

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	6.00am to 6.45am	8.00am to 9.00am	
Yoga for all Yoga Pavilion	Flow Yoga Yoga Pavilion	Yoga for all Yoga Pavilion	Sun Salutation Yoga Pavilion	Sunrise yoga Sand bank	Flow Yoga Yoga Pavilion	
♡	♡	♡	♡	♡	♡	
						10.00am. To 11.00am.
						COMO Shambhala hour* (15-minute neck and shoulders massage) COMO Shambhala Reception
3.00pm to 4.00pm	5.30pm to 6.15pm	3.00pm to 3.30pm	3.00pm to 4.00pm	3.00pm to 4.00pm	3.00pm to 4.00pm	
Quiet stretch Yoga Yoga pavilion	Sunset Yoga Sandbank	Wellness Talk “Stress less, Live more” <i>Simple tools to ease stress</i> Yoga pavilion	Gentle Yoga Yoga pavilion	Quiet stretch Yoga Yoga pavilion	Gentle Yoga Yoga pavilion	
○	○	○	○	○	○	

♡ Active ○ Gentle

*Programme is subject to changes. For more information, please contact COMO Shambhala by dialling ‘2’ on your in-room phone.

*Please be informed that there will be no activities on **Friday, 19th of September**.

- 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. For more information, please refer to the class descriptions on the following page.

CLASS DESCRIPTION

Yoga for all

A practice that welcoming, and adaptable for people of all ages, body type, abilities, culture, and backgrounds-so everyone can experience its physical, mental, and spiritual benefits without feeling excluded or limited.

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.

Quiet stretch Yoga

A slow paced style of yoga where poses are held for longer period to gentle stretch and target the body's deeper connective tissues , such as fascia, ligaments, and joints.

Sunrise Yoga

A morning practice done at or before sunrise, using gentle movement and breath to awaken the body, calm the mind , and set a positive tone of the day.

Sunset Yoga

Is an evening session that combines gentle movement and breath work to release the day's tension, restore balance, and create calm as the sun sets.

Sun salutation

Is a series of flowing yoga poses performed in sequence to energized the body, stretch muscles, and greet the day or set a mindful tone.

Gentle Yoga

A slow calming practice with easy stretches and mindful breathing, designed to relax the body and mind.

Wellness Talk

A discussion that focused on improving health, happiness, and over all well being.

