

YOGA & MEDITATION

FIND BALANCE BETWEEN BODY AND MIND

“Yoga is the journey of the self,
through the self, to the self.”

-The Bhagavad Gita

COMO SHAMBHALA ESTATE

About

Yoga has been practiced for over 5,000 years and provides a total workout for both body and mind, incorporating strengthening exercises with breathing and meditation techniques. The benefits are myriad, from increased flexibility

and muscle tone to lowered stress levels and blood pressure.

Personal instruction can be provided at any time for beginners to experts, helping to develop a practice that can be incorporated into a daily lifestyle or to enhance a client's existing yoga commitment. Our yoga expert works closely with each client to design a program for their specific needs. Complimentary and private sessions are available throughout the week.

Location:

Payangan

Rates:

Available upon request

Website:

www.comohotels.com/en/comoshambhalaestate/wellness/mind-and-body/yoga





COMO SHAMBHALA ESTATES

Yoga Classes

Hatha Yoga - Take part in a slower-paced yoga class that is focused on stretching and breath work, with no flow between poses.

Introduction to Meditation - Learn guided meditation techniques to develop stillness and presence of mind.

Introduction to Pilates - For those who have never tried Pilates, discover ways to access your deep core in order to strengthen your existing movement practice.

Introduction to Pranayama 'Breath' - Use yogic breathing techniques (Pranayama) to optimize the flow of Prana (vital energy) throughout your body.

Introduction to Yogic Sleep - Yogic sleep is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions.

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

COMO SHAMBHALA ESTATE

Yoga Classes

Power Yoga - This class is a Vinyasa- or Ashtanga-style sequence, with a focus on building strength through core work and balance

Restorative / Gentle Yoga - Join an easier, less strenuous form of Hatha yoga. The class is quiet and meditative, with a focus on slow stretches, flexibility, and deep breathing.

Tai Chi and Quigong - Reconnect with yourself by using the physical methods of this grounding and calming meditation class.

Introduction to Yogic Sleep - Yogic sleep is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions.

Vinyasa Yoga - In this Vinyasa flow sequence, move seamlessly through a string of postures while focusing on your breath.

Yoga Flow - A Hatha-Vinyasa-inspired class that focuses on active movements to balance, strengthen, and stretch the body.



COMO SHAMBHALA ESTATES

Policies

- All activities require 12 hours advance booking and are subject to availability.
- For all paid activities, cancellations must be made two hours in advance.
- A 50 percent penalty charge will be charged for late cancellations, and no-shows will be charged at full activity price.
- Please arrive five minutes before the scheduled activities start time.
- As a courtesy to other guests, you may not be allowed to join a class if you are more than 15 minutes late or if the class is over-subscribed.
- Outdoor activities are subject to weather conditions.
- Please wear suitable attire, including appropriate footwear, and bring sun protection for outdoor activities.
- Group classes are not suitable for pregnant women.
- All classes are delivered with a group dynamic in mind. For a more tailored wellness experience, please book a private session with one of our experts.



BAGUS JATI

About

Yoga nourishes you on every level, and it is equally important to feed the body, mind, and spirit; here at Bagus Jati, we concentrate on the practice of asana (yoga postures), pranayama (breath control) and dhyana (meditation). Through the use of the Hatha yoga system, we invite you to start and continue your yogic journey with us and experience feelings of total well-being, release feelings of happiness, love, laughter, harmony, and fun, and achieve life's true success, that of a peaceful mind.

Location:

Tegalalang

Rates:

Available upon request

Website:

www.bagusjati.com/yoga



YOGA BARN

About

The Yoga Barn was created by its founders for the sole purpose of bringing together the community and giving back to the island of Bali. Located in the heart of Ubud, Bali's cultural hub, The Yoga Barn is Southeast Asia's full-service yoga studio and holistic healing retreat center. Launched in 2007, The Yoga Barn's buildings have an indigenous Balinese feel to them. Coupled with a spiritual vibe, The Yoga Barn is at once earthy and rustic, relaxing, friendly, and unpretentious.

Location:

Ubud

Class Schedule:

Available upon request

Rates:

Kindly reach out to your dedicated guest experience specialist.

