



W Costa Navarino welcomes season with exciting new programming, including Deepak Chopra's first retreat in Greece

Messinia, March 30 2023 - [W Costa Navarino](#) announces an exciting lineup of season programming where guests will experience the verdant beauty of the Messinian region through the iconic lens of W. On April 5th, the first W Escape in Greece, located in [Costa Navarino](#), the sustainably driven destination in southwest Peloponnese, will kick off its first full season with a series of events centered around W's passions for music, wellness, fashion, inclusivity and cocktail/culinary culture. It all culminates with a five-day transformative journey led by the legendary Deepak Chopra, who will be making his first appearance in Greece, where guests will leave with an energized, refreshed and renewed zest for life. Set against an unparalleled seaside landscape, W Costa Navarino's programming will foster guests' creativity, individuality and freedom of expression.

Easter at W Costa Navarino

For guests looking to spend their holiday break by the sea, W Costa Navarino will offer a nomadic Easter holiday, where travelers can experience a series of immersive, off-the-beaten-path events. These inaugural Easter celebrations will signal a return to our roots, an organic homecoming. The resort welcomes the Nomade et Sauvage group and their inspired chefs who tour the country and turn the clocks back to a nomadic way of life, with an alternative gastronomic proposal. They set the tables in lush natural surroundings, with ingredients foraged from the Messinian nature, cooked in open-air kitchens and handmade ovens by the sea. The resort will also host a variety of culinary workshops such as a cooking lesson with Messinian flavors, traditional egg painting and tsoureki making, and a wild fruit and herb foraging expedition to use in flavoring natural extracts and distillates. To celebrate the experience, W Costa Navarino will host a vibrant party on Easter Sunday for guests to dance and rejoice.

Introducing Navarino Watersports by Moraitis

Anyone looking for a more action-packed getaway will want to book time with Navarino Watersports by Moraitis. Offering water sports experiences to satisfy any thrill-seeker, the brand-new watersports hub opening in April, will feature something for everyone to enjoy, from exhilarating windsurfing, kitesurfing and SUP, to wake surfing and wing foiling - as well as more relaxed beach activities. Sitting next to the water sports hub is Green Pepper, a new restaurant that provides the ultimate chill-out spot following a day on the waves with tasty cocktails and vegetarian bites with a view.

"Disconnect to Reconnect" with La Meta Studio

This May, W Costa Navarino will partner with [La Meta Studio](#) - curators of sports and wellness retreats - to offer the ultimate wellness experience: "Disconnect to Reconnect." Spanning across four days, the immersive program will focus on inner harmony through sports, wellness and entertainment. Surrounded



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by the flourishing lands of Messinia and guided by La Meta experts, guests will have a mind, body and soul-stirring experience they will carry home with them.

Celebrate Love with W Costa Navarino PRIDE

In June, W Costa Navarino joins in on the worldwide celebration of love and diversity. PRIDE at W Costa Navarino invites guests to immerse themselves in explorations of love and artistry through special exhibitions accompanied by stirring DJ sets and live performances. Through its ongoing collaboration with Art Curator PokaYio and further artists, the resort will host exhibitions exploring the queer gaze through interdisciplinary artistic expression in a manner that praises both individuals and the power of community.

Sustainability Through Fashion

This July, the resort will offer a fashion-focused weekend of workshops and shows with sustainability at its core. Guests can indulge in their favorite cocktails as an on-site designer meticulously creates a dress for them on a live model in the colors of Messinia by using sustainable material - offering a live fashion performance with each new seam. Guests can also participate in an interactive espadrille-making workshop or take advantage of the resort's new "Rent Your Outfit" signature collaboration with Ergon Amphora.

Deepak Chopra Balances the Body, Mind, and Soul

This September, [Travelgems](#) in partnership with W Costa Navarino will bring Deepak Chopra to Greece for the very first time for a unique retreat experience. Time magazine has described Dr. Chopra as "one of their top 100 most influential people. The legend of spirituality will delve into the future of physical, emotional, financial, and spiritual wellbeing through an immersive 5-day program. He will focus on three main themes: the Eight Limbs of Yoga, the Path to Love, and the Awakened Life. Over the course of the retreat, participants will dive into different aspects of intelligence - social, emotional, spiritual - while learning how to engage in self-healing. Guests will enjoy daily yoga sessions with Sarah Finger, Chopra's personal yoga teacher and co-author of "Living in the Light: Yoga for Self-Realization." Participants will also learn how to cultivate relationships in all aspects of their lives and understand the significance these have on their healthspan, healing and lifespan. Finally, they will gain deep knowledge into who they are beyond their identity as a human being and tune in to their inner selves.

For more information or to book, visit [W Costa Navarino](#).

About W Costa Navarino

W Costa Navarino marks the debut of W Hotels in Greece. The new Escape, exclusively for adults and young adults over 12 years old, opened in August 2022 to bring contemporary design and inspiring energy to the Navarino Waterfront 13-hectare beachfront site, the newest integrated resort area of Costa Navarino. Vivid and bright, with a distinctive design inspired by the region's architecture, W Costa



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Navarino shows stylish accommodations with swim-up rooms, airy one and two-bedroom suites with their own pools, and fantastic beachfront villas with their private pools set against the stunning Ionian sunset. Playful public spaces, five

dining venues, including a vibrant Beach Club, a wellness area with AWAY® Spa and FIT gym to fuel body and mind, together with inventive yet authentic cuisine and welcoming service, create a socially driven destination any time of the day.

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About Costa Navarino

Costa Navarino is a sustainably driven destination in the Mediterranean, located in the Greek region of Messinia in the southwest Peloponnese. One of the most unspoiled and breathtaking seaside landscapes, this is a region shaped by 4,500 years of history. The Costa Navarino philosophy is driven by a genuine desire to preserve the natural beauty and heritage of Messinia. The destination comprises several distinct sites featuring five-star hotels, private residences, four signature golf courses, and many year-round activities. Navarino Dunes is home to The Romanos, a Luxury Collection Resort, The Westin Resort Costa Navarino, and Costa Navarino Residences. Navarino Bay is set to welcome Mandarin Oriental, Costa Navarino in summer 2023. The nearby Navarino Waterfront is the setting for the new, vibrant W Costa Navarino and will welcome the Navarino Agora, an open marketplace, in spring 2023, while at Navarino Hills, two signature golf courses opened in 2022.

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