



A Spiritual Journey of Power to Crete

Workshops with Foster and Kristos Perry

28 April – 2 May 2027

Foster on Our Journey



Listen as Foster speaks about our shared journey to Crete.

► **Watch the film**



Crete – Island of Mysteries

According to Greek myth, it was to Crete that Zeus, in the form of a bull, carried the Phoenician princess Europa. Myth also has it that Zeus himself was born in one of Crete's caves. Around four thousand years ago, this was the home of the Minoan civilisation, often called Europe's first great civilisation.

Its people built palaces decorated with colourful frescoes. In their art and worship, female figures held a special place — the most famous example being the Snake Goddess figurines discovered at Knossos.

Knossos is also linked to the myth of the Minotaur and the labyrinth built by Daedalus. In many traditions the labyrinth is a symbol of the journey inward: a descent into one's own depths and a return to the light.

We invite you on a journey in which sightseeing goes hand in hand with inner work.

The workshop day with Foster and Kristos will be a natural culmination of this journey — a time to pause, to grow quiet and to work with energy and consciousness.

Following the symbolism of the Cretan labyrinth, we will turn inward, towards the reserves of strength we carry within us — including those that flow from the memory and heritage of our ancestors.

Facilitators Foster and Kristos Perry



Healing Day

Crete — An Encounter with Ancient Wisdom

Crete is a place where the history of ancient civilisations intertwines with mythology — with stories of the gods, their power, their passions and their conflicts. For thousands of years these stories have helped us better understand human nature.

It was here, according to Greek myth, that Zeus was born. Crete's mountains, caves and the remains of the Minoan civilisation create an extraordinary setting for an encounter with this rich heritage.

During the Healing Day with Foster and Kristos we will work with energy, healing and consciousness, drawing inspiration from the spiritual and psychological dimensions of Greek mythology.

We will look at myths not only as tales from a distant past, but also as stories about forces that are constantly at work in each of us.

Gods and goddesses embody different aspects of human nature — our fears, desires and inner conflicts, as well as our capacity for transformation.

Myths hold remarkable power. They tell of moving beyond our own limitations, confronting darkness, finding courage and passing through deep transformation.

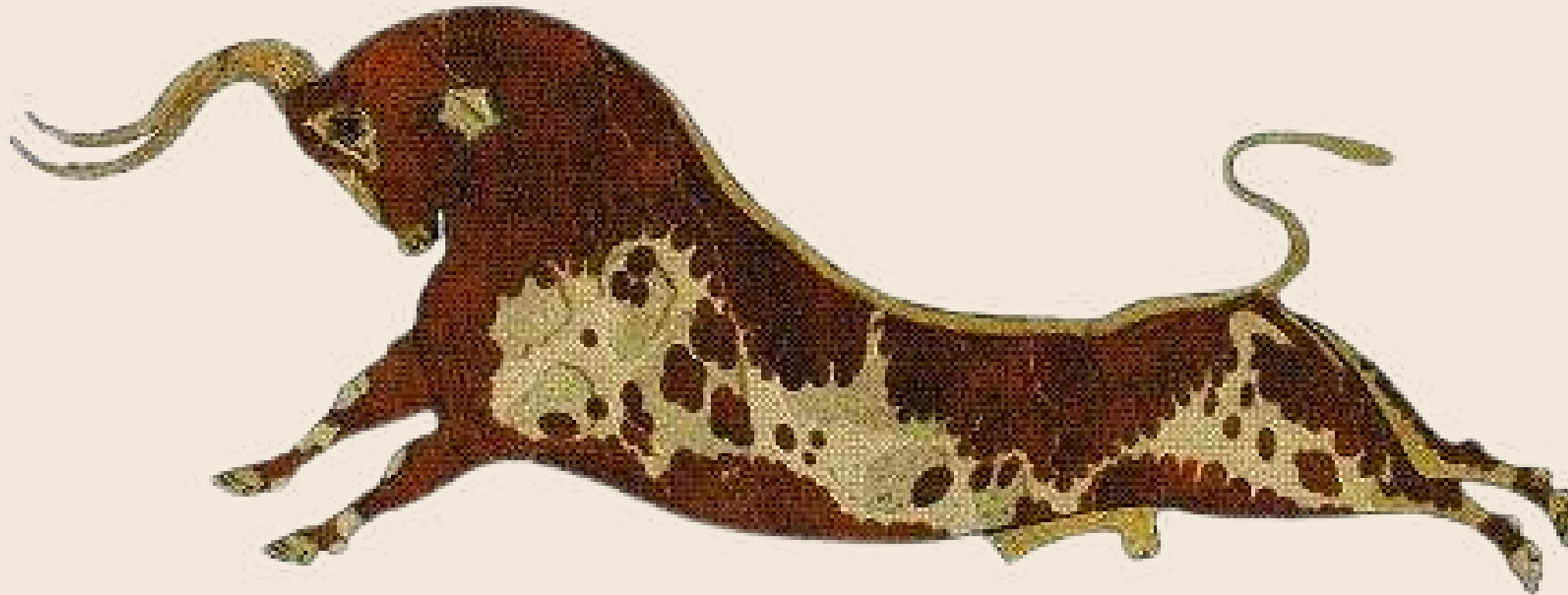
By reaching into their symbolism, we can rediscover the strength dormant within them and experience its meaning in our own lives.

