b>Village and Rice Field Biking</b> * ♥ ⚙️ Activity Office

♥ Active   ◎ Gentle   ⚙️ Weather permitting outdoor activities

\* Priced at IDR 350,000 per guest and are 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.

# CLASS DESCRIPTION



COMO SHAMBHALA

## **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.

## **Yoga for Immunity**

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 hormones that compromise the immune system.

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

## **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 Yoga Workshop**

Our weekly workshops focus on breaking down certain postures, techniques or themes. This week, discover the art of yogic breathing (pranayama), which guides meditation and helps to optimize health by increasing oxygen flow.

## **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 of eight guests per session.*

## **Cardio Boost**

This class takes place outdoors, with full-body exercises that get your heart rate up. An elevated heart rate has many health benefits, including lowering fat and supporting your bone density.

*Maximum of four 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.*

## **Healing 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.*

## **Jungle Gym**

Complete our outdoor training circuit. Each station features functional bodyweight exercises – move through each one quickly, but with as much rest as you need.

*Maximum of four guests per session.*

## **Move with COMO**

This one-hour indoor interval training class combines dynamic balance, strength, agility, coordination and cardio conditioning for the whole body.

*Maximum of four 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.*

## **Feel the Burn**

Keep your heart rate up with this intense training technique of short, active, recovery periods. You'll get a good sweat, burn more fat and feel the endorphins – in less time.

*Maximum of four guests per session.*

## **COMO Obstacle Circuit**

Adventure across the estate taking on obstacles such as up and down walks, jungle gym features and more. Finish off your victory with a cool down.

*Maximum of four guests per session.*