

Explore the World through Sport, Wellness and Creativity with COMO Hotels & Resorts Brand New Journeys for 2024



Including Training Sessions with the Rafa Nadal Academy, Space Camps with esteemed Astronauts and a Leica Photographic Retreat

COMO Hotels and Resorts is launching a new series of COMO Journeys for 2024, a unique collection of one-of-a-kind, one-off, retreats and residencies with a focus on movement, adventure and outdoor immersion this year. COMO Journeys enable guests to learn a new skill or deepen an existing practice under the watchful eye of leading experts in extraordinary locations around the world, bringing together like-minded individuals on voyages of discovery and personal growth. From brushing up on boxing skills with the Pros in Bali, perfecting the art of padel with the Rafa Nadal Academy in the Maldives, to photographing the wilds of Bhutan and finding an inner flow at a yoga retreat in London, COMO offers an extraordinary Journey for everyone.

Boxing with the Pros in Bali (17–22 & 22-27 October)

COMO Uma Canggu, Bali

COMO Uma Canggu has teamed up with professional world-class boxers, Darren Barker, Ryan Pickard and London's 12x3 Boxing studio to host a series of boxing fitness retreats this October, Bali Boxing for adults and Little Boxers for children. Situated on Bali's picturesque south coast, COMO Uma Canggu will serve as the backdrop for this immersive boxing fitness retreat. Participants can expect an intensive experience that not only imparts the essentials of boxing but also challenges them both mentally and physically through a thoughtfully designed program. The Little Boxers Camp aims to build confidence, teach children new skills to conquer challenges, learn discipline and ignite a desire to live a healthier life through sport.

The 6-day Bali Boxing camp will cost from £2,410 per guest for a double occupancy and includes five nights of accommodation on a full board basis, access to a daily itinerary of group fitness sessions with Darren Barker and Ryan Pickard, one 75-minute COMO Shambhala Massage, welcome cocktails with canapés and return airport transfers. The Little Boxers Camp will cost from £24 per day

Padel Training with the Rafa Nadal Academy in the Maldives (20-26 October)

COMO Maalifushi, Maldives

For guests wanting to perfect their padel game, the fastest growing sport in the world, look no further than COMO Maalifushi's exclusive padel camp with coaching from the renowned Rafa Nadal Academy. The challenging and fast-paced racket sport combines rules and techniques from both squash and tennis and where better to get tips from than the legendary Rafa Nadal Academy. From experienced players to those who are new to the sport, this camp will offer personalised coaching, professional tips and intensive training sessions catered to guests' abilities, all against the stunning backdrop of

COMO's idyllic Maldivian paradise. Padel sessions for children are also available at Play by COMO where younger guests can learn the basics of padel with fun and friendly sessions. Activities will help them develop a feel for the ball and improve hand-eye coordination.

Exclusive padel coaching from the renowned Rafa Nadal Academy will be complimentary for guests of COMO Maalifushi

Capture Bhutan's Landscapes with Leica (30 October – 9 November)

COMO Uma Paro, Bhutan

Learn the art of shooting film in a unique and unforgettable photography retreat in Bhutan, led by acclaimed American photographer Michael Turek. Together with Leica specialist Peter Dooling, Turek will guide travellers through Bhutan's remote regions, capturing the natural and cultural beauty of the Himalayan kingdom. In slowing down with film, participants will have the chance to observe nature and engage with the local community on a deeper level, resulting in more meaningful and intimate visual representations of their experience. Guests will be able to unwind with holistic wellness treatments at COMO Shambhala Retreat and indulge in world-class cuisine.

The Himalayan Photography Expedition will cost from £12,470 for double occupancy lodging and includes accommodation for four nights at COMO Uma Paro, two nights at COMO Uma Punakha on a full board basis, including picnic lunches during excursion days, accommodation for two nights at Gangtey Lodge, Phobjikha, two nights at Bumthang Homestay and ten days of privately guided excursions

Seek Power from Within with Kelly Brooks Yoga (4-6 October)

COMO Metropolitan London, UK

Guests can stretch their limits with yoga in London's Hyde Park with esteemed yoga practitioner Kelly Brooks and ground themselves in mind and body. Brooks will lead daily yoga, breathwork and meditation classes, offering guidance on how to find your flow and align your body. Weather permitting, sessions will take place amid the natural beauty of London's Royal Parks, followed by a restful two-night stay in one of COMO Metropolitan's elegant suites, savouring complimentary wellness treatments and nourishing meals from COMO Shambhala Kitchen. With more than 20 years of experience as a yoga practitioner, Kelly focuses on Iyengar yoga, placing emphasis on precise body alignment – through each held posture, muscles are relaxed, and awareness raised to achieve maximum results.