Surrounded by Crete's nature, in a place so closely bound to its mythological heritage, we will create a space for shared work, healing and transformation.

It will be an invitation to encounter ancient wisdom that, even after thousands of years, can still move and transform us on a deep, personal level.



Places of Power and Ancient Wisdom



During our journey we will visit remarkable places on Crete — places connected with the island's history, mythology and spiritual heritage.

They include ancient sanctuaries, caves, mountains and the remains of past civilisations — places whose beauty and unique atmosphere still captivate visitors today.

Foster and Kristos will bring to life the history, symbolism and meaning of the places we visit. They will talk about the cultural and spiritual dimensions of each site, helping us see Crete not only as an island full of monuments and picturesque landscapes, but also as a space where the past is still alive.

Each of these places carries its own story, energy and particular meaning. Together we will explore their symbolism and look at how they may resonate with our personal experience.

History and ancient stories will become a starting point for reflection on our own lives, our inner processes and the areas that need attention, healing or transformation.

Foster and Kristos will combine knowledge of the places we visit with work on energy, consciousness and inner transformation.

As a result, our journey will be not only a discovery of Crete, but also an experience of deeper connection with ourselves. Surrounded by nature, silence and the island's extraordinary history, we will create a space to pause, listen inward and open up to new possibilities.

Crete will become a living place of encounter with ancient wisdom, with our own strength and with what within us is ready to heal.

The places we visit can inspire us, move us and unlock inner resources that often remain dormant in everyday life.

On the following slides we present the places we will visit during this unique journey — places where history, nature, energy and the spiritual heritage of Crete create an extraordinary space for personal experience and transformation.



Knossos

In the Labyrinth of Myth and Transformation

Knossos is a place where the history of the Minoan civilisation intertwines with one of the best-known myths — the story of the labyrinth, the Minotaur and Theseus.

During our visit with Foster and Kristos we will look at this story not only as a legend, but also as a symbolic tale of meeting our own shadow, our fear and what lies hidden.

Passing through the labyrinth can become an image of our inner journey — descending into ourselves, confronting what is difficult and finding our own strength.

At Knossos, ancient myth will meet personal transformation, showing that the way out of the labyrinth begins with the courage to enter it.



Heraklion Archaeological Museum

In the Footsteps of Minoan Wisdom

At the Heraklion Archaeological Museum we will see the finest treasures of the Minoan civilisation — frescoes, jewellery, sculptures, vessels and objects found at Knossos and other sites.

These artefacts tell of a world in which daily life, nature, religion and ritual were closely intertwined.

Exploring their symbolism, we will touch on themes of life, death, rebirth and transformation.

The traces of Minoan culture will become a starting point for looking at our own inner processes — what is maturing within us, what is ending and what is opening to a new beginning.

Minoan Theatre

In Minoan culture, the theatre was not merely a place of entertainment.

