



COMO Hotels and Resorts Introduces COMO Journeys

*Expert-Led Retreats to Discover, Connect and Transform in extraordinary locations
worldwide*



Singapore, April 2022 The luxury lifestyle brand is launching **COMO Journeys**, a collection of one-off retreats, enabling guests to learn a new skill or deepen an existing practice under the watchful eye of leading professionals and experts in their field.

[COMO Journeys](#) span active, adventure, creative and culinary experiences, bringing together like-minded individuals including solo travellers. Super-smooth logistics ensure the focus is on discovery, connection and personal transformation. In collaboration with COMO Shambhala, COMO Journeys also include deep-focused Wellness Journeys with access to world-class yoga, qigong and Pilates teachers.

As part of the initial launch, the brand introduces three distinct COMO Journeys, taking place throughout the summer in Maldives, Thailand and Australia, with more retreats being announced throughout the year.

Kitesurfing with Youri Zoon (30 May – 4 June)

COMO Cocoa Island, Maldives

Two-time kitesurfing world champion, Youri Zoon, will lead this week-long retreat at COMO Cocoa Island, a private island resort in the Maldives. The advanced course will enable kitesurfing aficionados to perfect their technique with twice daily classes aimed at picking up speed, tackling tricks and extending airtime atop the tranquil Indian Ocean. Participants are also invited to join Zoon for an intimate COMO Conversation, a talk surrounding his passion for the sport and the challenges of overcoming injury to reach his goals. Guests can enjoy



complimentary COMO Shambhala yoga classes and signature wellness therapies at the island's extensive COMO Shambhala Retreat, all while staying in an overwater villa designed in the style of a traditional Maldivian 'dhoni' fishing boat.

[Kitesurfing with Yuri Zoon](#) costs from US\$6,561 single occupancy and US\$ 8,264 double occupancy, including five nights' half-board accommodation, twice-daily lessons, access to COMO Conversation, daily yoga classes (excluding Friday) and return speedboat transfers.

Women's Wellness Weekend with Ai Jerome and Renata Citrons (24 – 26 June)

COMO Point Yamu, Phuket, Thailand

Specially designed for women between the ages of 35 and 50, yoga teacher, sound healer and art therapist Renata Citrons will be joined by nutritionist Ai Jerome for a weekend of learning about and embracing changes in womanhood. Activities include a sound healing workshop, slow and steady Yin Yoga and therapeutic mandala painting, plus talks on the role of nutrition throughout the stages of the female cycle, and the importance diet plays on strength and satisfaction. Guests will dine on COMO Shambhala Cuisine – dishes carefully designed to maintain the nutritional integrity of their original ingredients' enzymes, vitamins and minerals – at La Sirena, COMO Point Yamu's poolside restaurant, overlooking the exquisite Phang Nga Bay. To complete the holistic experience, all participants will enjoy a revitalising signature COMO Shambhala treatment during their stay.

[Women's Wellness Weekend with Ai Jerome and Renata Citrons](#) costs from US\$1,200, single occupancy including two nights' accommodation, one-hour pre-retreat consultation, access to three-day wellness itinerary and post-retreat consultation.

Sodashi Retreat by COMO Shambhala (26 – 28 August 2022)

COMO The Treasury, Perth, Australia

COMO The Treasury's COMO Shambhala Urban Escape is the setting for this mind-, body- and spirit-lifting retreat created in partnership with Megan Larsen, the founder of natural Australian skincare brand, Sodashi. The retreat includes a collection of wellness experiences, from an Ayurveda 'rain melody' meditation and oil blending workshop to chakra balancing, sound healing and face zone therapy, giving guests the tools to incorporate what they've learnt in their day-to-day lives. A 60-minute spa treatment is also provided, with the choice of either a signature COMO Shambhala Massage or Sodashi Pure Radiance Facial, while menus have



been curated by Megan and the hotel's Executive Chef to ensure a nurturing experience inside and out.

[Sodashi Retreat by COMO Shambhala](#) costs from AU\$3,850 in a Heritage Room based on two people sharing, including two nights' accommodation, tailored meal experiences, wellness workshops, one spa treatment, gift set and a copy of 'Start-ups and Self Care' by Megan Larsen.

For more information, visit www.comohotels.com.

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About the COMO Group and COMO Hotels and Resorts

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.

Get a glimpse of the beautiful destinations and follow exciting adventures on Instagram @comohotels

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