

THIS RETREAT IS DESIGNED FOR SPIRITUAL SEEKERS READY TO
RECONNECT WITH THEIR TRUE ESSENCE THROUGH ANCIENT WISDOM,
SACRED MOVEMENT, AND THE PURIFYING POWER OF WATER.

Sacred Waters

a spiritual retreat

A Greek Island Retreat

10th-15th AUG 2025 - CRETE - GREECE

AWAKENING | TRANSFORMATIVE | EMBODIED | FLOW

SAMUDRA.YOGA | SUMAYYAYOGA.COM

WELCOME TO A JOURNEY OF RECONNECTING WITH YOUR AUTHENTICITY

Nestled among ancient olive groves with breathtaking ocean views, our sanctuary for the week is at “The Secret Place”, a stunning villa where the rhythm of nature invites you into deep presence and transformation.

It is **designed for spiritual seekers** ready to reconnect with their true essence through ancient wisdom, sacred movement, and the purifying power of water.

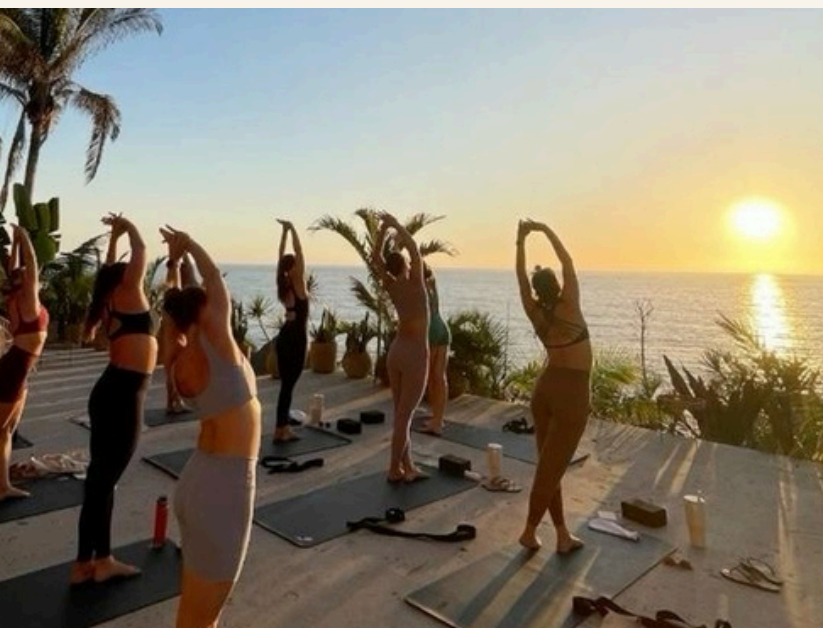
Together, Giorgia and Laura create a powerful space for self exploration, blending their wisdom traditions to offer an experience that is both **deeply grounding and profoundly expansive**.

This retreat is for those who seek depth and a profound return to their true nature. If you feel called to embark on this sacred journey, **we welcome you with open heart.**

Spaces are limited. Are you ready to dive in?

Giorgia & Laura

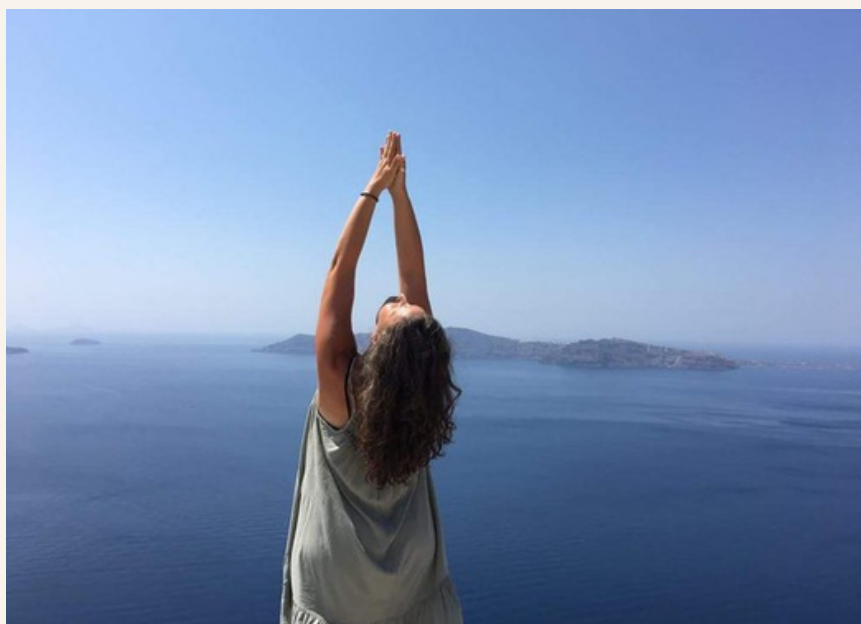
What awaits you:



PRESENCE



MEDITATION



SAIL

Daily yoga and meditation practices cultivate grounding and clarity, while evenings invite us to gather around the bonfire beneath the starlit sky, **sharing wisdom, stories, and moments of divine connection.**



Deep Meditative Ocean Sailing

Heraklion to Dia Island

Set sail on a transformative journey, immersing yourself in the vastness of the Cretan sea to release what no longer serves you. The water will guide you back to flow, trust, and surrender.