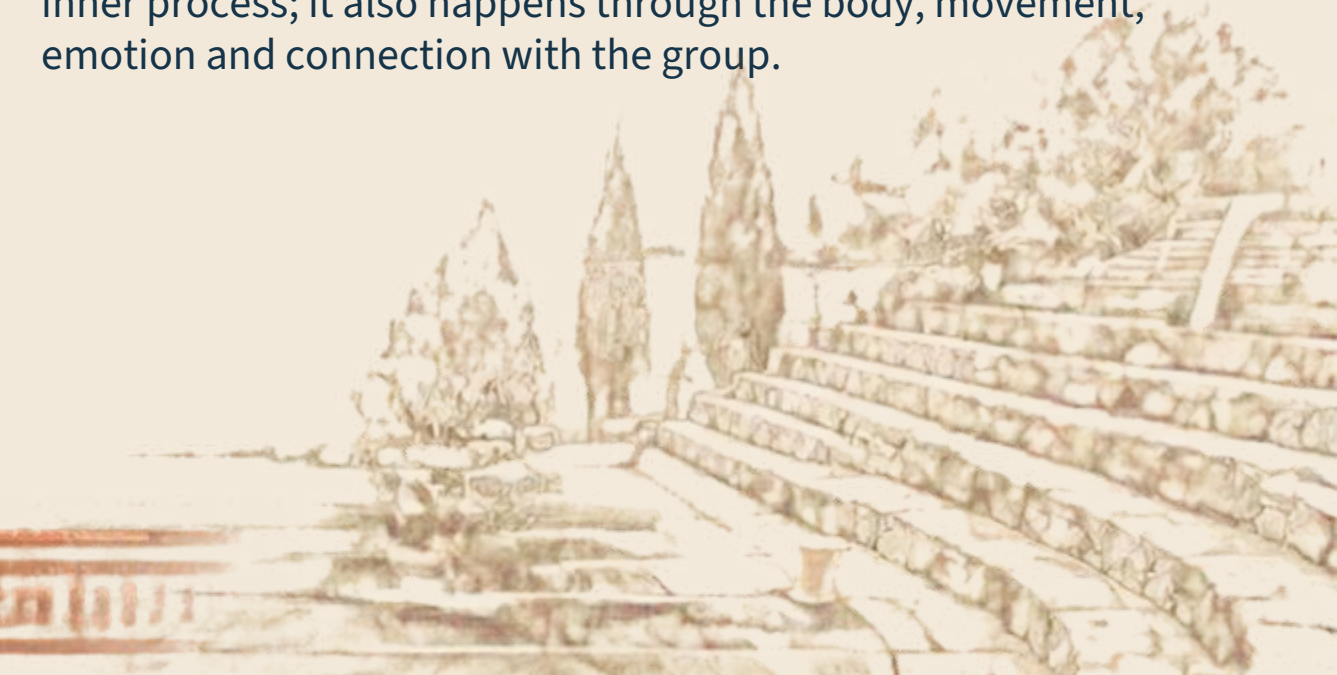
It was a space for gathering, ritual and shared experience — a place where, through movement, music, symbols and the presence of the community, people could connect with the unseen.

During our visit we will look at the theatre as a place of passage and transformation.

It was here that people stepped beyond everyday life, took on a particular role and experienced themselves in relation to others, to nature and to forces greater than themselves.

In the context of our journey, the Minoan Theatre will become a symbol of inner transformation — a space where we can leave behind what no longer serves us and open up to a new chapter.

Ancient ritual reminds us that transformation is not only an inner process; it also happens through the body, movement, emotion and connection with the group.





Kotsanas Museum

Wisdom Ahead of Its Time

At the Kotsanas Museum we will encounter a lesser-known side of the ancient world — its remarkable ingenuity, knowledge and ability to turn ideas into working inventions.

The reconstructions gathered here show that ancient wisdom was not only a collection of myths and symbols, but also the result of careful observation, bold thinking and the need to understand the world.

This place reminds us that growth begins with curiosity — with a question, with looking beyond the obvious and searching for new possibilities.

Ancient inventions will inspire us to look at our own potential, our creative energy and what can emerge when knowledge meets imagination.



