



COMO SHAMBHALA ESTATE

- ◆ Luxurious Health and Wellness Retreat
- ◆ 2011 Condé Nast Traveler Gold List
- ◆ Custom-Tailored Renewal Program
- ◆ Part of the COMO Group

Asia
BALI

COMO Shambhala Estate, nestled within the lush Balinese forest above the sacred Ayung River, is an acclaimed wellness haven. This luxurious retreat offers a 360-degree holistic approach for a complete renewal of the mind, body and spirit. Each wellness experience is individually tailored to personal requirements. A place of beauty, inspiring guests to make informed, life changes.

Accommodations at the Estate are a perfect blend of contemporary and indigenous design. Five unique residences, featuring up to five separate facilities, are themed after nature's five elements.

Top specialists in yoga, Pilates and Tai Chi provide inspiration and nurture to all guests. For the adventurous, skilled Activity Guides are available, including hiking, whitewater rafting and more. Weekly retreats focus on subjects ranging from yoga to Tibetan Buddhism.

The two restaurants offer healthy and flavorful cuisine. Glow, vibrant and contemporary, serves healthy meals and Kudus House, serves Indonesian influenced menu for breakfast and dinner.

Profile: 30 air-conditioned rooms, suites and villas, children under 16 welcome in villas or entire residences only, 2 restaurants, 24 hour room service, 9 treatment rooms, 4 outdoor treatment pavilions at Kedara, pools, yoga pavilion, Pilates studio, satellite TV, CD & DVD player, complimentary Wi-Fi, fitness center and tennis court. Located 60 minutes from Denpasar International Airport with nonstop flights from major cities in Asia and Australia. Open year round.

