

## COMO Journeys: Inspiring Renewal, Detox and Fresh Perspectives

COMO Hotels and Resorts Unveils Expert-Led Experiences Across Iconic Global Destinations



14 February 2025: [COMO Hotels and Resorts](#) has unveiled a series of extraordinary COMO Journeys for 2025, offerings unique experiences that allow guests to learn new skills, gain fresh perspectives or deepen existing practices. These immersive journeys enable guests to break free from the pressures of modern life, reset their mindset, and embark on transformative escapes led by world-class experts.

From skiing with Olympians in the Italian Alps to a literary retreat for young minds in the Maldives, the journeys span a range of disciplines, locations, and experiences—each carefully curated to provide profound renewal and inspiration.

### COMO CASTELLO DEL NERO – EXPERIENCE THE WORLD-RENOWNED PALIO DI SIENA

*Date: 1-3 July 2025*

Step into history of one of Italy's most iconic traditions with [COMO Castello Del Nero's](#) exclusive *Palio di Siena* experience. Dating back to **1633**, the *Palio di Siena* is a centuries-old spectacle where bareback riders from **17 contrade** (districts) compete for the glory of the *Drappellone*. Enjoy unparalleled views of this thrilling race from a private residence overlooking Piazza del Campo in the heart of Siena, offering the perfect vantage point to witness the event's most iconic moments. Prior to a sumptuous five-course lunch prepared Giovanni Luca di Pirro, the Michelin-starred chef of *La Torre* at COMO Castello Del Nero, guests will enjoy an aperitivo with a master jockey who will reveal the passion, strategy, and deep-rooted traditions behind the *Palio*. Learn about rituals like the *Benedizione del Fantino* (Blessing of the Jockey), where each horse is blessed with holy water before the race, and the jockeys are sent off with the words “*via e torna vincitore*” (“go forth and return a winner”).

Nestled amid Tuscany's rolling hills, COMO Castello Del Nero spans 740 historic acres, seamlessly blending renaissance charm with contemporary elegance. The exclusive experience includes a 2-night stay at COMO Castello Del Nero, round trip transfers to Siena and the exclusive access to experience the Palio di Siena.

### **COMO ALPINA DOLOMITES – THE ART OF SKI CARVING**

*Date: 23–27 February 2025*

Experience world-class instruction set against the dramatic peaks of the Italian Dolomites with [COMO Alpina Dolomites](#)' exclusive ski COMO Journey, led by a former World Cup winner Matthis Hargin and elite ski racers Nathan Taugwalder and Kili Weibel. Tailored for intermediate and advanced skiers looking to perfect their skiing technique, the experts will focus on carving skills, balance, and precision ensuring progress throughout the retreat. Post a day on the slopes, guests can recharge through a thoughtfully planned recovery periods or unwind at the COMO Shambhala Retreat, where treatments are designed to rejuvenate both mind and body against the awe-inspiring Alpine backdrop.

### **COMO MAALIFUSHI – ENGAGING THE SENSES WITH NADINE SCHWENGENBECHER**

*Date: 9–20 June 2025*

Nestled in the southern reaches of the Maldives, COMO Maalifushi offers a family retreat like no other. *Engaging the Senses* invites children and teenagers to develop a love for literature and movement in an inspiring setting. Led by expert Nadine Schwengenbecher, this journey includes an immersive literary workshop for children that encourages them to understand their emotions while letting imaginations run free. In addition, Nadine's unique 'yogitainment' session for teenagers focuses on strengthening asanas and calming breathwork. Elegant, understated and pared back, COMO Maalifushi is a haven of tranquillity, wellness, and refined indulgence. With its renowned COMO Shambhala Retreat, thoughtfully designed villas, and thriving marine ecosystem, the resort provides the perfect setting for every family member to reconnect with themselves and one another.

### **COMO ALPINA DOLOMITES – SKI WITH OLYMPIANS**

*Date: 23–28 March 2025*

Take skiing to the next level with this the rare opportunity to join Olympians Travis Ganong and Marie-Michèle Gagnon for an unforgettable 5-night ski retreat in the heart of the Italian Dolomites at [COMO Alpina Dolomites](#). This alpine adventure includes expert-coaching through iconic routes including Sellaronda and Val Gardena, paired with yoga and stretching workshops to restore the body after a day on the slopes. Guests will be joined by hosts in the evening for fireside storytelling and gourmet dining at alpine huts, this COMO Journey is ideal for ski enthusiasts and wellness seekers alike. COMO Alpina Dolomites features 60 elegantly designed rooms and places holistic wellness at its core. Its COMO Shambhala Retreat offers an extensive wellness program and state-of-the-art facilities, providing the perfect sanctuary for guests to unwind after an exhilarating day on the mountains.

### **COMO POINT YAMU – OSLER WELLNESS MENOPAUSE RETREAT**

*Date: 3–7 March 2025*

Designed for women seeking balance and wellbeing, this 5-day retreat offers a holistic approach to menopause and stress management, in the secluded luxury of [COMO Point Yamu](#), Phuket. Led by renowned experts Dr Tsin Uin Foong and Dr Clarice Chia Woodworth from Singaporean Health Clinic Osler Health International, the retreat explores lifestyle medicine techniques that support long-term health through a combination of workshops, expert consultations, and restorative

therapies. Guests will also have full access to the hotel's signature COMO Shambhala Retreat to continue their wellbeing journey including holistic treatments and sunrise yoga. Harnessing lifestyle medicine for healthy longevity, the retreat at COMO Point Yamu offers true escapism on the secluded and peaceful east coast of the island.

### **COMO PARROT CAY – CORE HARMONY WITH DAVIDA PETERSON**

*Date: Until 30 April 2025*

For those looking to enhance their strength, posture, and flexibility, [COMO Parrot Cay's](#) pilates-based retreat offers personalised training with movement expert Davida Peterson. Ideal for fitness enthusiasts, prenatal guests, and those looking for a restorative approach to physical wellness. Positioned as one of the Caribbean's finest private islands, COMO Parrot Cay is a sanctuary designed to refresh and restore both mind and body. Featuring world-class amenities, its home to a renowned COMO Shambhala Retreat, an Asian-inspired wellness centre offering a curated treatment menu focused on both physical rejuvenation and mental clarity. Peterson will be resident at Parrot Cay until April 2025 offering both personalised sessions and unique circuit workouts as well as complimentary group classes.

### **COMO PARROT CAY – LIVING PAIN FREE WITH KIM KOSTERS**

*Date: 1 March – 15 May 2025*

Designed to alleviate chronic pain and promote long-term physical wellness, this retreat at [COMO Parrot Cay](#) features therapies such as myofascial-release massage, detox drainage therapy, vagus-nerve activation, and craniosacral therapy. Hosted by renowned physiotherapist Kim Kusters, this retreat offers a comprehensive approach to pain prevention and recovery including personalised physiotherapy treatments as well as range of massages and movement classes.

Each COMO Journey is carefully designed to provide a space for renewal, adventure, and personal transformation. Whether it's mastering a new skill, finding balance through expert wellness coaching, or immersing yourself in cultural and natural wonders, these experiences allow guests to begin the year with a fresh perspective.

For more information, visit <https://www.comohotels.com/como-journeys>

Imagery: [COMO Journeys Imagery](#)

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**For further information:**

**Louise James**, Global Director of PR & Communications

[Louise.james@comohotels.com](mailto:Louise.james@comohotels.com)

### **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