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'The Balance of Yoga' with Rodney Yee and Colleen Saidman  
– A Retreat at COMO Shambhala Estate in November 2008

From 16<sup>th</sup> to 22<sup>nd</sup> November 2008 renowned American Yoga teachers Rodney Yee and Colleen Saidman will host a residential Yoga Retreat at COMO Shambhala Estate at Begawan Giri, Bali.

Rodney Yee, who sits on the Board of Advisors for COMO Shambhala, is a long-term friend of the company. He has hosted many sought-after Yoga Retreats at Parrot Cay in the Turks and Caicos as well as retreats in Bali. He is the co-founder of the Piedmont Yoga Studio in Oakland, California, and author of *Yoga: The Poetry of the Body* and *Moving Towards Balance*.

Colleen Saidman was originally certified in the 800 hour-plus Jivamukti Teacher Training Programme. She and her business partner, Jessica Bellofatto, own the hip Yoga Shanti studio in Sag Harbour, New York. Colleen has also been a long-term friend of COMO Shambhala and shares the company's strong holistic vision.

Rodney and Colleen are the perfect partnership to lead this retreat. They have been practising together for more than five years. However, this is the first time they will be leading a joint Yoga week at COMO Shambhala Estate.

During five days of practise, Rodney and Colleen will help students move from Vinyasa to integrated alignment, from chanting to silence and from *pranayama* to *pratyahara*, creating a profound experience of movement from the gross/masculine energy to the subtle/feminine. Under Rodney and Colleen's expert guidance, participants will be able to refine their attention and dissolve the boundaries between male and female, between us and the world.

Guests will also be able to benefit from the Estate's healthful COMO Shambhala cuisine and substantial wellness facilities. A team of highly skilled consultants and therapists offer a wide variety of treatments, including Ayurveda, nutritional consultations and Pilates.

A 25m lap pool as well as a sauna, steam rooms and hydrotherapy pool are available to guests, and there is a daily schedule of complimentary activities such as walking, martial arts and biking.

The Estate is nestled in the Balinese jungle near Ubud, the island's cultural hub. Accommodation is private and spacious, located in one of five unique Residences or various individual villas. Retreat guests also all have the use of a personal assistant, creating an environment in which to relax and clear the mind.

Retreat rates start from \$3,650 (single occupancy) or \$5,640 (double occupancy) in a Garden Room, inclusive of government tax and service charge.

All rates include six nights accommodation, five days Yoga tuition, daily breakfast/brunch, welcome and farewell dinners and return airport transfers.

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## EDITOR'S NOTE

The Company: COMO Shambhala is the COMO Group's healthy living concept that spans environments, services and products, offering a full range of experiences that challenge and inspire us to greater wellbeing.

The COMO Shambhala Offer: COMO Shambhala advocates proactive responsibility for individual holistic wellness. This entails balancing healthy eating with pleasurable gastronomy, self-directed exercise with expert instruction, massage with greater mental repose, and thought with action. COMO Shambhala embraces all modalities of wellbeing, from yoga's ancient system of self-development to other proven methods such as Ayurveda, aromatherapy, Pilates, Tai'Chi, and Qigong. Consultants take a consultative rather than prescriptive approach, working with guests on a one-by-one basis to define and achieve their goals. COMO Shambhala cuisine offers enzyme-rich, healthy and delicious cuisine. COMO Shambhala at Home, a lifestyle brands, creates skin and bodycare products developed to complement the environments and services available.

Property Portfolio: COMO Shambhala owns, designs and manages seven centres of wellbeing at properties worldwide. Each location is chosen because it possesses a sense of peace in its own right, whether this is a hillside in Bhutan or riverbank in Bali. COMO Shambhala's portfolio includes COMO's city hotels spas, known as COMO Shambhala Urban Escapes (in Singapore, at the Metropolitan London and Metropolitan Bangkok), COMO Shambhala Retreats (at Parrot Cay in the Turks and Caicos, Cocoa Island in the Maldives, Uma Ubud in Bali and Uma Paro in Bhutan), and its flagship destination, COMO Shambhala Estate at Begawan Giri. In addition, COMO Shambhala owns and operates Glow, three restaurants in Singapore, Bangkok and Bali that focus on COMO Shambhala-inspired healthful cuisine.

The COMO Group: COMO Shambhala is part of the COMO Group, which represents Christina Ong's unique vision of contemporary living. The COMO Group encompasses Club 21, the international luxury fashion retailer, COMO Hotels and Resorts, which is the hospitality collection with properties in London, the Caribbean, Bhutan, Bali, Thailand and the Maldivian Islands, and the COMO Foundation representing the Group's philanthropic interests throughout the developing world. The Group is headquartered in Singapore.