

August 18th - 23rd 2025
Crete, Greece

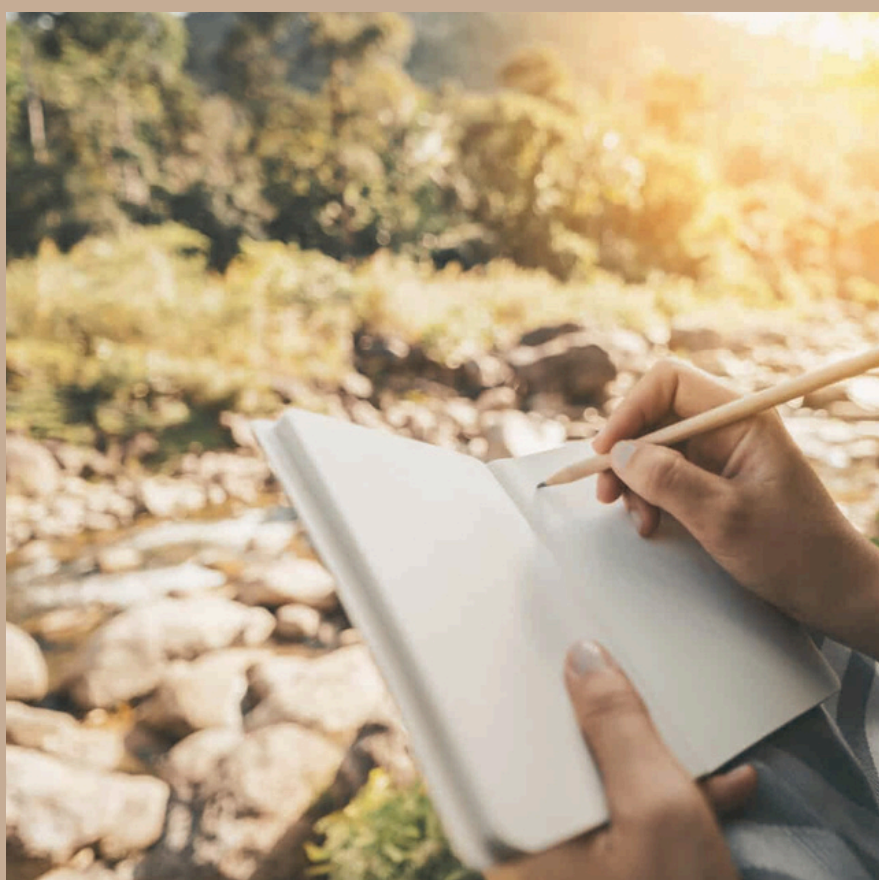
6 DAYS WOMEN RETREAT

إنسَان Insān

back to our true nature

MEDITATION & DHIKR
WRITING & REFLECTION
YOGA & BODY AWARENESS
SILENCE & INTROSPECTION
OLIVE OIL SOAP MAKING
ISLAND SAILING TRIP

