



COMO Castello Del Nero Reopens with New Rituals, Retreats and Cultural Experiences



Singapore, 14th March 2022 Following a seasonal closure, [COMO Castello Del Nero](#) will reopen on April 1st with new experiences rooted in holistic wellbeing and local culture. From a Qigong and Yoga retreat to invigorating rituals and soul-nourishing cuisine, guests will leave this twelfth-century castle feeling restored, revitalised and rich in cultural knowledge.

Rediscover and Restore

For true escapism, new packages combine stays in one of COMO Castello Del Nero's elegant suites with a series of wellbeing experiences in the cocooning sanctuary of the new COMO Shambhala Retreat. [Rediscover and Restore](#) includes a restful three-night getaway and a restorative COMO Shambhala Massage, using COMO's signature blended oils to melt away the stresses of everyday life. Spa-seekers can embark on [Experience COMO Shambhala](#), a dedicated wellness experience including Yoga and Pilates with world-class experts, signature COMO Shambhala treatments, use of the thermal suites – including ice fountain, sauna, steam, and vitality pool – as well as access to tennis courts and shuttle to nearby cities of Florence or Siena.

Yoga and Qigong with James Rafael

This summer (June 27th – July 2nd, 2022) globally recognised yoga instructor and certified meditation teacher, **James Rafael**, will host a transformative retreat at Castello Del Nero. With unmatched experience in teaching Qigong (an ancient Chinese exercise and healing technique that involves meditation, controlled breathing, and gentle movement), mindfulness and yoga, James will provide guests with the emotional and physical tools to attract positive



energy, reconnect with themselves and harbor real change. With nature-inspired yoga sessions, breathing exercises and tai chi nourish the body, guided meditation and group readings from sacred texts, poetry and philosophy feed the mind, offer reflection, and uplift the spirit.

Revitalising Rituals

Building upon COMO Shambhala's menu of Asian-inspired treatments, the Retreat will introduce a selection of new **Wellness Rituals**. Combining insights from world-class experts, relaxing spa treatments, nutritious meals and access to the estate's exceptional facilities, each Wellness Ritual takes place across a day or half-day in the nurturing surrounds of the new COMO Shambhala Retreat. **Be Active** combines invigorating exercise with healthy COMO Shambhala Cuisine, access to the thermal suites and a revitalising treatment, while **COMO Shambhala Immersed** includes a complete 360 experience with a nourishing body treatment, facial, nutritious COMO Shambhala Cuisine, manicure, thermal suites and guided yoga, Pilates, or peaceful walks around the estate.

Soul-Nourishing Cuisine

When they're not in the COMO Shambhala Retreat or feasting on COMO Shambhala Cuisine – dishes specially curated to boost concentration, balance blood sugar and enhance overall wellbeing – guests can embark on a series of [food-based experiences](#) immersed in Tuscan culture. Wine, olive oil and honey tasting – including the estate's own produce - can be arranged in the private twelfth-century wine cellar in the original part of the Castello. Guests can also take part in private cooking classes with Michelin-starred chef, Giovanni Luca Di Pirro, who will teach the secrets of classic Tuscan dishes, from tiramisu to the perfect pasta.

Art and Architecture Tours

Culturally curious guests will delight in a new series of Art and Architecture tours in local hotspots, from Florence and Pisa to Lucca and San Gimignano. For true immersion in local history, join a seasoned guide and explore the Tuscan capital of Florence on foot, discovering hidden treasures and unexpected corners only known to locals. Your expert guide will tell stories of Florentine life, from the Roman times to the Middle Ages and the Renaissance, you'll marvel at quaint churches, see craftsmen working in narrow streets and visit the main square



of Piazza della Signoria and Ponte Vecchio, before toasting your experience with an aperitif in Oltrarno.

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Images

Access all images by Photographer Martin Morrell [here](#)

About COMO Castello Del Nero

COMO Castello Del Nero, Tuscany, is a 740-acre, historic estate in the world-famous Chianti wine region of Italy — and COMO's first property in continental Europe. The Renaissance cities of Florence and Siena are both within a 30-minute drive. At the property's heart stands a twelfth-century Castello featuring 50 rooms and suites with interiors by Milanese designer, Paola Navone. Navone has brought a light and modern 'COMO' aesthetic to complement and enhance the period architecture of the Castello, which sits in classic Tuscan landscaping. The Michelin-starred La Torre restaurant showcases gourmet Italian cuisine, using the finest Tuscan produce, much of it from our estate kitchen-garden, vineyard, beehives and olive groves. There are two informal restaurants, La Taverna and the Pavilion, as well as a wine cellar. In addition, there are tennis courts and a heated outdoor swimming pool. COMO Shambhala Retreat offers daily complimentary yoga for residents, therapeutic massages and expert guidance in holistic wellness.

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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