

COMO Parrot Cay - SCHEDULE OF DAILY ACTIVITIES

January 22nd 2018 to February 24th 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:30 - 8:15 AM SUNRISE YOGA ☼♥ COMO Main Pool	7:15 - 8:00 AM BEACH FIT ☼♥ COMO Beach Deck Beach	7:30 - 8:30 AM SYNERGY VINYASA YOGA♥ Yoga Pavilion	
8:00 - 8:45 AM METCON CIRCUIT ♥ Fitness Centre	8:00 - 9:00 AM TAI CHI CHAUN - QIGONG ♥ Yoga Pavilion	8:00 - 8:30 AM BEACH WALKING MEDITATION ☼☼ Main Beach		8:00 - 8:45 AM POOLSIDE PILATES ☼♥ COMO Main Pool		8:00 - 8:45 AM ROLL AND RELEASE ☼ Yoga Pavilion
9:00 - 10:00 AM SYNERGY VINYASA YOGA♥ Yoga Pavilion	9:00 - 9:30 AM PRANAYAMA BREATH CLASS ☼ Yoga Pavilion	9:00 - 10:00 AM PILATES FLOW ♥ Yoga Pavilion	9:00 - 10:00 AM SYNERGY VINYASA YOGA ♥ Yoga Pavilion	9:00 - 9:30 AM PRANAYAMA BREATH CLASS ☼ Yoga Pavilion	9:00 - 10:00 AM PILATES FLOW ♥ Yoga Pavilion	9:00 - 10:00 AM SYNERGY VINYASA YOGA♥ Yoga Pavilion
11:00 - 11:45 AM Wellness Talk: Oriental Medicine and Aquatic Therapy Library	11:00 - 11:45 AM Wellness Talk: Mind Body Connection Library	11:00 - 11:45 AM Wellness Talk: Ayurveda Principles Library	11:00 - 11:45 AM METCON CIRCUIT ♥ Fitness Centre	11:00 - 12:00 PM TAI CHI CHAUN - QIGONG ♥ Yoga Pavillion	11:00 - 11:45 AM Wellness Talk: Ayurveda Principles Library	11:00 - 11:45 AM Wellness Talk: Gait and Posture Yoga Pavilion
5:00 -6:00 PM PILATES RESTORE ☼ Yoga Pavilion	5:00 - 5:45 PM BODY VS BEING: Intro to Meditation ☼ Yoga Pavilion	5:00 -6:00 PM YOGA FLOW ♥ Yoga Pavilion	5:00 -6:00 PM PILATES RESTORE ☼ Yoga Pavilion	5:00 -6:00 PM SYNERGY VINYASA YOGA♥ Yoga Pavilion	5:00 -6:00 PM YOGA FLOW ♥ Yoga Pavilion	5:00 - 5:45 PM BODY VS BEING: Intro to Meditation ☼ Yoga Pavilion

KEY: ♥ ACTIVE ☼ GENTLE ☼ WEATHER PERMITTING TYPES OF OUTDOOR ACTIVITIES. SUBJECT TO IMMEDIATE CHANGE.

ACTIVITY DESCRIPTIONS



YOGA

Synergy Vinyasa Yoga - Intelligent, safe and active movements to stretch, strengthen and balance, all the while with a sense of calm and natural breathing.

Sunrise Yoga - Greet the morning with a warming practice of Sun Salutations on the beautiful COMO beach.

Yoga Flow - An energized class with core based postures to strengthen, lengthen and tone the entire body.

FITNESS

Beach Fit - Start your day with an invigorating full body workout on the beautiful COMO Beach.

MetCon Circuit - Work your full body through various stations including TRX®, Kettlebells, and bodyweight exercises at a pace that will fire up your metabolism.

MEDITATION

Beach Walking Meditation - Awaken your senses with a serene moving meditation on the beautiful COMO beach.

Body versus Being - Learn the principles of meditation in a simple, accessible way. This practice will begin with a seated, candle light meditation and progress to Yoga Nidra, a guided meditation in savasana.

Pranayama Breath Class - A guided sequence of simple and effective breathing techniques for a daily practice.

OTHER POINTS TO NOTE

- * Please arrive at least 5 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 10 minutes late.
- * Please bring your COMO water bottles from your room to your class and wear suitable attire for your activity. It is advisable to have sun protection for outdoor activities.
- * All classes are delivered with a group dynamic in mind, for more personal instruction we would be happy to book you a private session with our resident instructors (fees apply).
- * Mats and props are provided.
- * Guests must be 16 years and older.
- * Group Classes are not suitable for pregnant guests - private sessions can be arranged (fees apply).

PILATES

Pilates Flow - Build core strength and flexibility with a focus on the Pilates principles of control, centering, and flow. Props will be incorporated for variety and challenge.

Pilates Restore - A deep, therapeutic core strengthening practice. Work at a gentle pace to reawaken your true flexibility and strength.

Poolside Pilates - Enjoy an ocean view in this all-levels Pilates mat class on the COMO Beach Club Pool Deck.

ACTIVE CARE

Roll and Release - Rejuvenate your muscles and fascia from soles to crown with the foam roller and straps to stretch, lengthen, and tone the whole body.

Tai Chi Chuan and Qigong - Learn and practice traditional Chinese movements that assist you in cultivating your energy, promoting health, improving concentration and overall well-being.

WELLNESS EDUCATION

Oriental Medicine and Aquatic Therapy - Join Paula, our resident Acupuncturist and Yogi, and learn how these systems, rooted in traditional Asian practices can heal the body and mind.

Ayurveda Principles - Dr. Parth will share his wealth of knowledge on how to create and maintain optimal health from an Ayurvedic perspective.

Gait and Posture - Learn to find more ease, grace, and power in your everyday movements in this experiential workshop with Melinda, our resident Pilates and fitness expert.

Mind-Body Connection - Whether we are consciously aware of it or not, we experience mind-body connection everyday. Learn simple ways to incorporate this concept into your daily life.