Website:

www.theyogabarn.com



YOGA BARN

Class Cards

Inclusions: free mats & props for your practice, free water, free showers, free wifi

Class Card Policies:

- Class cards are valid for 6 months from the date of purchase and are non-extendable.
- Class Cards are registered in the name of ONE individual only (the person purchasing the class card). As long as the person on the name of the card is attending a particular class, he/she may share the card with any accompanying guests.
- We understand that occasionally, classes may not be quite what you expect. If you leave a class within the first 15 minutes and report immediately to reception, you will be refunded for that class. Any later than 15 minutes, there will be no refund.
- Yoga Barn Class Cards are non-refundable, non-extendable, and non-transferrable. You cannot transfer your card to another person after leaving Bali.





YOGA BARN

Guidelines

- Class registration is on a first-come, first-served basis and takes place in the Lower Reception. At this time, you cannot pre-pay or pre-book classes.
- Each class is 1 hour and 30 minutes duration unless otherwise noted.
- Classes are mostly Open Level, unless labeled otherwise on the schedule (Look for notations: Level 1 (All Levels/Beginner), Level 1 and 2 (Intermediate), or Level 2 (Advanced). Classes fill up quickly, especially during the busy season. Registration opens 30 minutes before daytime classes and 1 hour before for evening classes (those starting at 7:30 pm or 8 pm).
- Ecstatic Dance and Sunday Dance are our most popular classes and have special registration rules.
- Yoga mats & props are provided but feel free to bring your own.
- Each Studio/Class has a Maximum Number of participants allowed in the room; once registration hits that maximum, the class is considered full.
- Classes Entrance is closed 10 minutes after the scheduled start time. Exception:
The Yoga Nidra class is closed for registration and entry 5 minutes after the class starts.
- For daily classes, Children under the age of 12 are not permitted to join classes; there are NO EXCEPTIONS to this rule unless otherwise stated on the schedule as 'Child Friendly' Sunday's Ecstatic Dance and Kirtan are family-friendly, so come one, come all!
- With the exception of the Yoga Barn Menagerie, no pets are allowed in classes.

RADIANTLY ALIVE

About

Radiantly Alive serves as a light – offering yoga as a guide to bring you in touch with your own true self again. We know that deep within you, the map is there, and the path is laid out; it just needs to be illuminated.

Offering yoga in an environment where you can truly be yourself, be vulnerable, learn, stumble, and get up again. All supported by a family surrounding you – to lift you through all those ups and downs. Throughout all our offerings – teacher training, yoga classes, workshops, and healing therapies – we provide a safe, nurturing, and loving space that will allow you to undertake your own personal journey of discovery.

Location:

Ubud

Class Schedule:

Available upon request

Website:

www.radiantlyalive.com



RADIANTLY ALIVE

Classes

Arm Balances	Movement Improvement
Ashtanga Inspired	Mystic Healing
Ashtanga Vinsaya (Guided)	Qigong
Bhakti Flow	RA Vinyasa
Breath of Awakening	Restorative
Biodynamic Breath Trauma Release	Roll & Release
Breathwork	Sky Yoga Core
Embodied Flow	Sky Yoga Flow
FluidUS	Sky Yoga Therapeutics
Gentle Flow	Soft Evening Flow
Gemstone Energy Medicine	Strong Flow
Handstands	Thai Yoga Massage
Hatha Yoga	Yin Yang
Hatha Intermediate	Yin Yoga
Kirtan	Yoga Foundations
Kundalini Yoga	Yoga Nidra
Meditation and Pranayama	Yoga Trauma Release Exercise
Mobility Beyond	Yogalates



RADIANTLY ALIVE

Rates

Class Passes

Join the Radiantly Alive Yoga community and make yoga and radiance a part of your life. An investment in your health and well-being at Radiantly Alive will stay with you for a lifetime. Packages include unlimited access to yoga with world-class teachers.

Private Classes

Private yoga classes in Ubud can be arranged for one-on-one, couples, or small groups. Whether you're brand new to yoga and need some individualized direction, an advanced practitioner looking to enhance your practice, or a small group wanting a fun, personalized experience.

