

A TRANSFORMATIVE YOGA & MEDITATION RETREAT IN CRETE
ESCAPE TO PARADISE AND REDISCOVER YOUR INNER SANCTUARY
AMIDST THE STUNNING NATURAL BEAUTY OF CRETE ISLAND

Journey to your Inner Sanctuary

Yoga & meditation Retreat in Crete

AUGUST 18th - 23rd 2025 - @The Secret Place

MINDFULNESS | TRANSFORMATION | SELF-DISCOVERY

WWW.SUMAYYAYOGA.COM | WWW.SANCTUARYOFPRESENCE.COM

WELCOME TO A JOURNEY OF SELF-DISCOVERY

Imagine waking up to the sound of cicadas and the warmth of the sun on your skin, surrounded by the breathtaking beauty of Crete. From August 18th-23rd, 2025, join us at The Secret Place, a haven of tranquility nestled amidst olive groves and the turquoise sea, for an unforgettable yoga and meditation retreat.

Through a blend of mindful movement, guided meditation and authentic self-expression, you'll gently release old habits and thought patterns that no longer serve you. This retreat is an invitation to explore your true nature and return home feeling refreshed, renewed, and truly alive.

Here's how we'll guide you on your journey:

Reduce stress and anxiety

Find tranquility through yoga and meditation, leaving you feeling refreshed and renewed.

Increase self-awareness

Gain a deeper understanding of yourself and your inner world.

Boost creativity

Unlock your creative potential and express yourself freely.

Deepen your connection to nature

Reconnect with the natural world and experience its healing power.

THIS RETREAT IS IDEAL FOR

Beginners and experienced yogis alike

Those seeking **relaxation** and **rejuvenation**

Individuals looking to deepen their meditation practice

Anyone who wants to connect with their **inner wisdom** and discover a deeper sense of **peace** and **clarity**

(Teachings will be in English, with Italian and French translation available depending on the group.)

Spaces are limited. Are you ready to dive in?

Sumayyaa & Sugandhi

What awaits you:



PRESENCE



STILLNESS



PEACE

This is an invitation to explore your **true nature** and return home feeling **refreshed, renewed** and truly **alive**.



Daily Practices

Yoga

Invigorating vinyasa &
grounding yin

Guided Meditation

Find stillness & inner peace

Authentic Movement

Unleash your creativity

Nature Immersion

Explore Crete's beauty

Mindful Practices

Walking, eating & living in the
present moment



A peaceful enviroment

The Secret Place
a tranquil oasis with comfortable
rooms, delicious food and
stunning views.

Daily Rhythm

**The retreat starts on the 18th at 17:00 and ends on the 23rd at 12:00*

8:00 - 8:30

Morning Stillness - Begin your day with a silent sitting meditation, allowing the mind to settle.

8:30 - 9:45

Mindful Movement - Energize and invigorate your body with a mindful vinyasa yoga flow.

9:45 - 10:00

Unveiling the Day's Journey - Come together as we unveil the theme of the day, offering inspiration and setting intentions to deepen your self-discovery.

10:30 - 12:00

Nourishing Brunch - Enjoy a delicious and wholesome brunch, prepared with fresh, organic ingredients.

12:30 - 13:00

Walking Meditation - Connect with nature and cultivate present moment awareness with a walking meditation.

13:00 - 16:00

Free Time for Exploration - Embrace the freedom to explore the beautiful surroundings, relax by the pool, journal, or simply be.

16:00 - 16:30

Afternoon Nourishment - Replenish your energy with a light and refreshing snack.

17:30 - 18:30

Yin & Restore - Unwind and release tension with a deeply relaxing yin yoga practice.

