



10th - 14th October

WELLNESS RETREAT WITH LAURA DODD

at Mandarin Oriental, Costa Navarino



Join us for a transformative **Wellness Retreat** led by **Laura Dodd**, the experienced and certified yoga and meditation teacher and founder of the award-winning App, The Yoga Class.

Laura is dedicated to the transformative benefits of yoga and meditation, empowering others on their journey of self-discovery. With over a decade of experience, she has collaborated with top brands and worked with celebrity clients, sharing her commitment to well-being.

Experience **five days** of rejuvenation and self-discovery through **unique wellness experiences**:

- **Morning Yoga sessions** at sunrise.
- **Holistic Spa Treatments** for ultimate relaxation.
- **Guided Meditation** workshops.
- **Culinary explorations** at the gastronomic venues of the Resort, including **Tahir, Oliviera, Pizza Sapienza by Daniele Cason, Brasserie de la Bay** and **The Private Kitchen**.
- **Exciting activities** such as olive harvesting and a group hike in Messenia.



WELLNESS FLOW

10th October

- 6pm Welcome Circle and Post Flight Yoga Flow
8pm Dinner at Tahir

11th October

- 7:30am 60 min Dynamic Morning Yoga at Beach Yoga Deck
9am Breakfast
10:30am Group Hike in stunning Messenia (1.5 hr Hike, picnic lunch)
2pm Relax at Spa, Pool, one to one sessions, enjoy treatments/ water journey
6pm Candle-lit Evening Yin Yoga and Meditation
8pm Dinner at Oliviera

12th October

- 7:30am 60 min Dynamic Morning Yoga at Beach Yoga Deck
9am Breakfast
10:30am Group SUP or Boat Trip
1pm Lunch
2pm Relax at Spa, Pool, one to one sessions, enjoy treatments/ water journey
6pm Candle-lit Breath-work and Meditation workshop
8pm Dinner at Pizza Sapienza

13th October

- 7:30am Dynamic Morning Yoga at Beach Yoga Deck
9am Breakfast
10am Optional Trip (E-biking, Arts and Crafts or Water sports for example)
1pm Lunch
2pm Relax at Spa, Pool, one to one sessions, enjoy treatments/ water journey
6pm Candle-lit Evening Restorative Yoga
8pm Dinner at The Private Kitchen

14th October

- 9am Breakfast
Departures ongoing