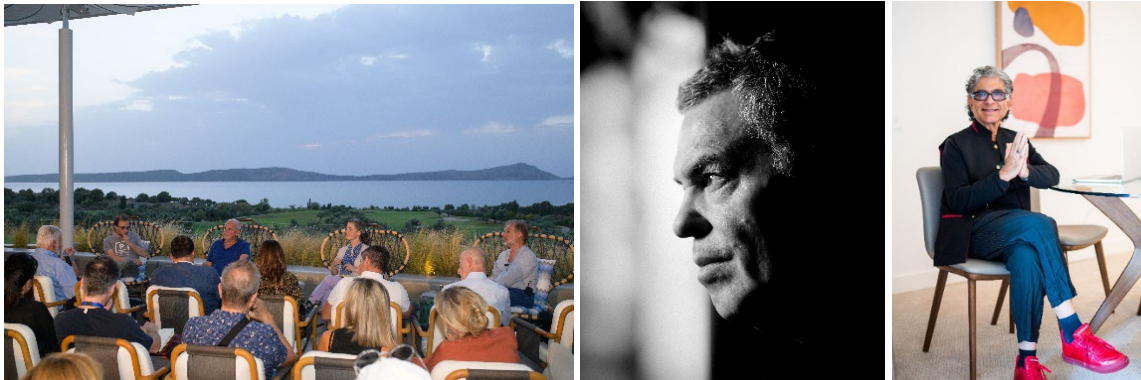


Costa Navarino welcomes the 'Democracy and Wellbeing Weekend': Finding Balance in Challenging Times

Amos Gitai, Deepak Chopra and more prominent speakers will participate in a weekend of thought-provoking discussions, from 29th September – 1st October



Messinia, 18 September 2023 – For the 8th year, **Costa Navarino**, the sustainably driven destination in the Greek region of Messinia, southwest Peloponnese, hosts the **"Democracy and Wellbeing" weekend**, taking place from **29th September to 1st October** in association with the **Athens Democracy Forum**.

In an era of rapid AI advancement, concerns about its potential dominance arise, while its potential to foster creativity and wellbeing remains intriguing. This topic will be explored in a debate featuring **Amos Gitai**, the renowned Israeli filmmaker, and **Dawn Nakagawa**, whose Berggruen Institute is pioneering work around AI and Human Values. The discussion will be moderated by New York Times Op-Ed columnist, **Pamela Paul**.

Further distinguished experts and forward-thinkers will join the event, which will also feature a performance by award-winning Palestinian-American actress, poet and humanitarian, **Dana Dajani**.

Additionally, on the occasion of the Travelgems retreat with **Deepak Chopra**, titled 'The Future of Wellbeing' which takes place at W Costa Navarino (28.9-2.10), the renowned speaker and author will engage in an exclusive conversation with The New York Times journalist, **Roger Cohen**. The limited space event for delegates of the Athens Democracy Forum, will focus on the examination of the intricate relationship between democracy and wellbeing, while exploring Dr. Chopra's own approach to bringing balance at a time when democracies, and our planet, are under threat.

The weekend will also offer various other activities including yoga sessions and philosophy walks in Costa Navarino's lush natural setting. Curated cultural events will complement the conversations and enhance the overall experience, while accommodation options are available at **The Romanos, a Luxury Collection Resort**.

The **Athens Democracy Forum** in association with The New York Times, now in its 11th year, is organised by the Democracy and Culture Foundation and will take place on 27– 29 September in Athens. The Forum is under the Patronage of H.E. the President of the Hellenic Republic and is proud to have the endorsement of the United Nations Secretary General. The Athens Democracy Forum will convene leaders from government, business, civic society and the nonprofit sector to explore real solutions to the most pressing issues facing democracy.

For more information on accommodation options, or to book, please visit [here](#). Spaces are limited.

-ENDS-

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 the setting for Mandarin Oriental, Costa Navarino, W Costa Navarino and Navarino Agora, a curated marketplace. Both sites have signature golf courses, while at Navarino Hills there are two further signature golf courses. www.costanavarino.com. Find us on [Facebook](#), [Instagram](#), [Twitter](#) and [LinkedIn](#)

For press images, please visit website www.costanavarino.com/media-press/
Password: *Nestor*

ATHENS DEMOCRACY FORUM

The Athens Democracy Forum (ADF) is an international conference held annually in September or October that explores the evolving state of democracy. It has taken place in Athens, Greece since 2013. ADF brings together international business leaders, academics, policy makers and experts to discuss and focus on new solutions to the most pressing issues facing democracy. Key events include the Aristotle Address, the City of Athens Democracy Award and the Ancient Agora Global Conversation.

www.athensdemocracyforum.com

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