INFO & BOOKING
HASNA +31 64 329 36 33 / SUMAYYA +41 76 515 08 77



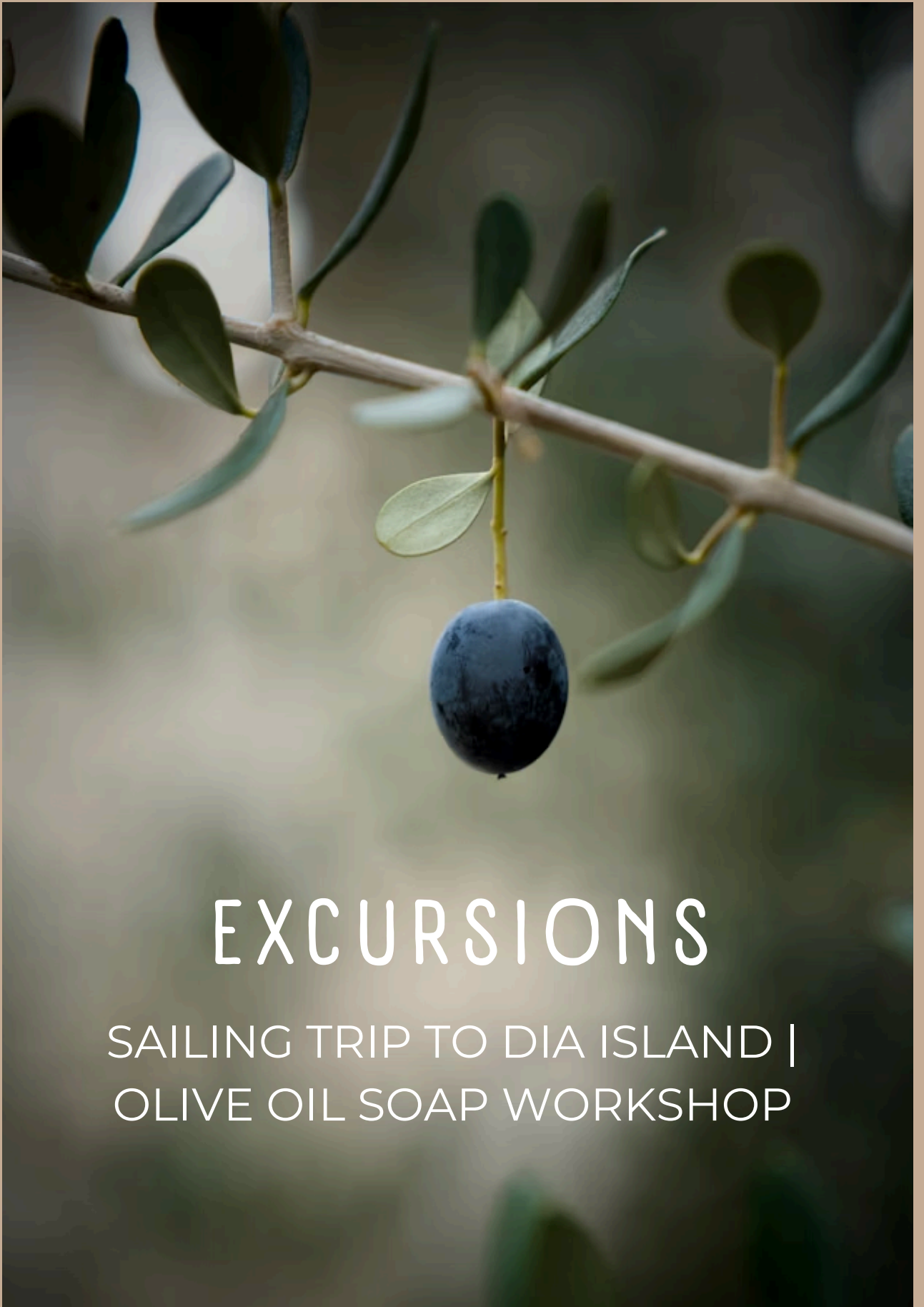
انسَانِ INSĀN
BACK TO OUR TRUE NATURE

RETREAT INTENTION

"Being in expansion in the heart is
accepting the inevitable contraction
with graceful resilience,
until expansion again."

Grounded in Loving Presence, we
explore how to embrace each
moment in divine intimacy.
Through intentional practices
we learn to face challenges with
more ease and compassion.

With the heart softened, we nurture
ourselves back to wholeness
and remember our true nature,
Insān.



EXCURSIONS

SAILING TRIP TO DIA ISLAND |
OLIVE OIL SOAP WORKSHOP



RETREAT JOURNEY

Day 1 | Fitrah

Land & return to innocence

Day 2 | Self-Compassion

Meeting the self with tenderness

Day 3 | Remembrance

Meditation/Dhikr through body, words, silence

Day 4 | Resistance & Surrender

Recognize & release inner contractions

Day 5 | Heart Expression

Anchor in the body, expand in presence

Day 6 | Return & Expansion

Integration and trust



THE SECRET PLACE
ACCOMMODATIONS



OFFERINGS

PRICE INCLUDES

5 nights accommodation

Plant-based meals (Brunch + Light Snacks + Dinner)

