



MANDARIN ORIENTAL
COSTA NAVARINO

Wellness Retreat with Laura Dodd



WELLNESS RETREAT WITH LAURA DODD

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 and Retreats, 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.

RETREAT PERIOD

18 September – 22 September 2025

PACKAGE INCLUDES

- Exceptional Wellness Itinerary by Laura Dodd
- Welcome beverage and Wellbeing gifts
- Twice daily Yoga Sessions with Laura Dodd
- Personalised Wellbeing Consultations inc. Visbody Scanner
- Mandarin Oriental signature massage experience
- Skincare Masterclass using 111SKIN
- Guided E-biking Experience
- Daily Healthful Breakfast & Dinner
- Complimentary access to Mandarin Oriental, Costa Navarino Restaurants, Beach, Spa and Facilities

All Mandarin Oriental, Costa Navarino guests enjoy the following amenities:

- Extra Personalised Yoga Session with Laura Dodd
- Use of pool and beach sun loungers
- Access to spa facilities
- 24-hour fitness facilities
- Wireless internet access

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An idyllic beachfront retreat in Greece surrounded by the natural beauty of the Peloponnese, providing exceptional experiences combined with Mandarin Oriental's legendary service.



Day 1:

5:00 PM – Arrival & Welcome

On arrival: Welcome Wellbeing Gifts and Homemade Lemonade.

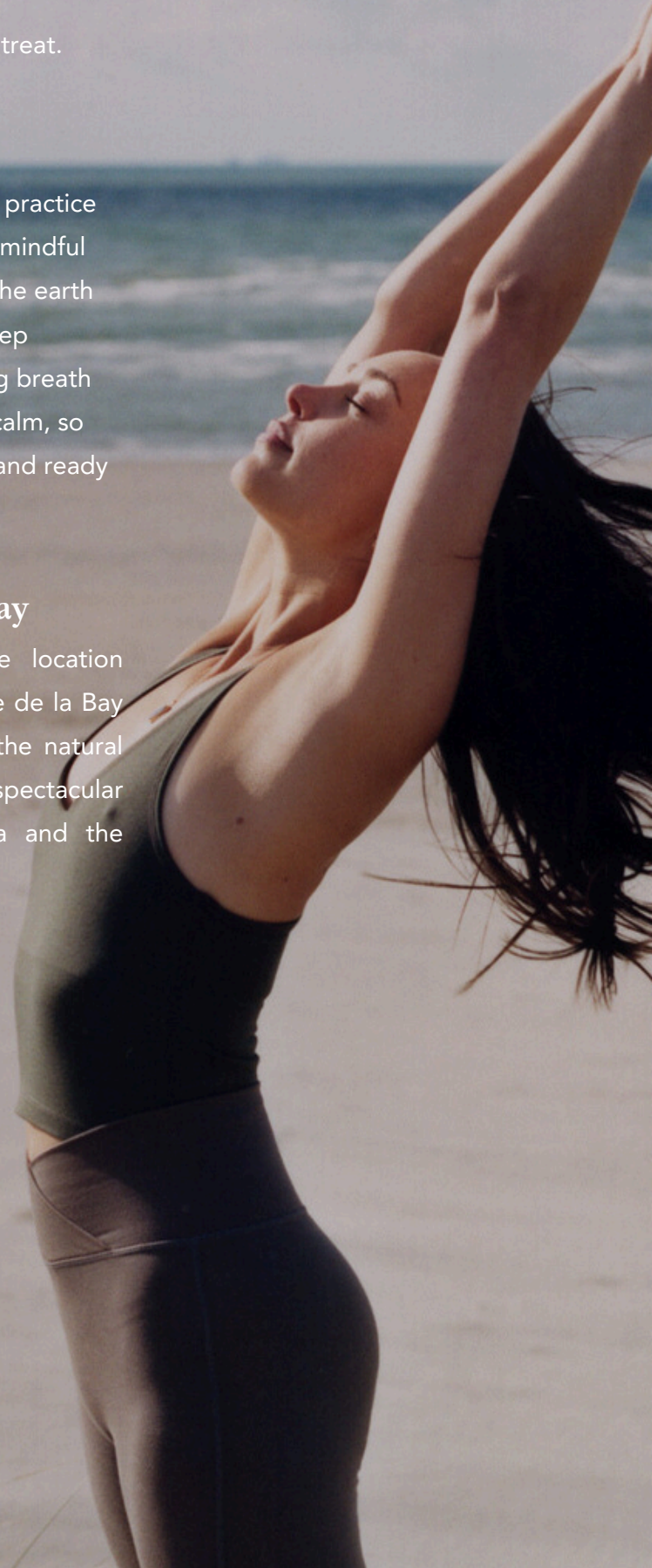
Dedicated concierge provides an overview of the retreat.

