

# SCHEDULE OF DAILY ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						6.45am to 7.30am
						Sunrise Yoga ♡ Yoga Pavilion
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
Deep Flow Yoga ♡ Yoga Pavilion	Meridian Stretch Qi Gong ⦿ Yoga Pavilion	Village and Rice Field Walk ♡ ☀ Activity Office	Pilates with Props ♡ Yoga Pavilion	Village and Rice Field Biking * ♡ ☀ Activity Office	Estate Walk ♡ ☀ Activity Office	Functional Fitness Training ♡ Gym
11.00am to 12.00pm	11.00am to 11.30am	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm	11.00am to 12.00pm
Therapeutic Hydrotherapy * ♡ ☀ Vitality Pool	COMO Shambhala Stretch ⦿ Yoga Pavilion	Pilates Mat ♡ Yoga Pavilion	Therapeutic Hydrotherapy * ♡ ☀ Vitality Pool	Restorative Pilates ♡ Yoga Pavilion	Stretch and Release ♡ Yoga Pavilion	Pilates Mat: Legs and Core ♡ Yoga Pavilion
	12.30pm to 1.00pm			12.30pm to 1.00pm	12.30pm to 1.00pm	
	Cold Plunge Challenge ♡ Vitality Pool			Breathwork ⦿ Yoga Bale	Cold Plunge Challenge ♡ Vitality Pool	
2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.30pm	2.30pm to 3.00pm
Stretch and Release ♡ Yoga Pavilion	Balinese Gratitude Ceremony ⦿ Amphi Tea House	Therapeutic Hydrotherapy * ♡ ☀ Vitality Pool	Revitalising Yoga ♡ Yoga Pavilion	Mindful Mandala Painting * ⦿ Amphi Tea House	Therapeutic Hydrotherapy * ♡ ☀ Vitality Pool	Breathwork Workshop and Guided Meditation ⦿ Yoga Bale
4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 4.45pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm	4.15pm to 5.15pm
Estate Walk ♡ ☀ Activity Office	Village and Rice Field Biking * ☀ Activity Office	Guided Meditation ⦿ Pilates Studio	Meridian Stretch Qi Gong ⦿ Yoga Pavilion	Yin Yoga ⦿ Yoga Pavilion	Better Life Yoga ♡ Yoga Pavilion	Village and Rice Field Biking * ♡ ☀ Activity Office
6.00pm to 6.30pm						
Breathwork ⦿ Yoga Pavilion						

♡ Active    ⦿ Gentle    ☀ Weather permitting outdoor activities

\* Additional charge IDR 350,000 per guest and subject to 21 per cent government tax and service charge

# DESCRIPTION

## 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.

## Pilates with Props

An active, engaging Pilates class designed to improve strength, coordination and flexibility using a range of Pilates props.

## Revitalising Yoga

An active yoga sequence to increase stamina, endurance, mobility and strength. The class will assist to elongate muscles, strengthen joints and stabilise the 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.

## Deep Flow Yoga

An attractive 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 Mat: Legs and Core

An energising Pilates mat class, designed to target for the legs and core to improve strength, flexibility, and coordination.

## Breathwork Workshop (30 minutes)

Discover the art of yogic breathing (pranayama), which guides meditation and helps to optimise health by increasing oxygen flow throughout the body.

## 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 eight 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.

## Sunrise 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.

## Therapeutic Hydrotherapy

Surrender to the healing embrace of our natural spring-fed Vitality Pool, where movement meets massage in a guided aquatic journey. Flow through a revitalizing sequence of stretching and gentle water aerobics, enhanced by therapeutic jets that melt away tension. Your experience ends wrapped in a warm towel, reclined on al fresco sun beds, as your body temperature rebalances and your senses soften into the stillness of the surrounding jungle.

Maximum of eight guests per session.

## Meridian Stretch QiGong

Focuses on the Oriental tradition of shaking, stretching and breathing, this class helps to loosen the fascia and increase energy in your body's meridians. This is a therapeutic practice that will leave you with a feeling of peace and vitality.

## 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.

## Functional Fitness Training

Functional training exercises are planned and performed to improve optimal human movement and physical capacity.

Maximum six guests per session.

## Mindful Mandala Painting

Mandala painting is a form of artistic expression that features intricate geometric shapes and patterns arranged in a harmonious circular design. Creating mandalas is a gentle practice that helps calm the mind, enhance focus, express creativity and ease stress.

## Stretch and Release

Relive bodily tension and enhance mobility with guided myofascial release and stretching techniques. This restorative session promotes deep relaxation and overall wellbeing, perfect for a reset and unwinding.

## Pilates Mat

An energising Pilates class designed to improve core strength, flexibility and coordination throughout the whole body.

## Yin Yoga

Yin Yoga is a slow, meditative practice that targets the deep connective tissues of the body through long-held postures, supporting flexibility, stillness, and inner balance. Suitable for all levels, it invites deep relaxation and calm.

## Cold Plunge Challenge

Join our 30-minute Cold Plunge Challenge, where you'll be guided through breathwork and mindset techniques to safely immerse in cold water for up to two minutes. Limited to eight guests, with a maximum of two participants entering the plunge each time.

## Guided Meditation

Experience 30 minutes of guided meditation designed to calm the mind, center the breath, and reconnect with your inner stillness. Suitable for all levels, this practice supports deep relaxation and mental clarity.

## COMO Shambhala Stretch

Inspired by Janda's musculoskeletal theory and the precision of Active Isolated Stretching, this specialised class targets habitual imbalances that affect posture, movement, and comfort. Improve alignment, restore balance, and move with greater ease.

## 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.
- Wellness Path includes all activities except for Mandala Painting.
- For more information, please refer to the class descriptions.