

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
			Hydrotherapy Circuit Instruction ♥ at the Hydrotherapy Pool US\$15 per person			Hydrotherapy Circuit Instruction ♥ at the Hydrotherapy Pool US\$15 per person
	3.45pm – 4.30pm				3.45pm – 4.30pm	
	Family Yoga ◎ at the Yoga Pavilion US\$50 per family (two adults, two children)				Family Yoga ◎ at the Yoga Pavilion US\$50 per family (two adults, two children)	
5.00pm – 5.30pm	5.00pm – 6.00pm	5.00pm – 6.00pm	5.00pm – 6.00pm		5.00pm – 6.00pm	5.00pm – 6.00pm
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, or if the class is over-subscribed.
- Outdoor activities are subject to weather conditions.
- Please wear loose, comfortable clothing to yoga classes so you can move freely. Appropriate shoes are required for Circuit Fitness.
- 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 a private yoga session which can be tailored 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 for in-room. 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 the Vinyasa flow sequence, allowing you to move seamlessly through a string of postures while focusing on your breath.

Restorative Yoga

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

Sunrise Yoga

Enables you to embrace the morning energy in nature and involves slow sustained sun salutations.

Introduction to Meditation

Provides an overview of basic meditation techniques to develop cultivation of awareness.

Introduction to Pilates

Highlights an easy way to access your deep core in order to strengthen movements.

Pilates with Props

Is a gentle class using a massage ball or roller foam to help stretch tight muscles and create length and space in the body.

Mat Pilates

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

Circuit Fitness

Is a fun energetic class that involves jogging and stretching exercises.

Hydrotherapy Circuit Instruction

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

Family Yoga

This family class incorporates a yoga lesson, for adults and for the children over the age of three. Yoga can help improve concentration, stimulate the imagination and release energy in a fun, safe environment. Children will learn about animals, nature and basic anatomy, using animated yoga postures. For teenagers, yoga is a great way to reduce the everyday stress of school, exams and impending adulthood.