

DEMOCRACY & SPIRITUALITY WEEKEND

COSTA NAVARINO,
MESSINIA, GREECE
OCT. 11-13, 2019



Can spiritual energy enhance democratic governance?

Join us for the fifth edition of the discussion forum on Democracy, in the framework of the Athens Democracy Forum. This year's internationally acclaimed speakers, key opinion leaders and influencers will explore the intriguing relationship between democracy and spirituality, and how the latter has the capacity to inform, refresh and even help heal democracy - not in a narrow religious sense but as a positive transformative personal experience.

COSTA NAVARINO

Enjoy a truly memorable weekend of insightful discussion, book readings, philosophy walks, yoga, as well as the opportunity to immerse in authentic cultural experiences, in the idyllic setting of Costa Navarino.



The Romanos, a Luxury Collection Resort

For bookings please visit

www.romanoscostanavarino.com or contact Reservations (tel. +30 2723 096000, reservations.romanos@costanavarino.com).
Promotional Code LPR

COSTA NAVARINO

A selection of curated activities are offered complimentary to the Democracy & Spirituality Weekend participants, upon registration.

**To register, please contact Navarino Collections at +30 27230 91130
or navarino.collections@costanavarino.com.**



Book readings

Attend book readings by prominent speakers of the Democracy & Spirituality Weekend. Join the authors in a journey of discovery through their work, followed by discussion.

Complimentary Experience

Maximum number of participants: 25



Philosophy Walk

Discuss about ancient Greek philosophers and their views on Democracy and Spirituality. Led by Dr. Eleni Volonaki, Professor of Philosophy, the discussion takes place during a leisurely walk in the idyllic Messinian countryside, amidst centuries-old olive trees.

Complimentary Experience

Maximum number of participants: 20



Art tour

Discover original works of the 17th-19th centuries, along with the creations of contemporary Greek and international artists that form an integral part of the interior designs of the hotels, restaurants, The Dunes Clubhouse, Anazoe Spa and the House of Events, at Navarino Dunes.

Complimentary Experience

Maximum number of participants: 20



Beach Yoga

Relax and stretch with Beach yoga, focusing on physical health and mental wellbeing next to the soothing sounds and magical aura of the sea. Join a meditation class to learn a variety of ways to calm your mind and enjoy the present moment more fully.

Complimentary Experience

COSTA NAVARINO



Golf Experience

Enjoy a round of golf at two of the finest golf courses in Europe, The Dunes Course and The Bay Course.

For bookings please call (+30) 27230 90200
or email golf@costanavarino.com



Olive Oil Tasting

Join an olive oil tasting session and learn from local experts how to discern the subtle flavors of the region's renowned extra virgin olive oil. Messinia produces superior quality olive oil that has been part of people's daily lives for centuries.

Price: 30€ per person, pre-booking 1 day in advance.
Min. number of participants: 6

be part of our story...