

COMO SHAMBHALA ESTATE

Aryurveda & relaxation at the highest level

The exclusive resort offers its own holistic wellness concept. With individual intensive care, including a personal assistant, you experience the heart of Bali at this spiritual retreat in a very special way.



Your Resort

This luxury resort majestically crowns the Begawan Giri Mountain, stretching out over an area of roughly 10 ha. The complex itself is embedded within a tropical primeval forest landscape with sundrenched glades, and consists of guest houses, water gardens, open halls, relaxation zones, yoga- and meditation pavilions as well as a health and well-being centre directly by the river. The hotel has been awarded many times as one of the finest hotels of the world. Ubud, the nearest town, is a mere 15 minutes drive away from the hotel.

How You Reside

The 30 rooms and suites consist of: Garden Rooms (ca 32 – 45 sq.m); Terrace Suites (ca 45 – 83 sq.m) with separate garden and Shambhala Suites with separate living and sleeping areas and whirlpool; all are located within 5 residences and retreat villas and feature furniture and colours representing the 5 elements as well as portraying the characteristics of an Indian Summer palace. All rooms and suites come with bath/shower/WC, hair dryer, bath robe, air conditioning, open-

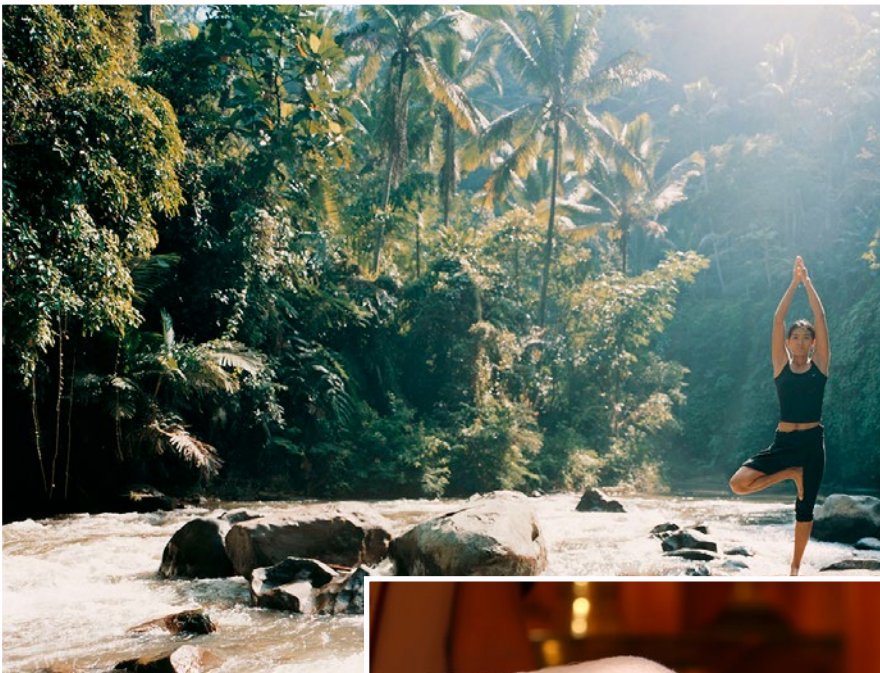
air shower, dressing room, telephone, satellite TV, CD/DVD player, Wi-Fi, safe, mini bar, coffee and tee maker and a patio. Each of the residences and villas comes with its own pool and butler service.

Dining & Leisure

The Kudus House Restaurant as well as the open-plan All-Day-Dining Restaurant with show cooking guarantee true culinary delights with exquisite and well-balanced Indonesian cuisine. All dishes are served with freshly picked ingredients and medicinal herbs which have been organically cultivated.

Wellness

Retreat Centre with 9 treatment rooms, outdoor spring water pool, hydrotherapy pool, heated vitality pool with water training, sauna and steam bath. The centre has a highly qualified team of doctors and therapists as well as highly experienced specialists in the fields of Ayurveda, yoga, Pilates and nutrition. 20 of the treatments on offer have been inspired by Asian principles and are oriented towards a holistic Western concept. Additionally



Experience one of the most beautiful hotels in the world and the beautiful island of Bali up close. Discover the diversity of Indonesia and take advantage of numerous activity offers to maintain a healthy lifestyle.



INDONESIA

there are shiatsu, acupuncture, purifying body baths and beauty treatments. There is a fitness-, yoga- and Pilates studio.

Leisure

Free time activities in the area include mountain biking, hiking, climbing, tennis, rowing or rafting.