

## PARROT CAY BY COMO

### DAILY SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08.00 - 08.45				08.00 - 08.45		
☼ BEACH YOGA & MEDITATION 45mins Beach Activity Tiki Hut				☼ BEACH PILATES 45mins Beach Activity Tiki Hut		
	09.00 - 10.00	09.00 - 09.30	09.00 - 10.00		09.00 - 10.00	09.00 - 10.00
	AATMASANTALUN YOGA 60mins Yoga Pavilion	PRANAYAMA BREATH CLASS 30mins Yoga Pavilion	PILATES FOUNDATION 60mins Yoga Pavilion		PILATES WITH PROPS 60mins Yoga Pavilion	YOGA BEGINNERS 60mins Yoga Pavilion
17.00 - 18.00	17.00 - 18.00	17.00 - 18.00	17.00 - 18.00	17.00 - 18.00	17.00 - 18.15	17.00 - 18.00
FUSION FLOW 60mins Yoga Pavilion	GENTLE YOGA & MEDITATION 60mins Yoga Pavilion	PILATES WITH PROPS 60mins Yoga Pavilion	STRETCH CLASS 60mins Yoga Pavilion	YOGA NIDRA 60mins Yoga Pavilion	AATMASANTALUN YOGA 60mins Yoga Pavilion	PILATES FOUNDATION 60mins Yoga Pavilion

*Effective from 31st January 2017*

#### CLASS DESCRIPTION

**Beach Pilates** - A beach towel replaces the traditional 'Mat' in this open air class.

**Beach Yoga & Meditation** - A mixed level class designed to focus on mild stretches and joint mobilization.

**Aatmasantalun Yoga (Soul balance)** - Yogic techniques to stimulate the brain & nervous system, improving memory & concentration. A blend of Vinyasa yoga, meditation and Yoga Nidra

**Fusion Flow** - A fusion of yoga, pilates & dance inspired movement grounded in core strength, alignment & breath-work to develop your inner-awareness & liberate your senses.

**Gentle Yoga & Meditation** - A calming class of simple postures to gradually stretch, balance and strengthen. Emphasis is on awareness of the breath and body connection.

**Pilates Foundation** - A Classical Mat class focusing on introducing and deepening Pilates principles to ensure quality of movement at all levels.

**Pilates with Props** - Challenge your strength, stability, stamina, & control with Classical Pilates exercises using the Magic Circle, stability ball, and/or Therabands.

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

**Stretch Class** - A head-to-toe method of muscle lengthening & fascial release to increase flexibility, mobility & strength while improving posture, joint function, and overall sense of well-being.

**Yoga Beginners** - For those who are new to Yoga, this class introduces the fundamental techniques of basic postures, proper alignment and breathing methods.

**Yoga Nidra** - Often known as 'yogic sleep' it is a state of consciousness between waking and sleeping. While lying down a guided meditation taking you into a deep state of relaxation.

#### OTHER POINTS TO NOTE

Please arrive no later than 5mins 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 15mins late or if the class is over subscribed.

Wear suitable attire for indoor and outdoor activities. Wear sun protection for outdoor activities and bring your water bottle.

All classes are delivered with a group dynamic in mind. For more personal instruction, please book a private session with our teachers.

The personal direction and feedback you receive from a private class will assist your progression in our group classes.

Group Classes are not suitable for Pregnant guests - Private Sessions can be arranged (fees apply).

Guest must be 16 years and older. Mats and props are provided.

☼ Denotes weather permitting types of outdoor activities; this schedule is subject to immediate change.