18:30 - 19:00

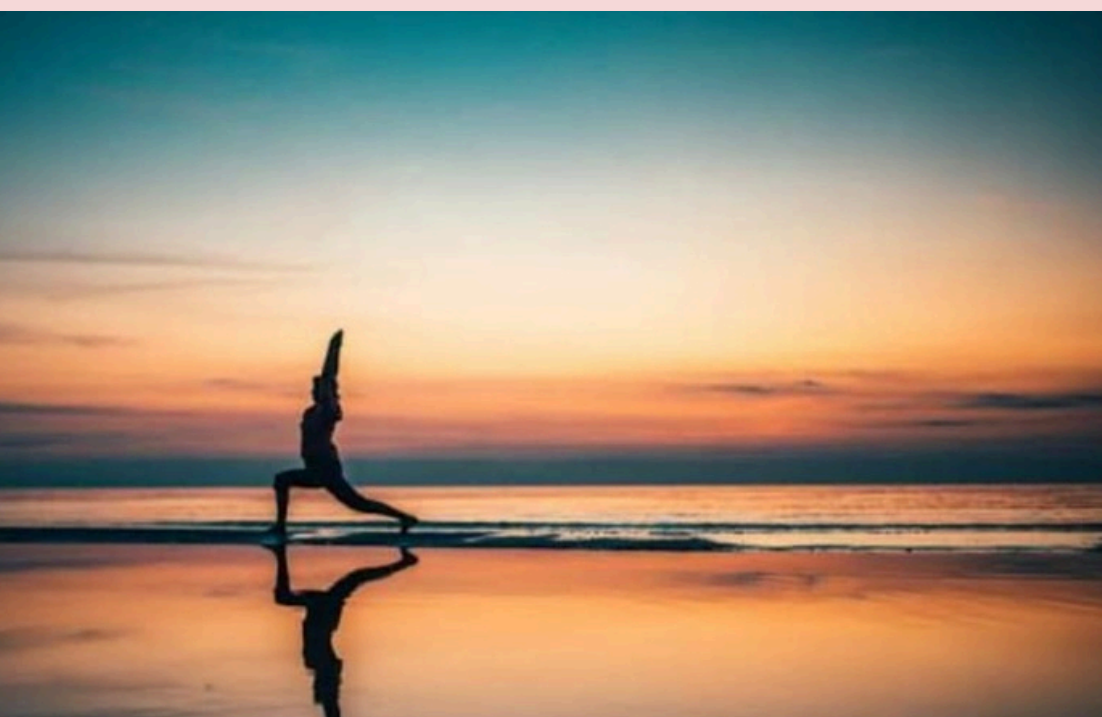
Self-Practice & Integration - Take time for personal reflection and integrate the day's teachings through journaling or quiet contemplation.

19:00

Dinner & Connection - Gather together to enjoy a delicious and nourishing dinner, sharing stories and connecting with fellow retreat participants.

20:30

Evening Connection - Mantra & Kirtan Singing: Join together in the uplifting practice of mantra and kirtan singing, allowing the vibrations of sacred sounds to soothe your soul. Silent Meditation: Deepen your practice with a silent meditation session, either seated or walking.



Our Venue, "The Secret Place"



BEAUTY



CARE



HARMONY

A Villa Among the Olive Trees, Rest in a luxurious retreat space embraced by nature, where the scent of olive trees meets the salty ocean breeze, **offering the perfect setting for reflection, deep rest and connection.**

WHAT'S INCLUDED?

Accommodation in lovely rooms or lodges, each has amazing views (5 nights)
Nourrishing and coloured plant-based meals (Brunch + Light Snacks + Dinner)
Daily teachings from your caring facilitators & all activities
Wi-Fi & parking

PRICE

	Single Room	Single Glamping	Sharing Room	Sharing Glamping
Early Bird <i>Ends 15th June</i>	CHF 1'444	CHF 1'333	CHF 1'222	CHF 1'111
Standard	CHF 1'555	CHF 1'444	CHF 1'333	CHF 1'222

- *Accommodation includes shared bathroom facilities.*

Bookings:
giorgia.bunkofer@icloud.com
+41 76 515 08 77 - Whatsapp
www.sumayyayoga.com

Facilitators



Giorgia - Sumayya

Born and raised in Lugano (Switzerland), from a young age I began to nurture a deep interest in inner exploration, in the wisdom of our body and the search for "the Truth". This led me first to train as medical massage therapist with a federal certificate and then as Yoga teacher (Hatha, Vinyasa and Yin).

The body is a wonderful vehicle through which we can explore the world around us and at the same time it is the "temple" that hosts us.

Bringing body knowledge into yoga practice allows me to deepen my understanding of asanas from a physical point of view, which goes hand in hand with the spiritual dimension.

Meditation, silence and investigation of the Self are for me the key to transformation and perpetual growth and knowledge of our nature.

I like to dedicate myself to sharing what I learn with people who cross my path.



Linda - Sugandhi

My journey with Eastern philosophy and mindfulness began in childhood, nurtured by my parents' love for yoga, meditation, and ancient stories. This early influence inspired my academic path, leading to a degree in Social Work and specialization in Mindfulness-Based Interventions.

Driven by a profound curiosity about the human experience, I embarked on a quest of self-discovery, exploring various paths of yoga during extended trips to the East. These travels included transformative experiences on silent meditation retreats, deepening my understanding of mindfulness and its impact on well-being.

Today, I synthesize these experiences, along with my research and decade of work in humanitarian and social fields, into a holistic approach. I guide individuals and groups towards a deeper connection with their physical, emotional, and spiritual selves, fostering greater awareness and well-being. As an eternal student, I continue to learn and evolve, enriching my practice and teaching.