Workshops · Sailing Trip · Daily activities

ACCOMMODATION OPTIONS

Twin/double glamping tent: 1'200 euro

Twin/double bedroom: 1'300 euro

Single gamping tent: 1'400 euro

Single bedroom: 1'500 euro

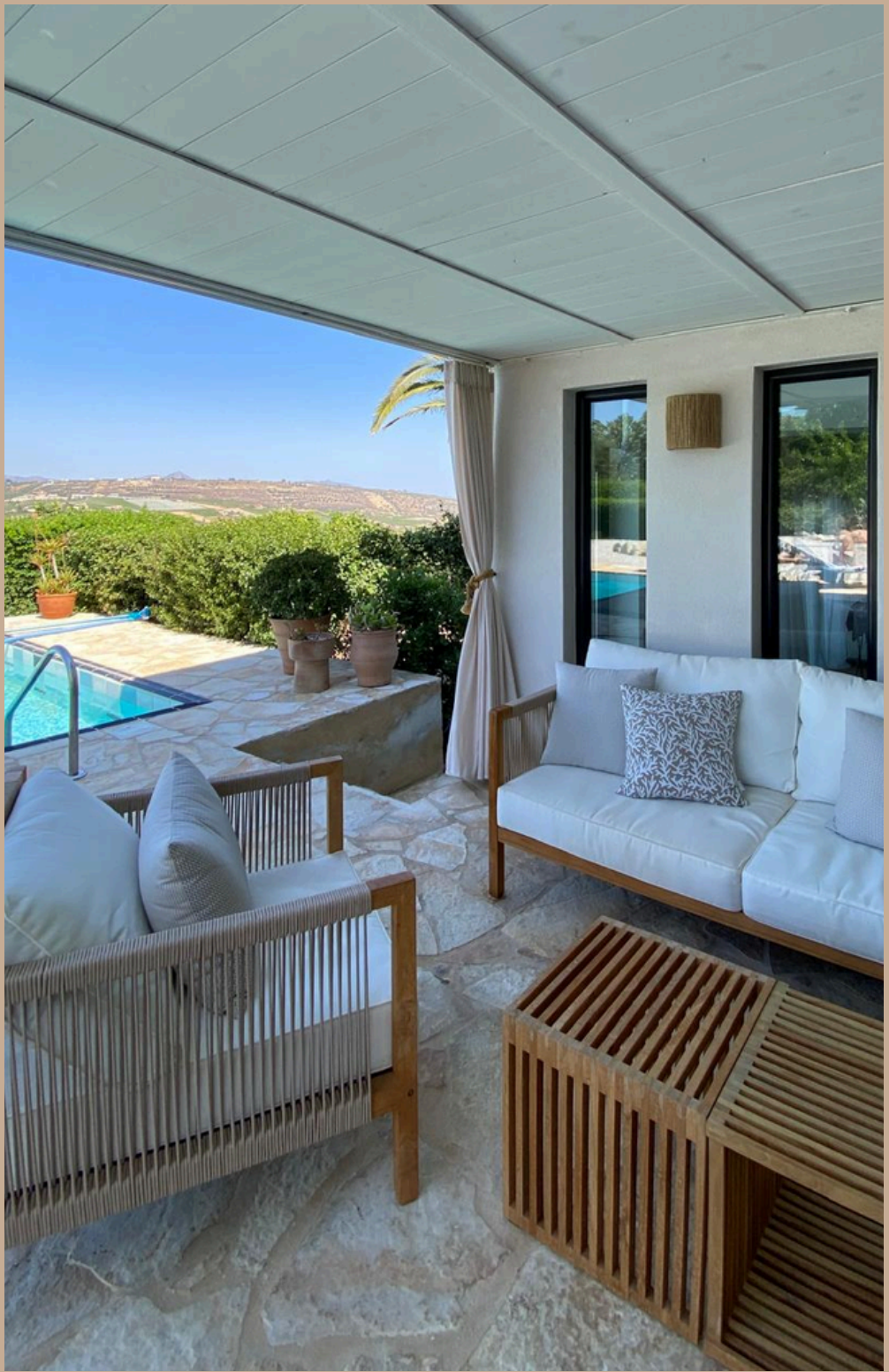
*Each accommodation has a shared bathroom.

NOT INCLUDED

Transfer from Heraklion Airport to the Venue

Travel insurance

Private therapies



THE VENUE

THE SECRET PLACE

An intimate, luminous and welcoming family house, renovated and designed to accommodate up to ten people – two bedrooms and three glamping tents.

Our Venue is surrounded by the authentic beauty of the island of Crete (Greece), characterized by centuries-old olive trees, an incredible blue sea and ancient natural rocks.

The large dining terrace offers us a breathtaking view of the wild Cretan land during our meals.

LOCATION

We are located in Spilia, in the central part of the island, 7 km from the sea and 6 km from Heraklion. Knossos, the most important archaeological site of the Minoan civilization of Crete, is located only 4 km from the venue. This is a reason to consider “The Secret Place” not only a beautiful and quiet place to connect with nature, but also a very energetic area.

RELAXATION AREAS

The venue offers several natural relaxation areas and a large garden overlooking the green hills and the Mediterranean Sea; a swimming pool; a "silence garden" for meditation, contemplation, reading and a fire pit.

At the garden level there is a large and bright Shala for the indoor activities we offer during the retreats.

CATERING

The cuisine is completely vegetarian and mainly organic.

We do our best to compose with love and care delicious, healthy, colorful and soulful meals during your stay.

PRIVATE THERAPIES

Massages, yoga, meditation classes & coaching sessions are also offered upon request (extra cost).



THE SECRET PLACE
CATERING

FACILITATORS



GIORGIA SUMAYYA

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

A dedicated yoga practitioner, 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 Sumayya the keys to transformation and perpetual growth and knowledge of our nature – fitrah.

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.

Hasna is a spiritual seeker, integrative coach and retreat leader devoted to personal and collective transformation.

With over a decade of experience in integrative coaching, she blends NLP and co-active coaching modalities with Islamic meditation, loving presence and intuitive insights; now deepening into somatic experiencing.

She is known to create safe, compassionate spaces for souls to meet themselves, release limiting beliefs with love, build inner resilience, and return to divine presence.

HASNA