Sacred Sunrise Practices

Begin each day with **yoga, breathwork, and meditative movement** as the golden light rises over the sea, filling you with energy and clarity.



Ancient Tools for Self-Discovery

Engage in **yogic wisdom**, and sacred rituals that open new dimensions of inner awareness.



Deep Hips Opening & Trauma Release

Workshop by Laura

Through deep hips opening postures, breathwork, and mindful movement, we create space for healing and transformation. As we soften resistance and let go of stored trauma, energy flows freely, bringing a sense of lightness and renewal.

Awakening Through Conscious Movement

Workshop by Giorgia

This practice blends breath, fluid motion, and deep awareness to unlock stagnant energy, heighten sensitivity and awaken the body's innate intelligence. As we move with presence, we dissolve tension, cultivate inner balance, and reconnect with the flow of life.



Why "Sacred Waters"?

Water is the essence of life, a symbol of purification, flow, and deep transformation. Just as water moves effortlessly, reshaping the world around it, this retreat invites you to surrender, cleanse, and awaken to your true nature.

This six day detox journey is designed to help you find deep presence, release what no longer serves you, and immerse yourself in the healing embrace of water for a **profound purification process**.

"Sacred Waters" represents the inner and outer journey: the serene Mediterranean sea embracing us, the fluidity of movement in our practices, and the deep emotional and spiritual renewal that unfolds.

What would your life feel like if you allowed yourself to fully let go and flow with the wisdom of your inner waters?

A villa among the olive trees



CRETE



NATURE



BACK HOME

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.**



Plant Base

NOURISHING SOUL FOOD

We will enjoy delicious plant-based meals, thoughtfully prepared with love and intention. You can expect flavorful dishes made from healthy, seasonal, organic and wholesome ingredients. Please let us know if you have any special dietary requirements, allergies or intolerances.

www.Samudra.Yoga
[@samudrayogaspace](https://www.instagram.com/samudrayogaspace)

sumayyayoga.com
[@sumayyayoga](https://www.instagram.com/sumayyayoga)

WHAT'S INCLUDED?

Accommodation in a farmhouse surrounded by nature [5 nights and 6 days]
Plant-based meals (Brunch + Light Snacks + Dinner)
Two workshops · Sailing Trip · Yoga & Brunch by the Sea · Daily Yoga & Meditation
+ surprises

Not included:

Transportation from Heraklion Airport to “The Secret Place”, in Spilia, 20min drive by Car or Taxi. We recommend renting a car for short trips during your free time (*we can arrange this for the group*).

Travel Insurance is obligatory

PRICE

	Single Room	Single Glamping	Sharing Room	Sharing Glamping
Early Bird <i>Ends 10th July</i>	1.444€	1.333€	1.111€	999€
Standard	1.555€	1.444€	1.222€	1.111€

- Accommodation includes shared bathroom facilities.

Bookings:

Samudrayogaspace@gmail.com
+34 639 2017 35 - Whatsapp



We are so excited to invite you to our retreat together in GREECE! Samudra Yoga & Sumaya Yoga are all about creating a warm, welcoming space for personal growth and connection. This retreat will be a beautiful blend of Yoga, sea and healing, where we'll focus on bringing positive energy and deep gratitude into every moment.

Giorgia Sumayya, Conscious Movement & Heart Connection

Giorgia is a retreat leader, yoga teacher and bodywork therapist with a deep longing for the Divine, who walks the path of unity, weaving wisdom from many spiritual traditions into her teachings. A dedicated yoga practitioner, she bridges the mystical and the embodied, guiding others into the heart of presence, surrender, and divine connection. She invites you to experience love as the essence of all things.

Laura, Yogic Wisdom & Embodied Transformation

Laura is a dedicated yogini and retreat leader who weaves ancient yogic philosophy with somatic practices to bring you into full embodiment and fearless living. Through breath, movement and self-inquiry, she guides you toward deep self-connection, helping you release limitations and embrace life with clarity and vitality.

Join us and be part of this beautiful journey!