6:00 PM – Post Flight Yoga Flow

Begin your retreat journey with a gentle, grounding practice designed to ease travel tension from the body with mindful breath-led stretches and movement. Aligning with the earth element to foster a sense of safety, security, and deep connection to the world around us. Down-regulating breath practices and a rooting meditation will soothe and calm, so you can leave the session feeling peaceful, relaxed and ready for the retreat.

8:00 PM – Dinner at Brasserie de la Bay

Enjoy luscious French cuisine with an enviable location overlooking the historic Bay of Navarino. Brasserie de la Bay is uniquely designed to blend harmoniously into the natural landscape, while its terrace fully benefits from spectacular views over the impressive golf greens, the sea and the stunning Ionian sunset.



Day 2:

08:30 AM – 60 min Dynamic Morning Yoga

Start your day with vitality in our dynamic morning yoga session inspired by the essence of the water element, crafted to promote flexibility, and cultivate a sense of fluidity and adaptability. This uplifting practice combines flowing movements with mindful breathing to enhance flexibility, strength, clarity, and balance. Whether you're new to yoga or a seasoned practitioner, our supportive environment helps you feel refreshed, energised, and ready to embrace the day ahead.

09:30 AM – Healthy Breakfast

Oliviera's enticing menus use the finest sustainable ingredients. Focusing on local produce, we work closely with local farmers and fishermen to source the freshest raw ingredients from the Messenian region.

11:00 AM – Skincare Masterclass

Skincare Masterclass held by our expert therapists, guiding guests to identify their skin type to create a personalised home skincare routine. Using our 111SKIN products, guests will be shown correct application and techniques to rejuvenate the skin.

12:00 PM – Personalised Wellbeing Consultation

followed by full access to Mandarin Oriental, Costa Navarino Restaurants, Beach, Spa, Activities & Facilities

Our Visbody scanner consists of different types of tests and exercises used to determine your overall health and physical fitness level. Through the utilisation of this data, our specialists are able to create personalised treatment and fitness recommendations that are customised to meet the requirements of each individual guest.

6:00 PM – 60 min Yin Yoga & Meditation

As the day winds down, find deep relaxation in our deeply restorative Yin postures focused on hip opening, inviting a profound sense of flow and ease into both body and mind. This practice will help let go and release tension, promoting inner peace. Conclude with guided meditation to quiet the mind, helping you reflect, restore, and prepare for a restful night's sleep — the perfect end to a day of wellbeing.

8:00 PM – Dinner at Oliveira

Authentic Greek charm redefined with contemporary dining in an exceptional setting, which provides the perfect backdrop for the delicious cuisine

Day 3:

08:30 AM – 60 min Dynamic Morning Yoga

Enjoy a revitalizing Morning Practice flowing through uplifting backbends enhancing clarity, connection, love and compassion. The practice gently concludes with soothing restorative expansive postures to leave you feeling open and serene.

09:30 AM – Healthy Breakfast at Oliviera

11:00 AM – E-Biking

Explore Costa Navarino on a bike. Join our experienced bike guides and share their passion for physical exercise with plenty of fun and a positive attitude.

01:30 PM – Full access to Restaurants, Beach, Spa, Activities & Facilities and Spa Treatment

