

**A New Year, A New You**  
**COMO Shambhala Open House**

Saturday, 11 February • 8:30 AM to 5 PM

Enjoy:

- Complimentary Yoga Sessions
- One Day Only Package Deals
- Neck And Shoulder Massage
- Complimentary Samples For First 100 Participants
- Chance To Win A Stay At The Como Shambhala Estate In Bali
- And Much More!

Please check out our website for more information and class times.

[www.singapore.comoshambhala.bz](http://www.singapore.comoshambhala.bz)



**COMO SHAMBHALA**  
URBAN ESCAPE SINGAPORE

**FEBRUARY** 2012 SCHEDULE

Email: [singapore@comoshambhala.bz](mailto:singapore@comoshambhala.bz) • Tel: +65 6304 3552 • Fax: +65 6304 3512

583 Orchard Road #06-05 The Forum, Singapore 238884

**Please check our website for the latest updates.**  
This schedule is accurate at time of printing and may be subject to changes without prior notice. [www.singapore.comoshambhala.bz](http://www.singapore.comoshambhala.bz)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:30</b> <b>Y</b> Iyengar Beginner Jay <b>Y</b> General Kenny 120min	<b>9:30</b> <b>Y</b> Beginner Kenny <b>Y</b> Iyengar 1-2 Jay	<b>9:30</b> <b>Y</b> Beginner Adeline <b>Y</b> General Kenny 120min <b>Y</b> Yin Sarah	<b>9:30</b> <b>Y</b> Beginner Sarah <b>Y</b> Foundations for Inversions Kenny	<b>9:30</b> <b>Y</b> Iyengar Beginner Jay	<b>9:00</b> <b>Y</b> General Kenny 120min	<b>9:30</b> <b>Y</b> Beginner Samantha
	<b>10:00</b> <b>Y</b> Astanga Led Celeste		<b>10:00</b> <b>P</b> Beginner Yumiko 75min	<b>10:00</b> <b>Y</b> Iyengar 1-2 Sandrine	<b>9:15</b> <b>Y</b> Iyengar Beginner Jay	<b>10:00</b> <b>Y</b> Iyengar 1-2 Sandrine
<b>11:30</b> <b>Y</b> Prenatal Samantha 75min	<b>11:30</b> <b>Y</b> Pranayama Kenny 75min	<b>11:30</b> <b>Y</b> Pre-Natal Sarah	<b>11:30</b> <b>Y</b> Back Care Yoga Sarah <b>Y</b> Iyengar Pre-Natal Sandrine 75min	<b>11:30</b> <b>Y</b> Pre-Natal Sarah	<b>9:30</b> <b>P</b> Beginner Yumiko 75min	<b>11:00</b> <b>P</b> Beginner Yumiko 75min
<b>12:30</b> <b>Y</b> Iyengar 1-2 Sandrine	<b>12:30</b> <b>Y</b> Iyengar Beginner Jay 75min	<b>12:30</b> <b>Y</b> Iyengar 1-2 Sandrine	<b>1:00</b> <b>Y</b> General Samantha <b>Y</b> Iyengar Beginner Jay 75min	<b>12:30</b> <b>Y</b> Iyengar 2-3 Sandrine	<b>11:00</b> <b>P</b> General Yumiko 75min <b>Y</b> Pre-Natal Samantha 75min	<b>11:30</b> <b>Y</b> Iyengar All Levels Jay
<b>1:00</b> <b>Y</b> Beginner Samantha <b>P</b> Body-Sculpt Yumiko 75min		<b>1:00</b> <b>P</b> General Yumiko 75min <b>Y</b> Beginner Keong	<b>3:00</b> <b>Y</b> Beginner Keong	<b>1:00</b> <b>Y</b> Beginner Germin	<b>11:30</b> <b>Y</b> Iyengar 1-2 Jay	<b>2:00</b> <b>Y</b> Restore Adeline 75min (12th & 26th Feb. Only)
<b>6:45</b> <b>P</b> Body-Sculpt Yumiko 75min		<b>6:45</b> <b>P</b> Beginner Yumiko 75min	<b>6:30</b> <b>Y</b> Pre-Natal Samantha 75min		<b>1:30</b> <b>Y</b> Intro to Yoga *(3-wk course)	<b>2:30</b> <b>Y</b> Beginners Maniam
<b>7:00</b> <b>Y</b> Beginner Kenny <b>Y</b> Iyengar 1-2 Jay	<b>7:00</b> <b>Y</b> Beginner Samantha <b>Y</b> General Kenny 120min	<b>7:00</b> <b>Y</b> Beginner Adeline	<b>7:00</b> <b>Y</b> Iyengar Beginner Jay <b>Y</b> Yin Mariko		<b>1:30</b> <b>Y</b> Beginner Germin	
<b>8:00</b> <b>Y</b> Beginner Kris		<b>8:00</b> <b>Y</b> Beginner Germin			<b>2:30</b> <b>Y</b> Intro to Pilates Yumiko *(3-wk course)	
<b>Y</b> Yoga <b>P</b> Pilates Classes are 90 minutes except where indicated.					<b>3:30</b> <b>Y</b> General Maniam	
					<b>4:30</b> <b>Y</b> Iyengar 1-2 Sandrine	

\*Intro Courses: Advance booking is required. No Drop-ins allowed. Students without prior experience in Pilates must attend the 3-week Intro Course before joining regular classes.