The Wellness Retreat with Kelly Brooks will cost from £2,560 including a two-night stay in a suite at COMO Metropolitan London, daily yoga, meditation and breathwork classes, meals from COMO Shambhala Kitchen and two 60-minute COMO Shambhala treatments with a skincare consultation

Ride and Renew in Bali with Marianne Rumantir (13-15 September)

COMO Uma Ubud, Bali

Cycling enthusiasts are invited to COMO Uma Ubud to discover Bali's lush landscapes and rich culture on a three-day biking retreat this September. Participants will join Marianne Rumantir as she guides them through the beautiful village of Ubud, visiting its iconic rice terraces and traditional temples. A dedicated traveller and sports enthusiast, Marianne has developed a passion for cycling along her travels. Blending this with her commitment to making a positive impact in the community, Rumantir aspires to revolutionise the travel landscape in Indonesia through exceptional experiences while sharing her love of sports. Guests will be given the chance to connect with the vibrant culture of Bali and meet the warm-hearted locals along the way, a truly unique experience.

The [Ride and Renew](#) adventure starts from £915 for single occupancy and £1,390 for double occupancy. Includes two nights' accommodation with breakfast, a COMO Shambhala breathwork class and massage, and a welcome drink

Ground Yourself with The Curry Sisters in Tuscany (3-9 November)

COMO Castello del Nero, Tuscany, Italy

Guests can start their journey towards truth and intention with this COMO Wellness Journey, providing twice-daily yoga sessions, with close guidance from expert practitioners Andrea and Christina Curry, complemented by nutritious meals at Pavilion. After each morning class, guests are invited to immerse themselves in further estate experiences such as truffle-hunting and olive-oil tasting or indulge in COMO Shambhala Retreat facilities and treatments before returning to the studio for an afternoon yoga session. Relax in the luxurious ambiance of COMO Castello del Nero's elegant rooms and suites, overlooking the beautiful groves and vineyards, available for single or double occupancy.

[Ground Yourself with The Curry Sisters](#) six-night retreat will cost from £12,722 for double occupancy with full board dining, twice-daily yoga classes and access to COMO Shambhala Retreat wellness facilities

NASA Space Camps in the Maldives (5-14 August & 16-17 August)

COMO Maalifushi and COMO Cocoa Island, Maldives

Following their success last year, COMO Maalifushi will be bringing back a series of galactic quests led by NASA astronaut Nicole Stott, and space advisor Christina Korp. Inspiring for children and adults alike, participants will have the opportunity to learn about outer space through art, food and movement set in the beautiful backdrop of the Indian Ocean at COMO Maalifushi. The 16-17 August camp offers an exclusive underwater immersive experience at COMO Cocoa Island. Although worlds apart, the deepest oceans and the farthest reaches of space have far more in common than one might think. Nicole Stott, aquanaut as well as astronaut, will lead guests to experience the ocean with a guided reef dive, hear tales of the training needed to prepare astronauts for space, and dine on a specially curated menu shared beneath the stars.

The [Space Camp Journeys](#) will be complimentary for in-house guests at COMO Maalifushi, with some activities in the COMO Cocoa Island camp occurring at an additional cost

For more information, visit: www.comohotels.com/journeys

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About The COMO Group

The COMO Group, headquartered in Singapore, represents Christina Ong's unique vision of contemporary living. The Group encompasses the hospitality collection, COMO Hotels and Resorts, which offers personalised luxury travel experiences through individualised service, a commitment to holistic wellness, and award-winning cuisine. Each hotel is developed in response to the destination it inhabits. The Group also includes the international luxury fashion retailer Club 21, the award-winning wellness concept COMO Shambhala, and the philanthropic COMO Foundation