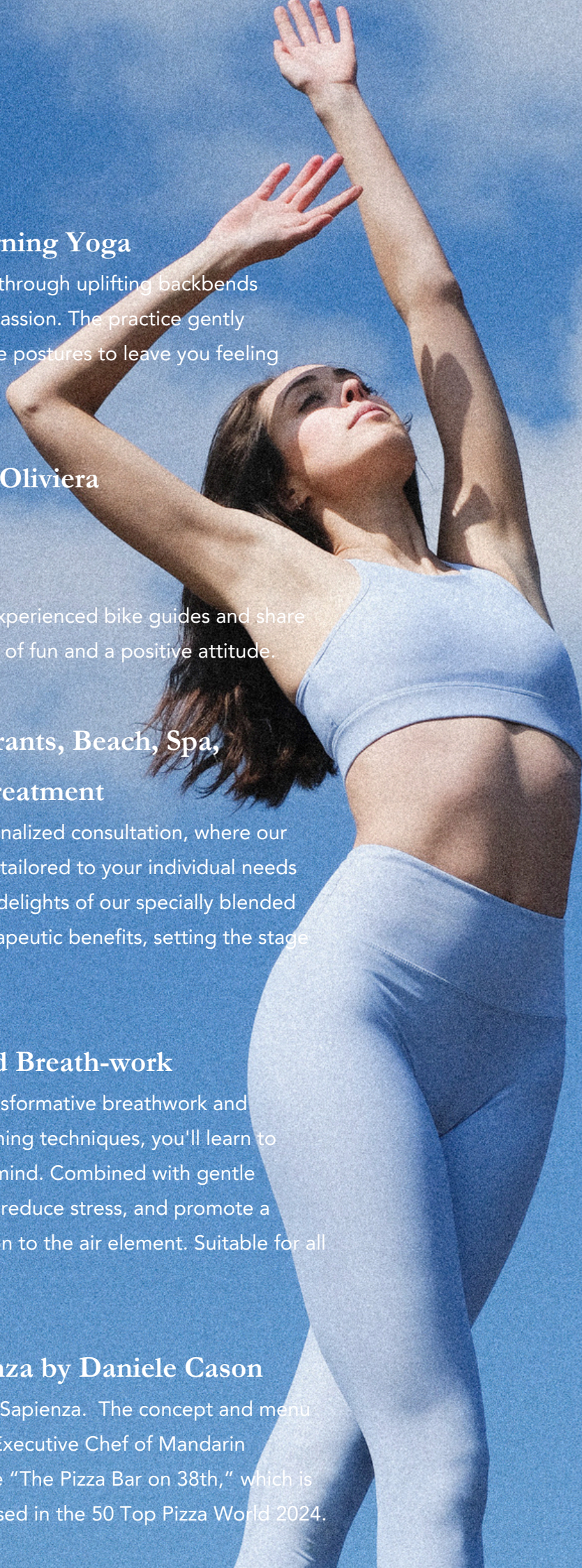
Our Signature Treatment begins with a personalized consultation, where our skilled therapists curate a holistic experience tailored to your individual needs and desires. Immerse yourself in the sensory delights of our specially blended essential oils, each chosen for its unique therapeutic benefits, setting the stage for an unparalleled spa experience.

6:00 PM – 60 min Sky Gazing and Breath-work

Discover the power of your breath in our transformative breathwork and meditation workshop. Through guided breathing techniques, you'll learn to release tension, boost energy, and calm the mind. Combined with gentle meditation, this session helps improve focus, reduce stress, and promote a profound sense of inner peace and connection to the air element. Suitable for all levels.

8:00 PM – Dinner at Pizza Sapienza by Daniele Cason

Enjoy an authentic Italian experience at Pizza Sapienza. The concept and menu are overseen by Italian Chef Daniele Cason, Executive Chef of Mandarin Oriental, Tokyo, and creator of the innovative "The Pizza Bar on 38th," which is endorsed by the Michelin Guide and recognised in the 50 Top Pizza World 2024.



Day 4:

08:30 AM – 60 min Dynamic Morning Yoga

An energizing sequence to ignite your Agni, your inner fire, awaken vitality, and fuel transformation for your day ahead. This practice centers on the core, cultivating both inner and outer strength. It integrates transformative breath-work to awaken and empower your being.

09:30 AM – Healthy Breakfast at Oliviera

11:30 AM – Beach Walking Meditation

A mindful practice that combines gentle movement with focused awareness, paying attention to their senses and the surrounding environment. This practice helps to reduce stress, improve focus, and cultivate a deeper connection to the present moment.

