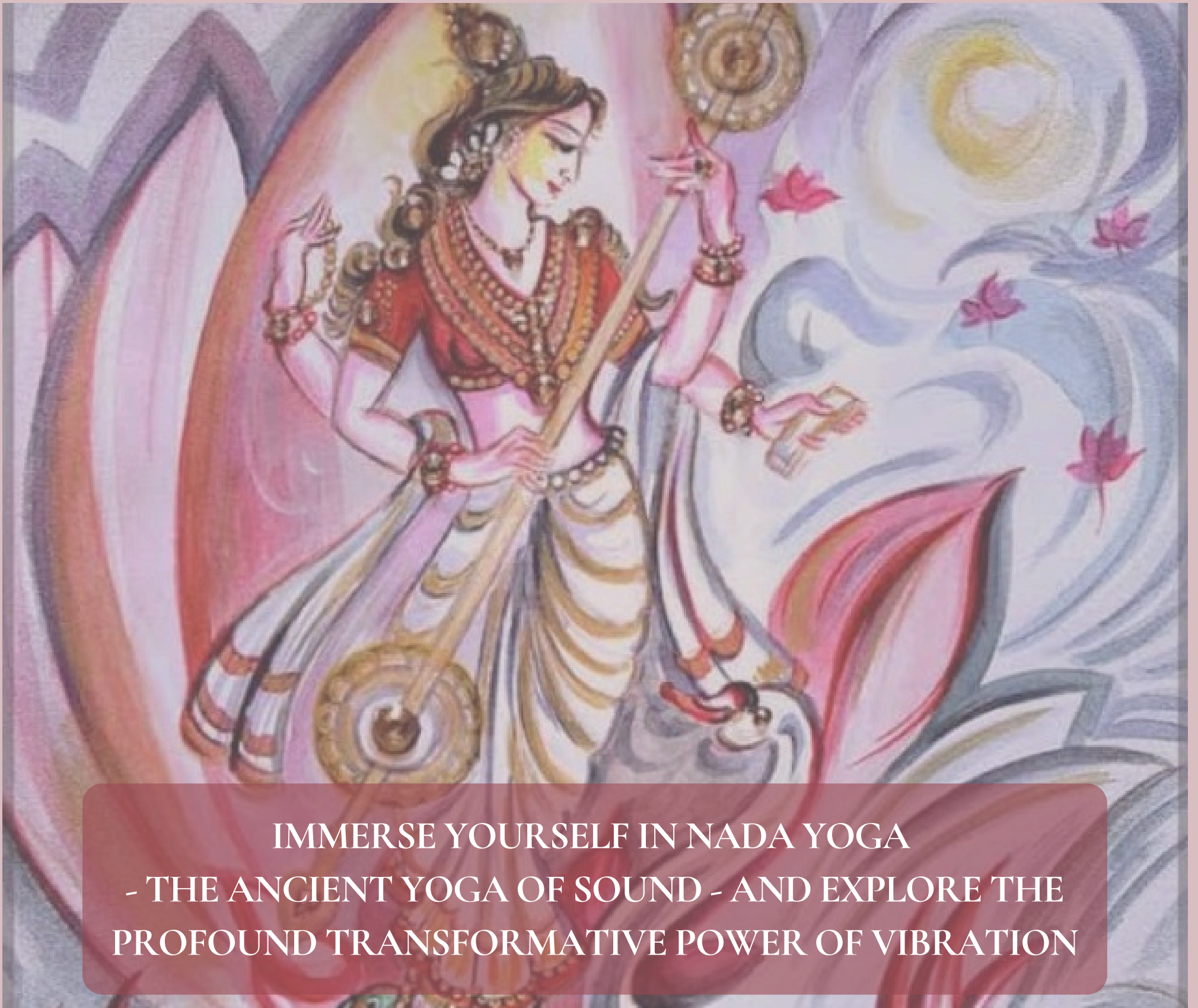


NADA YOGA & ARCHETYPAL WISDOM

A Sound & Transformation Retreat

AUGUST 4th - 9th 2026 | CRETE ISLAND



IMMERSE YOURSELF IN NADA YOGA
- THE ANCIENT YOGA OF SOUND - AND EXPLORE THE
PROFOUND TRANSFORMATIVE POWER OF VIBRATION

SOUND | TRANSFORMATION | SELF-DISCOVERY

BOOKING : +41765150877 / giorgia.bunkofer@icloud.com

A JOURNEY INTO THE ANCIENT YOGA OF SOUND

IMMERSE YOURSELF IN NADA YOGA—THE ANCIENT YOGA OF SOUND—AND EXPLORE THE PROFOUND TRANSFORMATIVE POWER OF VIBRATION.

