

SCHEDULE OF DAILY WELLNESS 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
Village and Rice Field Walk ♥ ⚙ Activity Office	Meridian Stretch Qi Gong ◎ Yoga Bale	Deep Flow Yoga ♥ Yoga Bale	Revitalising Yoga ♥ Yoga Bale	Village and Rice Field Biking * ♥ ⚙ Activity Office	Estate Walk ♥ ⚙ Activity Office	Energising Flow ♥ Yoga Bale
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	11.00am to 12.00pm	11.00am to 12.00pm
Mandala Painting * Activity Office	Pilates Mat ◎ Yoga Bale	COMO Circuit Training ♥ Gym	Mandala Painting * Activity Office	Restorative Pilates ♥ Yoga Bale	Mandala Painting * Activity Office	Functional Fitness Training ♥ Gym
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	2.30pm to 3.30pm
Pilates Mat: Legs and Core ♥ Yoga Bale	Balinese Gratitude Ceremony ◎ Activity Office	Core Work ♥ Yoga Bale	Stretch and Release ♥ Yoga Bale	Balinese Gratitude Ceremony ◎ Activity Office	HIIT Training ♥ Gym	Breathwork Workshop ◎ 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
Estate Walk ♥ ⚙ Activity Office	Yoga Nidra Meditation ◎ Pilates Studio	Village and Rice Field Biking * ♥ ⚙ Activity Office	Meridian Stretch Qi Gong ◎ Yoga Bale	Easy Flow Yoga ◎ Yoga Bale	Slow Flow Yoga ♥ Yoga Bale	Village and Rice Field Biking * ♥ ⚙ Activity Office

♥ Active ◎ Gentle ⚙ Weather permitting outdoor activities

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

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 on the following page.

CLASS DESCRIPTION

Energising Yoga

A dynamic morning practice to boost energy and vitality. Starting with sun salutations, the class then moves into additional asanas that shake off sleepiness, stretch out stiff muscles, and sharpen your mind.

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.

Easy Flow Yoga

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.

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.

Slow Flow Yoga

A gentle and meditative practice that combines slow, mindful movements with breath awareness. Poses are held longer to encourage deeper stretches in connective tissues, fostering relaxation and greater flexibility.

Pilates Mat

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

Pilates with Props

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

Pilates Mat: Leg and Core

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

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.

Yoga Nidra Meditation

This class is a deep relaxation technique and a form of meditation. It can help diminish symptoms of anxiety by teaching mental calmness and cultivating a state of deep physical and emotional relaxation.

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 into the body's meridians. This is a therapeutic practice that will leave you with a feeling of peace and vitality.

Breathwork Workshop

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

Core Work

Learn isolated and dynamic bodyweight movements that target the strength and efficiency of your core.

Stretch and Release

Relieve bodily tensions and enhance mobility with guided myofascial release and stretching techniques. This restorative session promotes deep relaxation and overall well-being, perfect for a reset and unwinding.

COMO Circuit Training

An indoor interval training class combining dynamic balance, strength, agility, coordination and cardio conditioning for the whole body.

Maximum of six guests per session

HIIT

Get fit fast with HIIT—high-intensity workouts for maximum results in less time.

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 of six 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.

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 a moderate cycling route.

Maximum of six guests per session.

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.

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.