

May 22nd - 25th 2025

4 DAYS RETREAT
YIN YOGA & FELDENKRAIS®

with Giorgia Bunkofer & Olia Lydaki

The Secret Place, Spilia, Crete



Celebrate the flow of life through a journey into your body, exploring new spaces in it and deepening the art of conscious movement

Early bird until February 22nd

Info & booking: +41765150877 /
giorgia.bunkofer@icloud.com

About this retreat

How do you experience the art of surrendering to your body and your entire being?

Do you allow yourself to create space and flowing through life with no effort?

In this retreat you will be guided to create a deeper connection with the natural flow of your breath, by bringing awareness on its movement and welcoming the flow of life with body work techniques such as Feldenkrais, Yoga and free movement exploration. With the support of your facilitators, Giorgia and Olia, you will find the way to observe and express your being through different creative movement processes, with awareness and simplicity.

Connecting to your body and to what is happening within is a way to increase the space for welcoming a more conscious flow of life.

We will have fun and extraordinary discoveries through ourselves!



What is included

daily yin yoga & Feldenkrais® lessons

expressive movement sessions

walking meditation

3 nights accommodation

nourishing vegetarian meals

swimming pool

relaxing area

sharing with like-minded people



Not included

flight ticket

transfer from/to airport

extra private yoga class/ feldenkrais /massages

Accommodations

*(first price for early bird reservations until February 22nd/
second price after February 22nd)*

- *twin/double glamping tent or standard bedroom with shared bathroom 580€/650€*
- *private glamping tent or standard bedroom with shared bathroom 730€/800€*
-

SPECIAL OFFERING FOR GREEKS & YOU ARE WELCOME TO JOIN THE EVENT FOR THE DAY ONLY



The Venue

The Secret Place is a luminous house, designed to accommodate up to ten guests. It is surrounded by sacred olive trees and incredible view on the sea. It is located not far from the ancient archeological area of Knossos, 6 km from Heraklion.

The Venue provides relaxing areas, a big garden, a swimming pool, a "secret garden" for silence and contemplation.

Your facilitators

OLIA LYDAKI

Olia was trained in France to become a certified contemporary dancer, choreographer and movement instructor. Her collaboration with the outstanding butoh dancer and choreographer Carlotta IKEDA was important for her as she discovered new ways of sensing movement, time and space during both the creative and the performing process. In the middle of her performing career a chronic back pain brought Olia to try the Feldenkrais Method, a dynamic somatic practice that improves movement and human functioning through meaningful intention and awareness. Fascinated by the fact that observing and accepting ones needs makes new options possible and ones potential grow, Olia became a certified Feldenkrais practitioner. She feels her purpose is to help people find their way to connect to them self through embodied experience and facilitate the path of bringing it into light.



Your facilitators

GIORGIA SUMAYYA

As Medical massage therapist and yoga teacher, Giorgia loves bringing corporeal knowledge into the practice of yoga to deepen the understanding of the asanas from a physical point of view, which goes hand in hand with the spiritual dimension. Presence, meditation and silence are for her the keys to transformation and perpetual growth and self-knowledge. She likes to dedicate herself sharing what she learned with people who come along her path.