THROUGHOUT THIS RETREAT, WE JOURNEY THROUGH FOUR DISTINCT YOGIC ARCHETYPES, EACH EMBODYING UNIQUE QUALITIES AND RESONATING WITH SACRED MANTRAS. GUIDED BY THESE ARCHETYPES, PARTICIPANTS ENGAGE IN PRACTICES THAT AWAKEN SELF-AWARENESS, TRANSFORMATION AND JOY.

THIS THOUGHTFULLY CURATED PROGRAM WEAVES SOUNDS, YOGA, MEDITATION, BREATHWORK AND NATURE-BASED MINDFULNESS INTO A HARMONIOUS FLOW—EACH DAY ALIGNED WITH THE ARCHETYPE WE ARE EXPLORING.

RETREAT EXPERIENCE

OVER THESE DAYS, YOU WILL:

*DEEPEN YOUR PATH OF SELF-AWARENESS
AND INNER HARMONY*

*EXPERIENCE TRANSFORMATION AS SOUND FREQUENCIES
AND ARCHETYPAL ENERGIES ALIGN WITHIN*

*CULTIVATE STILLNESS, FOCUS AND CLARITY
THAT EXTEND BEYOND THE RETREAT*

THIS IMMERSIVE JOURNEY INVITES YOU
TO REDISCOVER YOUR ESSENCE
THROUGH SOUND, SILENCE,
AND SACRED CONNECTION WITH LIFE ITSELF

SPACES ARE LIMITED. ARE YOU READY TO DIVE IN ?

WHAT AWAITS YOU

DIGITAL DETOX

DISCONNECT FROM WI-FI AND
RECONNECT WITH NATURAL
RHYTHMS



SAILING TRIP EXCURSION

A MEDITATIVE PRACTICE ON BOARD
AND A BATH IN THE CRYSTALLINE
WATERS OF DIA ISLAND



NATURE IMMERSION & SEA BATHING

RESTORE YOUR CONNECTION WITH
NATURE THROUGH MOVEMENT
AND IMMERSION IN THE ELEMENTS

SACRED FIRE CEREMONY

MANTRA CHANTING AND
OFFERINGS AT THE SACRED FIRE



RELAXATION SPACES & OUTDOOR POOL

SERENE ENVIRONMENTS FOR REST
AND INTEGRATION

Retreat Highlights



Daily yoga classes (Hatha & Yin Yoga)

Each session embodies the archetype of the day, offering a deep, embodied experience of its energy and wisdom

Mindful Living Practices

Presence through conscious eating, mindful walking and daily awareness



Daily Pranayama & Meditation

Practices guided by archetypal themes to cultivate focus, balance and insight

Devotional Chanting Circles

Group chanting sessions attuned to the mantras and energies of the archetypes, creating powerful collective sound experiences.



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.**

Facilitators



GIORGIA SUMAYYA

Giorgia Sumayya is a yoga and meditation teacher, bodywork therapist and conscious movement facilitator with a deep longing for the Divine, who walks the path of unity, weaving wisdom from different spiritual traditions into her teachings.

She bridges the spiritual and the embodied, guiding others into the heart of presence, surrender and divine connection. Meditation, silence and self-inquiry are for Giorgia the keys to transformation, perpetual growth and knowledge of our nature.

She is devoted to sharing what she learns with people who cross her path - wishing everyone to experience love as the essence of all things.

www.sumayyayoga.com



SUGANDHI

Rooted in Eastern philosophy since childhood, Sugandhi's journey began under the loving guidance of her parents, who introduced her to mythological stories and the foundational practices of yoga.

During her academic years, a deep inner inquiry arose - "Who am I?" - which led her to travel widely and explore the paths of Bhakti, Karma, Jnana, and Hatha Yoga, each revealing unique ways to awaken awareness and turn inward.

Now primarily based in India at her Master's ashram, she lives a life devoted to Sadhana (spiritual practices) and Seva (selfless service) continually deepening her understanding of Yoga as a path of union with the Divine, and sharing its essence with authenticity and devotion.

www.sanctuaryofpresence.com