

A DAY OF REJUVENATION AT COMO SHAMBHALA ESTATE



Celebrating Global Wellness Day with a series of revitalising programmes from culinary experience to purification ritual.

[Bali, June 2022] To celebrate the Global Wellness Day that falls on June 11th this year, COMO Shambhala Estate, COMO's wellness flagship destination, will be offering special, carefully selected programmes for wellness enthusiasts.

Wellness Cuisine of the Day

On this particular day, glow Restaurant will highlight Khichdi as our wellness cuisine of the day, its nutritional ingredients, and its benefit to the body to all in-house guests. Not only have the chance to devour this special dish, guest can also bring home the recipe and how to recreate the menu after they come back home.

Khichdi is a traditional Ayurveda wholesome meal that is rich in nutrients. The food is mainly made of carbohydrates, proteins, dietary fibre, vitamin C, and calcium and does as an effective balancer of all three Doshas, namely air, fire, and water. Khichdi does work pretty well to sooth the stomach and bowel and is proven suitable for many health conditions.

Khichdi is available at glow Restaurant at IDR 220,000 per portion including recipe to take home.



Wellness Talk and Afternoon Tea with Prasanth Vayanakathu

Prasanth Vayanakathu, our newly appointed Wellness Manager and Ayurvedic Consultant, will present a 30-minute session to share about “The Art of Living.” During this session, Prasanth will talk about the ancient wellness principles of Ayurveda and how to apply them to modern-day lifestyles. There will also be a Q&A session so that guests can get a better understanding of Ayurveda.

To complement the session, there will be three healthy snacks of our signature cookies (medicine cookies, ginger pistachio cookies, and healthy Anzac cookies) accompanied by freshly brewed hot COMO Shambhala Ginger or iced rosella and lemongrass tea. This session is complimentary for COMO Shambhala Estate and COMO Uma Ubud’s in-house guests.

Purification Ritual with Dewa Murdana

The once-in-a-lifetime experience starts with a short guided walk on the Estate’s scenic nature path. After the breezy walk passing some steep areas, guests are escorted to our ancient spring just footsteps from the Ayung River for the blessing ceremony. The guests, dressed in traditional Balinese attire, will be guided through chanting and offerings by a local priest and finished with a healthy picnic lunch at Kedara Water Garden, home to three natural spring pools.

The purification ritual is available at IDR 2,500,000 per couple. Any additional person will be charged at IDR 500,000 per person.

One Day Can Change Your Whole Life

Join us on a one-day wellness programme that highlights COMO Shambhala Estate’s famous wellness activities to rejuvenate and challenge your physical ability. The activities are:

- **COMO Obstacle Circuit**
A fun adventure across the Estate taking on obstacles such as up and down walks, jungle gym features and more. Finish off the victory with a cool-down exercise.
- **Pilates Mat**
An energising Pilates mat class, designed to train legs and core to improve strength, flexibility, and coordination.
- **Healing Hydro Therapy**
Experience a combination of stretching, aerobics, and water jet massage in our heated Vitality Pool filled with healing natural spring water. The hydrotherapy session ends with relaxation on our al fresco sun beds.
- **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.

The above special programmes for Global Wellness Day are for very limited availability and reservations are mandatory. For more information, guests are encouraged to contact the

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resort's reservations department through email at res.CSestate@comohotels.com or WhatsApp at (+62) 811 3821 4845.

Prices are subject to 21 percent government tax and service charge.

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About COMO Shambhala Estate

COMO Shambhala Estate is a residential health retreat with luxury villa-style accommodation near Ubud, Bali. This 'retreat for change' is a place to relax and improve wellbeing. State-of-the-art wellness facilities include a vitality pool, treatment areas both indoors and outdoors near to the Ayung River, a rock-climbing wall, two gyms, Pilates studio and two yoga venues (pavilion and bale). The Estate's resident experts, who all support the 360-degree approach to wellness, include a yoga instructor, Ayurvedic doctor and oriental medicine masters, with nutritional menus by COMO Shambhala Cuisine.

About COMO Hotels and Resorts

The COMO Group, headquartered in Singapore, represents Christina Ong's unique vision of contemporary living. The Group encompasses the hospitality collection, COMO Hotels and Resorts, which offers personalized luxury travel experiences through individualized service, a commitment to holistic wellness, and award-winning cuisine. Each hotel is developed in response to the destination it inhabits. The Group also includes the international luxury fashion retailer Club 21, the award-winning wellness concept COMO Shambhala, and the philanthropic COMO Foundation.

Get a glimpse of the beautiful destinations and follow exciting adventures on Instagram [@comohotels](https://www.instagram.com/comohotels)

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