



Life-Affirming Escapes by COMO Hotels and Resorts

The brand unveils new COMO Journeys in Thailand, Indonesia, Bhutan and Australia

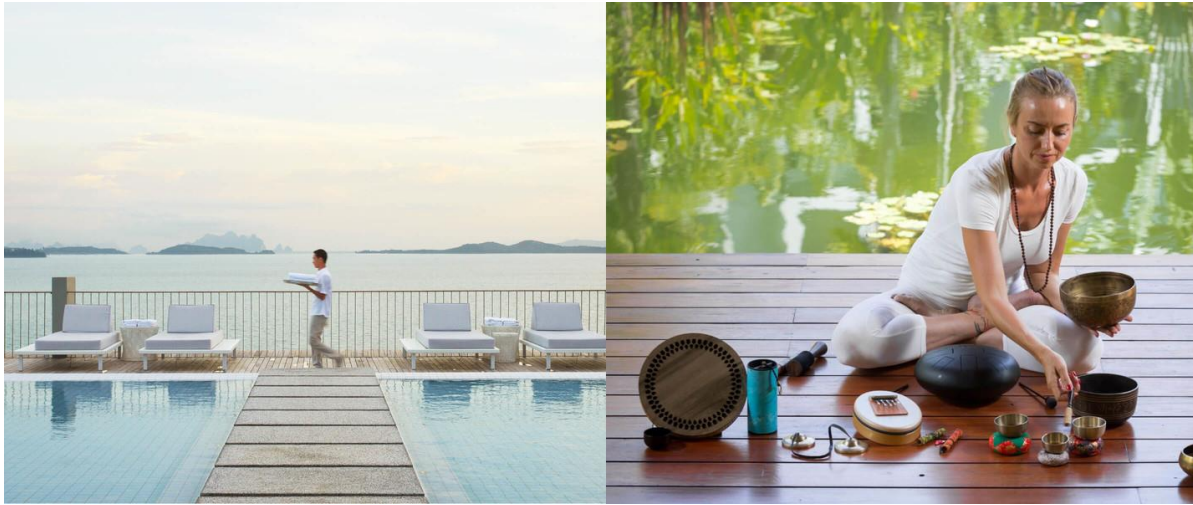
Luxury boutique hotel brand, [COMO Hotels and Resorts](#), has added NEW immersive retreats to its 2022 calendar across Asia and Australia. From crystal and sound healing in Australia to boxing in Bali, the **new COMO Journeys** are inspired by the group's compelling locations and are designed to inspire guests to live life to the fullest. Perfect for couples, small groups and solo travellers alike, each retreat combines education, spirituality and fitness with the possibility to explore some of COMO's finest beach, urban and mountain hotels.



Learn from the Clean Beauty Pioneer (28-28 August)

Group workshops with Sodashi's Megan Larsen at COMO The Treasury in Perth, Australia

After the success of the retreat's first edition in June, wellbeing entrepreneur and Sodashi's founder, Megan Larsen, is bringing back to [COMO The Treasury](#) in Perth her thirty-year experience in pharmacy, homeopathy, and organic skincare. This August, guests of the Australian hideaway can learn 'all things beauty' from one of the country's most acclaimed experts, as they attend educational workshops such as oil blending masterclass and try treatments like face acupressure, learning the techniques required to continue their wellness journey at home. Guests will be hosted on a full board basis, including a special four-course tasting menu with wine pairing curated by the hotel's Executive Chef, Kim Brennan, and Megan Larsen to boost the mood and nourish the soul. *The two-night retreat starts at AU\$1,925 (per guest, based on double occupancy) – to book email reservations [here](#).*



Embrace Changes in Womanhood (9-11 September)

