



RETREAT ITINERARY

Saturday, November 26th 2022

2.00pm	Check-in at COMO Point Yamu
4.00pm to 5.30pm	Guided Healing Meditation with aromatherapy at COMO Shambhala Retreat
5.30pm to 6.45pm	Alignment-based Movement and Crystal Sound Immersion: Relieve tired muscles and restore energy
6.45pm	Welcome dinner

Sunday, November 27th 2022

7.30am to 8.00am	Guided Body Scan: Positive affirmations to align the mind, body, and spirit
8.30am	Breakfast at La Sirena
10.30am to 12.00pm	Yoga: The art of adjustment
12.00pm to 2.00pm	COMO Shambhala Cuisine lunch at La Sirena
2.00pm to 4.00pm	Your choice of private sessions: Art therapy, sound healing, mindfulness and yoga
5.00pm to 5.30pm	Meditation: Nurture the mind and open the heart
5.30pm to 6.45pm	Align and Flow: Explore playfulness in movement, art therapy and sound healing
6.45pm	Dinner

Monday, November 28th 2022

6.30am to 8.00am	Sunrise Yoga and Reiki Healing
10.00am	Breakfast at La Sirena
12.00pm	Check-out

COMO Point Yamu

<https://www.comohotels.com/en/pointyamu/experiences/como-journeys/triathlon-fitness-with-alistair-brownlee-and-ian-mitchell>

<https://www.comohotels.com/en/pointyamu/experiences/como-journeys/transformative-wellbeing-retreat-jolie-michelle-ow/retreat-itinerary>

To book or find out more, please contact T. +66 2 625 3322 or E. res.pointyamu@comohotels.com