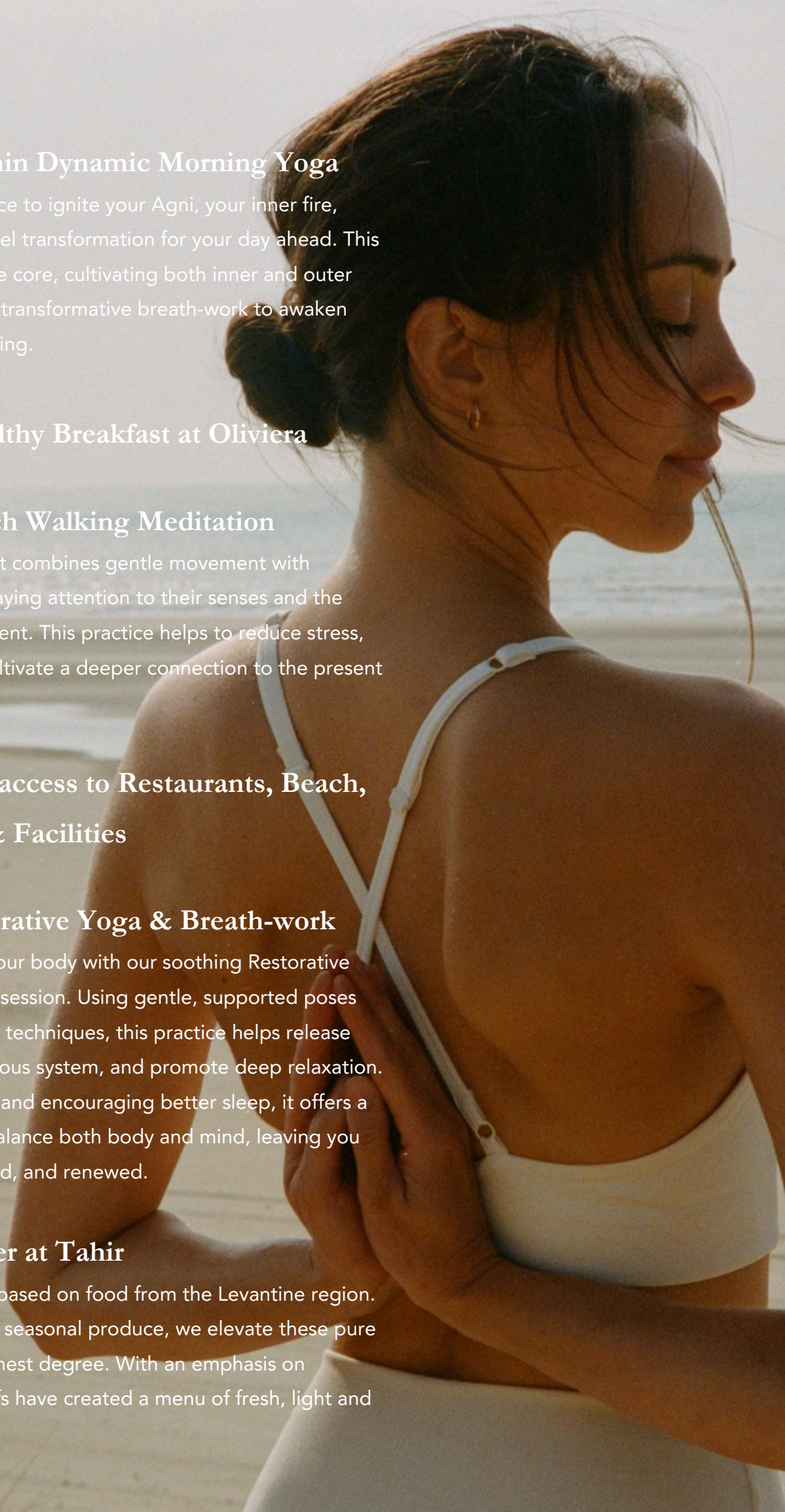
12:30 PM – Full access to Restaurants, Beach, Spa, Activities & Facilities

6:00 PM – Restorative Yoga & Breath-work

Unwind and nurture your body with our soothing Restorative Yoga and Breathwork session. Using gentle, supported poses and mindful breathing techniques, this practice helps release tension, calm the nervous system, and promote deep relaxation. Ideal for easing stress and encouraging better sleep, it offers a peaceful space to rebalance both body and mind, leaving you feeling rested, restored, and renewed.

8:00 PM – Dinner at Tahir

An exquisite concept based on food from the Levantine region. Using the simplicity of seasonal produce, we elevate these pure ingredients to the highest degree. With an emphasis on sustainability, our chefs have created a menu of fresh, light and healthy dishes.



Day 5:

09:00 AM - Healthy Breakfast

Departures ongoing





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