

August 29th - September 4th 2026

@Spilia, Crete

from 990€ - early birds until June 15th

7 DAYS YOGA & MEDITATION RETREAT

"EXPLORING YIN & YANG"

vinyasa & yin yoga
meditation

swimming pool

dharma sharing

sunrise yoga & brunch at the beach

vegetarian & organic food

half day sailing trip

olive oil soap workshop

info & reservations: +41765150877

www.sumayyayoga.com



THE VENUE

THE SECRET PLACE

The Secret Place is a luminous house designed to accommodate up to ten guests. It is surrounded by the authentic beauty of Crete, characterised by sacred olive trees, incredible blue sea and ancient natural rocks. It is located in the central part of the island, 7 km from the sea and 6 km from Heraklion.

There are two big dining areas both with astonishing view on the wild Cretan land.

The kitchen is completely vegetarian and mainly organic. We do our best to compose, with love and care, delicious, healthy and colourful meals.

The Venue provides natural relaxing areas, a big garden with view on the green hills and the Mediterranean Sea; a swimming pool; a “secret garden” for silence and contemplation; a fire pit.

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ACCOMMODATIONS

We can accommodate our
guests in double/twin
bedrooms or
in cozy glamping tents
with a heartbreaking view
on the hills
and mediterranean sea.

We can also provide
single rooms on request.



WHAT'S INCLUDED ?

6 nights accommodation

Daily Vinyasa & Yin yoga classes

Sitting & walking meditations

Yoga Nidra

Swimming pool & relaxing area

Daily Vegetarian & organic meals

Singing & Sharing circles

Encounter with like-minded people

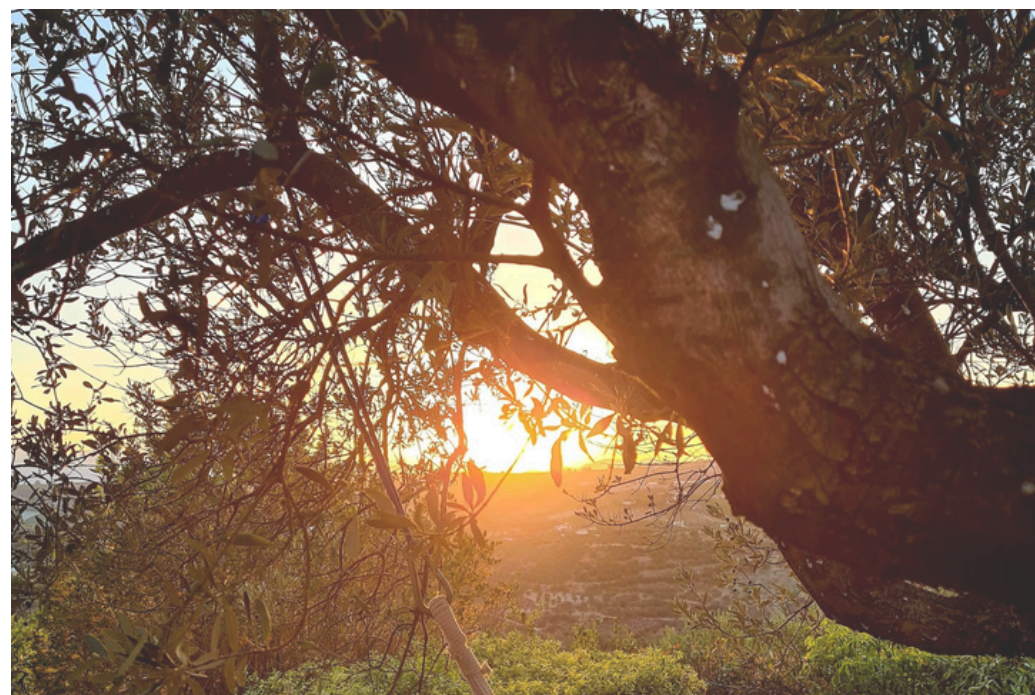
SPECIAL GIFTS INCLUDED:

1 day sailing trip to Dia Island

Olive oil soap workshop

Sunrise Yoga & brunch at the beach





PRICE

Early bird until June 15th

- single bedroom/glamping EURO 1370
- shared bedroom/glamping EURO 990

Full price after June 15th

- single bedroom/glamping EURO 1470
- shared bedroom/glamping EURO 1090

*The price includes: full board, all activities and classes, excursions, parking, wi-fi, assistance in pick-up service from Heraklion Airport

! Reserve your place now !

Info and registration:

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