

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7.30am to 8.30am Morning yoga		7.30am to 8.30am Pranayama meditation 🕉️		7.30am to 8.30am Morning yoga
8.00am to 9.00am Morning walk	8.00am to 9.00am Morning walk	8.00am to 9.00am Morning walk	8.00am to 9.00am Morning walk	8.00am to 9.00am Morning walk	8.00am to 9.00am Morning walk	8.00am to 9.00am Morning walk
	8.30am to 1.00pm White-water rafting on the Ayung river IDR 775,000	10.00am to 1.00pm Egg painting class IDR 350,000	8.30am to 1.00pm White-water rafting on the Ayung river IDR 775,000	8.30am to 12.30pm Volkswagen safari tour IDR 480,000	8.30am to 1.00pm White-water rafting on the Ayung river IDR 775,000	8.30am to 1.00pm White-water rafting on the Ayung river IDR 775,000
10.00am to 12.00pm Traditional Balinese painting class IDR 350,000	10.00am to 1.00pm Classic village biking and cultural tour IDR 380,000	10.00am to 1.00pm Ubud Discovery Tour IDR 350,000	10.00am to 3.00pm Mount Batur freewheel mountain biking IDR 390,000	10.00am to 4.00pm Kintamani temples and volcano tour IDR 480,000	10.00am to 1.00pm Tampaksiring village biking and cultural tour IDR 380,000	10.00am to 1.00pm Egg painting class IDR 350,000
10.00am to 4.00pm Kintamani temples and volcano tour IDR 480,000	1.00pm to 2.00pm Uma cookery class IDR 250,000	10.00am to 1.00pm Silver jewellery class IDR 500,000	1.00pm to 2.00pm Pasta making class IDR 250,000	10.00am to 1.00pm Silver jewellery class IDR 500,000	1.00pm to 2.00pm Uma cookery class IDR 250,000	11.30am to 3.30pm Sunday Brunch at Uma Cucina
	3.30pm to 6.30pm Keliki village and rice field walk IDR 220,000				3.30pm to 6.30pm Keliki village and rice field walk IDR 220,000	
4.00pm to 5.00pm Afternoon yoga	4.00pm to 5.00pm Afternoon yoga	4.00pm to 5.00pm Afternoon yoga	4.00pm to 5.00pm Afternoon yoga	4.00pm to 5.00pm Afternoon yoga	4.00pm to 5.00pm Afternoon yoga	4.00pm to 5.00pm Afternoon yoga
4.00pm to 5.00pm Canang offering making IDR 100,000		4.00pm to 5.30pm Rindik instrument lesson IDR 200,000	4.00pm to 5.30pm Balinese dance lesson IDR 200,000			
5.30pm to 9.30pm Balinese 'Ribs and Bibs': A smoky barbecue evening at the Pool Bar		6.30pm to 10.30pm Balinese-inspired dinner: A night of Balinese treats at Kemiri restaurant		5.30pm to 9.30pm Traditional Balinese street food at the Pool Bar	7.30 pm to 9.30 pm Live jazz music performance at Uma Cucina	7.00pm to 9.00pm Barong dance in Kedewatan village IDR 100,000

#### Other Points To Note

- Booking is essential for all activities and subject to guide availability.
- Cancellations must be made by 6.00pm the day before the activity or charges will be incurred.
- Priced activities require a minimum of three guests in order to take place, and have a capacity for up to five participants.
- For yoga classes, please wear loose, comfortable clothing that will allow you to move freely. Private yoga sessions are also available.
- Outdoor activities are subject to weather conditions. Please wear suitable attire and bring sun protection.
- All prices quoted are per person and subject to service charge and government taxes (except for rafting activities and Barong dance).
- For more information about the activities we offer, please speak to Guest Services.
- 🕉️ To celebrate Shambhala Friday, COMO Shambhala will be offering a complimentary Pranayama Meditation class. For more information and bookings, please contact COMO Shambhala's extension number at 8888.

## CLASS DESCRIPTIONS

### Balinese dance lesson

Discover the art of this ancient dance tradition, which combines religious and artistic expression.

### Barong dance in Kedewatan village

Visit a local village and watch a percussion ensemble, followed by a traditional barong dance with colourful costumes and rhythmic Indonesian music.

### Canang offering making

Make a 'Canang Sari', one of the daily offerings made by Balinese Hindus to thank their gods.

### Classic village biking and cultural tour

Take a short car ride to the village of Bukian, then walk to the village of Dasong or Payangan, where a bustling traditional market awaits. This activity includes an Uma guide, bottled water, transportation and bike equipment.

### Kintamani temples and volcano tour

Visit the ancient temples scattered across Mount Batur's upper slopes. You also have the chance to explore an agri-tourism park. The tour ends with a winding downhill drive from Kintamani to the terraced rice fields of Ceking in Tegalalang. This activity includes an Uma guide, bottled water and transportation.

### Mount Batur freewheel mountain biking

COMO Uma Ubud's most popular tour takes you and your bike up to the edge of the spectacular Mount Batur crater, from where you can freewheel most of the way to the village of Sebal. This activity includes an Uma guide, bottled water, transportation and bike equipment.

### Morning walk

This easy walk takes you along the trails and rice paddies that surround the property.

### Pranayama Meditation

Use yogic breathing techniques (pranayama) to prepare the body and mind for meditation.

### Rindik instrument lesson

Learn how to play this classic Balinese instrument made from bamboo.

### Silver jewellery making class

Travel to the village of Singapadu to learn the basics of creating silver jewellery, then take your own creation home.

### Tampaksiring village biking and cultural tour

Begin cycling among the terraced Ceking rice fields, then continue on to Tirta Empul—a temple dating back to AD 926—then cycle downhill to Ubud through striking local villages. This activity includes an Uma guide, bottled water, transportation and bike equipment.

### Traditional Balinese painting

Learn to paint using traditional Balinese techniques.

### Ubud discovery tour

This tour of Bali's bustling hub is designed to showcase three key elements of Balinese culture: spirituality, art and trade.

### Uma cookery class

In this class you can learn to prepare a traditional Indonesian meal with local herbs and spices.

### Volkswagen safari tour

Tour beautiful Balinese villages and rice fields in a classic convertible Volkswagen safari vehicle with an English-speaking driver. Please note: There is no guide on this tour.

### White-water rafting at Ayung river

Float down the Ayung River, through Bali's stunning natural flora, while keeping an eye out for the local wildlife.

### Yoga

This gently paced yoga class focuses on stretching and breath work, rather than flow between poses.



## SCHEDULE OF DAILY ACTIVITIES