Duration: 60 minutes



RADIANTLY ALIVE

Terms and Conditions

- For classes, workshops, or short training with less than 3 people in attendance, it's at the teacher's discretion as to whether the workshop or class will still be held. Should a class or a workshop be canceled, you will receive a full refund.
- Our refund policy for short training:
 - Deposit is nonrefundable
 - 90 days prior (3 months): full refund excluding deposit
 - 60 days prior (2 months): half refund excluding deposit
 - Less than 60 days prior: no refund
- If you cancel a workshop up to 2 weeks prior to the start date, a 10% administration fee applies, so you get a 90% refund. If you cancel within 2 weeks prior to the offering, it is non-refundable.
- Class passes are valid for 1 year and do not apply for workshops. They are non-refundable, though you do have the option to transfer your class pass to another person. This option is limited to just one transfer a time.
- For private classes, make sure to book at least 48 hours in advance in order to confirm teachers' availability.



THE PRACTICE BALI

ABOUT

Born from our passion for traditional lineage-based practices and an understanding of the importance of having a community of support when living a purpose-driven life, our center is for you – passionate and dedicated yogis, ready to do the work.

Nestled in the beach-side town of Canggu, Bali, in our beautiful open-air studio, explore the science and art of traditional practice under the guidance of experienced teachers whose dedication to the practice is palpable. We offer daily asana and meditation classes, master classes, workshops, free weekly presentations, community events, and teacher training programs for both new and experienced practitioners.

Location:

