



# GINA MURDOCK & ELISA BAVA

## RETREAT SUMMARY

Welcome on a Yoga, Meditation, Sound and Spirit Retreat with Gina Murdock and Elisa Bava

Join Lead with Love Founder Gina Murdock and Professional Sound Healer and Teacher Elisa Bava for a deep dive into yourself exploring feminine power, play, purpose and passion! Basking in the tranquil waters on the isle of Crete, Greece we will explore Goddess archetypes and qualities and how they can inspire us in our daily lives. This retreat is for those looking to deepen their connection to Spirit, others and themselves. Daily yoga, meditation, self-reflection and inquiry, sound healing, deep sisterhood and fun will fill our days in this idyllic paradise.



## CRETE

Crete is an enchanting destination that will captivate your heart. Here, you can marvel at the remnants of ancient civilizations, explore splendid beaches, majestic mountainscapes & fertile valleys, and immerse yourself in the island's rich gastronomic culture.

In Crete, time seems to pass slowly, and the heart beats in sync with the rhythms of the sea. It is a place that brings a sense of calm and vitality to your heart, allowing you to find inspiration and create your own cherished memories.

This mystical, pure, and generous island to the south of the Aegean Sea captures the spirit of Greece and enchants everyone who visits.



## ABOUT THE HOTEL

Welcome to a redefined barefoot luxury experience in Crete. This is Minos Beach Art Hotel, member of bluegr Hotels & Resorts and Design Hotels.

Located right on the water's edge, this 5 star luxury hotel, with its minimal interior and traditional architectural design, offers all the standards of high-quality accommodation, from the authentic and warm hospitality of its dedicated people to its traditional architectural styles and minimalist, chic interiors.

Walking across the hotel's gardens, you can smell the fragrance of nature, while the meditating sound of the sea provides peace and tranquility.



## DAY 1: WELCOME TO CRETE – EMBODY THE GODDESS

On the first day of the retreat, we will welcome you to the resort. Upon check-in, you will receive a welcoming Cretan refreshment to set the mood for the full Cretan experience. Then, we will gather for the Opening Ceremony and the first Community Dinner of the retreat where you will get to meet Gina and Elisa and discuss the themes to come and what you will experience during the retreat.

## DAY 2: HESTIA – ΕΣΤΙΑ

The day will start with a morning session featuring yoga, meditation, journaling, and sound healing to awaken your senses and body. After a nourishing breakfast, you'll head to the first activity of the retreat: a cooking class in the village of Kritsa, with local ladies, to discover traditional Cretan recipes. Afterwards, you will have free time to rest and explore. The afternoon movement and inner work session will follow before gathering for a community dinner.

Days 3-6 will unfold similarly until you reach Day 7, where, upon the farewell breakfast, we bid you farewell, leaving you with a deep sense of reconnection with yourself, others, and nature.

*Included Retreat Activities: Cooking class with local ladies, Private Guided Tour to Knossos Archaeological Site*

*Optional Retreat Activities: Day Cruise to Mirabello Bay*



## INCLUDED RETREAT ACTIVITIES

### Cooking class with local ladies:

Greek food, but especially Cretan food, is the best of the Mediterranean diet. Discover the traditional Cretan recipes in the village of Kritsa, the oldest and most picturesque of villages in Crete. Ladies of the local women's association welcome you in their cooking lab with the warmest smile, ready to share with you their everyday cooking routine.

Taste authentic seasonal food, enhanced by award-winning Cretan virgin olive oil of Kritsa, experience local hospitality and enjoy an exquisite home cooked meal!



### Private Guided Tour to Knossos Archaeological Site

A truly unique guided experience that overcomes the barrier of just another tour and becomes a friendly and philosophical chat for the Greek history and the contemporary culture.

The grandeur of Knossos palace, with its sprawling complex of rooms and courtyards, colorful frescoes, and intricate architecture, gives us a glimpse into a world that was truly remarkable for its time. Every detail of Knossos speaks volumes about the advanced knowledge and innovative thinking of the Minoan people.