Renata Citrons and Dr. Benita Perch empower women at COMO Point Yamu, Thailand

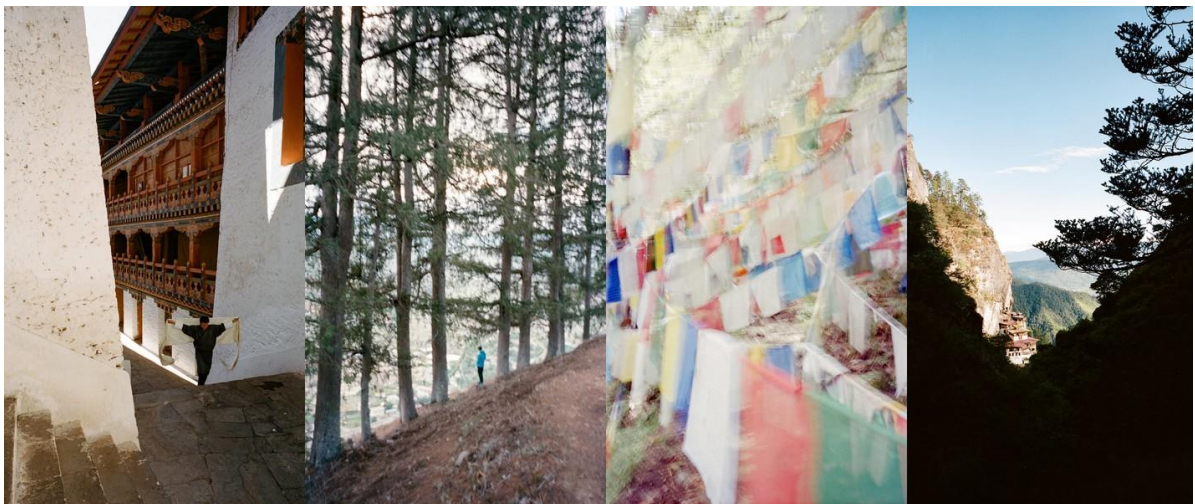
A unique retreat co-led by yoga teacher, sound healer and art therapist, Renata Citrons, and naturopathic physician and homeopath, Dr Benita Perch, at [COMO Point Yamu](#), this new COMO Wellness Journey explores how womanhood changes with time. Workshops designed to educate on life stages and learn about the female cycle in relation to nutrition, hormones and fertility by Dr Perch are alternated with sound healing sessions to cleanse the chakras, yoga sessions to improve posture and mandala art therapy to release mental tension by Renata Citrons. During their stay, guests are invited to enjoy nourishing and re-balancing COMO Shambhala Cuisine in the sea-facing La Sirena, COMO Point Yamu's Italian restaurant, as well as attend an interactive salad-making class with the hotel's chef and Dr Perch. Following the retreat and upon request, a 70-minute private session with Dr. Benita Perch can be arranged, to provide further recommendations and lifestyle adjustments to promote optimal health for the long run. *The two-night retreat starts at US\$1,124 (based on single occupancy) – to book email reservation [here](#).*



Boxing in Bali (9-14 October)

Learn from the champions, Darren Barker and Ryan Pickard, at COMO Uma Canggu, Indonesia

A six-day boxing fitness camp hosted by former World Champion, Darren Barker, and GB Boxer Ryan Pickard at COMO Uma Canggu is the ultimate escape for those eager to learn the basis of boxing in a sociable beachfront setting in Bali. A retreat that packs a punch, COMO's new boxing experience is aimed at releasing stress, boosting endorphins, learning the techniques, and building body strength. Comprising of a mixture of fitness activities including Rocky-style circuits, mindset morning meditations, and classes to improve balance and timing, the challenging bootcamp will certainly be a rewarding one. As part of the retreat, guests will have the chance to train and fight in one of the most sought-after martial arts gyms, Bali MMA. After a day in the boxing ring, relaxation is in order: recover at the serene volcanic beach, enjoy one of the signature COMO Shambhala treatments or grab a handcrafted drink at the COMO Beach Club. *The two-night retreat starts at US\$1,143 (based on single occupancy) – to book email reservations [here](#).*





Capture Beauty in Buthan (9-16 November)

Film photography retreat with Michael Turek at COMO Uma Paro and COMO Uma Punakha, Buthan

Reopening its borders this September, the Kingdom of Bhutan is a photographer's dream, offering dramatic landscapes and unique architecture. This autumn, COMO Uma Paro and COMO Uma Punakha will team up with acclaimed American photographer and Kodak ambassador, Michael Turek, to host an eight-day expedition to learn the art of film photography. An immersive itinerary covers the Paro and Punakha valleys, where budding photographers can soak up views of the cultural and natural wonders they find along the way. As analogue photography encourages concentration and intentional shots, Turek's teachings will not be limited to technical skills, but will offer an opportunity for intense creative creation and self-awareness. Returning daily to holistic wellness treatments and world-class cuisine at COMO Uma Paro and COMO Uma Punakha, guests will have the chance to fully immerse in the multi-faceted luxury experience that makes COMO Hotels and Resorts one of the world's leading lifestyle brands. *The retreat starts at US\$11,464 (based on single occupancy) – to book email reservations [here](#)*



Yoga with a Side of Art (26-28 November)

Transformative Wellbeing Retreat with Jolie Michelle Ow at COMO Point Yamu, Thailand

This August, join internationally renowned consultant for wellness and wellbeing, Jolie Michelle Ow, at [COMO Point Yamu](#) in Phuket for three days of mindful activities, including an art therapy session to relax the spirit and illuminate the mind. Designed to counteract the physical effects of anxiety, stress, and trauma, the retreat incorporates grounding practices such as yoga, meditation with aromatherapy, positive affirmations, crystal sound immersion, alignment-based movement classes and art sessions. A quiet sanctuary above the Andaman Sea, COMO Point Yamu offers true



escapism on the secluded and peaceful east coast of Phuket. The cutting-edge COMO Shambhala retreat sits at the tip of Cape Yamu and houses treatment rooms overlooking the pristine ocean and the dramatic limestones of Phang Nga bay. *For prices and to book, email reservations [here](#).*

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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