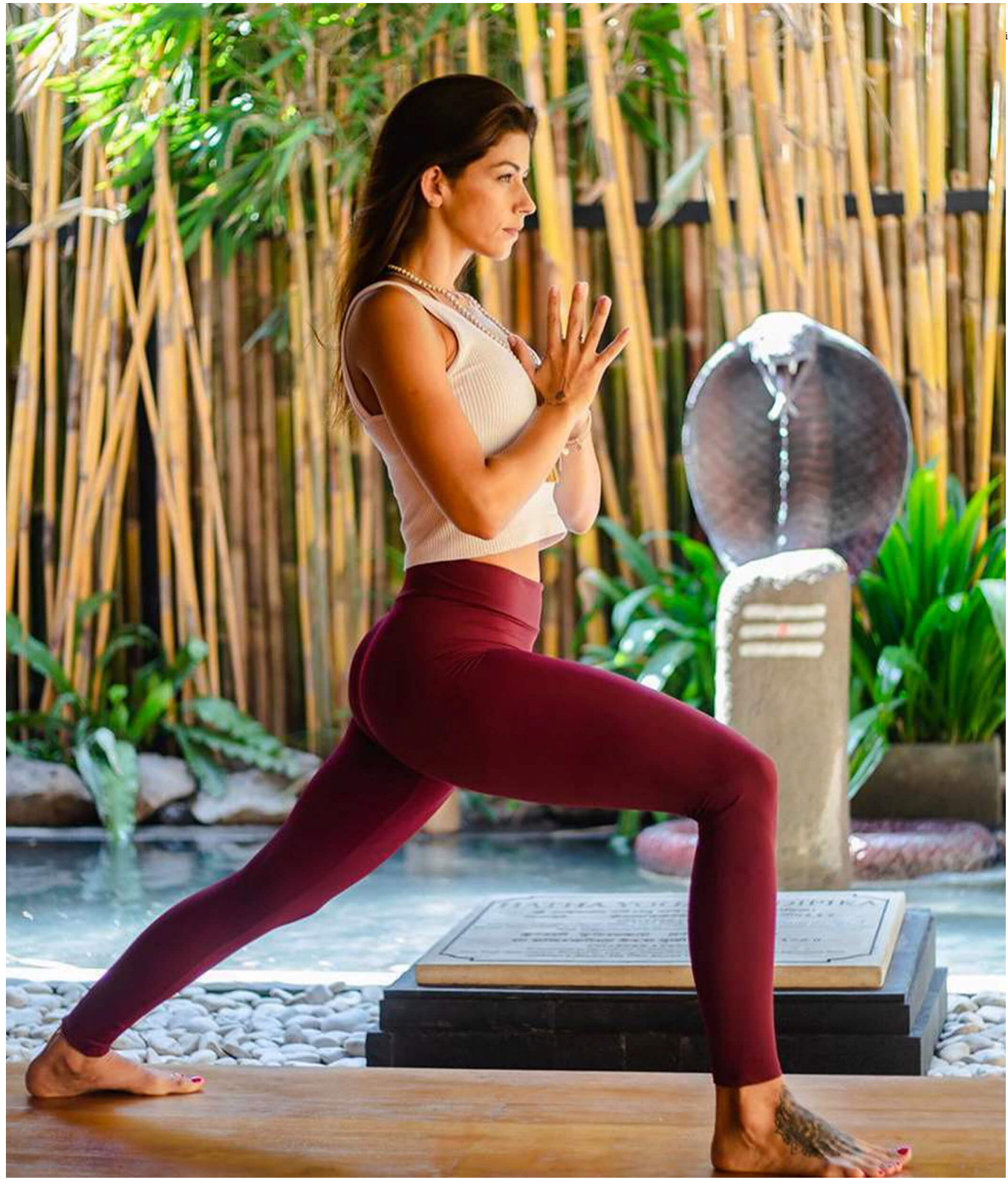
Canggu

Class Schedule:

Available upon request

Website:

www.thepracticebali.com





THE PRACTICE BALI

Hatha Yoga & Meditation

A traditional Hatha Yoga practice including Asana, Pranayama and Meditation. Each class will work with a combination of dynamic and static Asanas, often infused with targeted breath-work to stabilize the mind, increase vitality and tap into the hidden power that exists within all of us. All classes will culminate in seated Meditation, which is considered the most important aspect of every Yoga practice.

Restorative Hatha

A fusion of Restorative Asanas and nurturing breath-work supported by the healing vibrations of 432Hz. This is a slow, nourishing practice to bring you back home to yourself.

Kung Fu [Wing Chun]

Wing Chun Kung Fu is a traditional martial art from South China. Wing Chun teaches efficient use of power, speed, timing, sensitivity and positioning. It is a close-range martial art that uses hand strikes, low kicks, hand traps and throws. Wing Chun Kung Fu also focuses on internal training methods such as the cultivation of energy-sensitivity, energy gathering and energy directing techniques, as well as techniques to unify mind, body and spirit.

Tai Chi Chuan

Tai Chi Chuan was originally developed as a highly effective martial art, but it also functions as a gentle exercise practice for those with physical limitations, plus a body/mind system with meditative qualities that moves us towards self-mastery.

THE PRACTICE BALI

Yin Yoga

A slow-paced practice incorporating longer, deeper holds and an invitation to explore the contents of the mind. Yin works with the energy-lines found within the fascia and often involves props for increased stability and support.

Yoga Nidra

A powerful yet effortless form of Meditation done lying down, referred to as 'Yogic Sleep', where a deep state of awareness and rest is accessed beyond the body and thinking mind.

Kirtan

An opportunity to come together, connect and chant! Kirtan is a form of Bhakti Yoga, or devotional practice where we use music and our collective voices to praise the Divine and give thanks for this amazing life.

Qi Gong [Yan Shou Gong]

Yan Shou Gong is an Authentic Qi Gong practice traditionally taught to only the most senior monks in the Southern Shaolin Temple. Each of the Yan Shou Gong sets condense the best practices of the Qi Gong arts, making them easy to learn, quick to practice and efficient in regard to producing real internal energetic results. Yan Shou Gong teaches the practitioner the subtle skills of Grounding, Rooting and Centering, plus energy sensitivity skills, which are powerful tools to relieve stress, anxiety, low energy, poor health and depression.



THE PRACTICE BALI

Policies

- You can just drop in on a normal class. If it is a masterclass, you do not need to book, but you are recommended to arrive at least 15 minutes early, as the classes have a limit. If it is a workshop or course, you will always be encouraged to book in advance to secure a limited spot.
- As a sign of respect for the other students and managing the flow of the class for the teacher, strictly no late entry.
- Please bring your own towel
- The age limit for Restorative & Beginners classes is 10 years old and above. Moon, Sun & Fire are 15 years old and older. Please let your teacher know before class if you are practicing while pregnant.
- The Unlimited Pass would be honored for up to 2 years. It is not transferable, and we cannot 'freeze' it for you.
- To respect the sacredness of everyone's practice, you are not allowed to take pictures or videos inside the studio during a class. However, selfies with the staff and teachers before or after the class are strongly encouraged
- For private classes:
 - All bookings must be finalized 48 hours prior to the practice time.
 - A non-refundable 10% deposit is required and will be deducted from the full payment.
 - Booking time and day can be changed with 48 hours 'notice (1) time only, subject to management approval and teacher availability.





T H E L U X U R Y
S I G N A T U R E