



THE REAWAKENING OF COMO SHAMBHALA ESTATE



The iconic Retreat for Change opens its doors on 15th March 2022

Bali, 14th March 2022 After a two-year hiatus, COMO Hotels and Resorts flagship wellness retreat, COMO Shambhala Estate is ready to welcome wellness seeking guests. After taking a break, Bali's pioneering wellness destination is looking forward to welcoming those seeking to recharge and rejuvenate in the heart of the island of the Gods.

COMO Shambhala Estate is the perfect place for those looking for a mind-body reset with a deep commitment to holistic wellbeing. Set in a lush 9-hectare Payangan forest, the Estate offers a wide range of wellness programmes, catering to guests' complete wellbeing: health exercises including Pilates and yoga, massage therapy and bodywork treatments in addition to ancient healing therapies and modern techniques, all perfectly calibrated to support your wellness journey.

Aided by dedicated personal assistants, guests will have the opportunity to experience the full offering of the retreat, from yoga lessons, treatments and dining reservations, to local excursions. As a rejuvenating destination where nature and culture fuse, COMO Shambhala Estate is home to 'The Source', an ancient holy water spring just footsteps from the Ayung



River. The Source allows guests to partake in a traditional water blessing, a ritual intended to clear the mind and soul. Dressed in Balinese attire, participants will be accompanied by a guide and a local priest throughout the ceremony. For those wanting to further improve their yoga practice, the resident yoga expert Monica Troiani can guide students at all levels to advance their skills. With over 500 hours of yoga teacher training spanning 19 years in Milan, London and Bali, Monica's classes draw upon her expertise in various disciplines, including Hatha, Ashtanga and Vinyasa yoga.

"We are excited to finally welcome our guests back to our wellness retreat," says Gede Suteja, General Manager of COMO Shambhala Estate. "After the long pause, we are happy to reopen for guests who seek holistic health experiences or simply spend their holidays in this spiritual location."

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About COMO Shambhala Estate

[COMO Shambhala Estate](#) is a residential health retreat with luxury villa-style accommodation near Ubud, Bali. This 'retreat for change' is a place to relax and improve wellbeing. State-of-the-art wellness facilities include a vitality pool, treatment areas both indoors and outdoors near to the Ayung River, a rock climbing wall, two gyms, Pilates studio and two yoga venues (pavilion and bale). The Estate's resident experts, who all support the 360-degree approach to wellness, include a yoga instructor, Ayurvedic doctor and oriental medicine masters, with nutritional menus by COMO Shambhala Cuisine.

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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.



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