Attali Monastery in Bali

A Place of Stillness and History

Attali Monastery, set on a hill above Bali Bay, is an important place linked to Crete's religious and historical tradition.

Its location, austere architecture and sea views create a unique space in which to pause, far from the rush of everyday life.

During our visit we will explore the monastery's history and its significance for the local community.

It will also be an opportunity to spend quiet time in a place that for centuries has been a place of prayer, meditation and contemplation.



Fodele and the El Greco Museum

Between Our Roots and Our Own Path

Fodele, nestled among hills and orange groves, is traditionally regarded as the birthplace of Domenikos Theotokopoulos, known as El Greco.

At the museum we will learn about his ties to Crete and the artistic path that led him beyond his native island, first to Venice and later to Spain.

El Greco's story shows how the experiences we carry from the place where we grow up can become part of something new.

His work combines different influences while remaining an expression of a deeply individual vision.

In Fodele we will reflect on what we take with us from our own roots and how we transform it along our own path.



Nikos Kazantzakis Museum in Myrtia and Archanes

The Power of Words and of an Ancient Land

In Myrtia, a place associated with Nikos Kazantzakis, we will encounter the work of a man who spent his whole life searching for answers to questions of freedom, meaning, courage and spiritual strength. His words can inspire us to look at our own path — at what moves us, what holds us back and what carries us forward.

Archanes will take us into a much older layer of Crete's memory. This historic town, whose surroundings were inhabited as early as the Neolithic, flourished in the Minoan era.

A Minoan palace stood nearby, and Mount Juktas was an important place of worship. Later Greek, Byzantine, Venetian and Ottoman influences left their mark on the history and architecture of Archanes.

Walking through the town, we will see traditional stone houses with courtyards and wooden shutters, as well as elegant neoclassical façades.

Archanes remains a living place where ancient history blends with local traditions, the rhythm of daily life and the beauty of Cretan architecture.

Myrtia and Archanes will thus bring together the power of words and the power of place — personal reflection and the experience of an ancient land that still holds the memory of the people, cultures and beliefs of past ages.

May our encounter with the work of Kazantzakis and the ancient land of Archanes remind us that freedom begins where we dare to live in accordance with our own truth.





Prof. Krzysztof Nowicki – archaeologist affiliated with the Institute of Archaeology and Ethnology of the Polish Academy of Sciences. For decades he has researched the prehistory of Crete, early settlement, mountain sanctuaries and the social changes that took place on the island during the Bronze Age. He is the author of the book *Settlement in Crete During the Bronze to Iron Age Transition*, devoted to the crisis and transformation of settlement on Crete.

Prof. Krzysztof Nowicki Lecture

The Memory of Places and People

Prof. Krzysztof Nowicki has spent many years researching the earliest history of Crete — ancient settlements, mountain sanctuaries and the traces of communities that lived on the island thousands of years ago.

His work allows us to see Crete not merely as a collection of monuments, but as a space of memory that preserves the traces of human choices, fears, beliefs and ways of coping with change.

The story of the Karfi settlement and other mountain sites will take us back to a time when people, having lost their homes and familiar structures, sought refuge and a new way of life.

Their story touches on themes that remain relevant today: going through crisis, leaving behind what is familiar, building community and finding strength in an uncertain world.

Here, archaeology becomes more than a study of the past. It lets us listen to the voice of places that remember human experiences from thousands of years ago, and see our own path in a wider perspective — as part of a continuous process of collapse, renewal and the search for a new beginning.



Chania

A Place of Encounter

For centuries Chania has been home to different cultures, religions and traditions. This can be seen in the city's architecture, its harbour, its narrow streets and the traces left by its former inhabitants.

During our visit we will look at how different influences can coexist in one place without losing their own character.

Chania will give us an opportunity to work with the theme of encounter — with other people, with difference and with our own history.

It is a space where we can feel how the past shapes the present, and how diversity becomes a source of strength.

Tastes of Crete

Close to the Earth

Cretan cuisine grows out of simplicity and closeness to nature.

Olive oil, fresh vegetables, herbs, cheeses, honey and local produce show how much can be created from what the earth provides.

During our shared meals we will experience Crete not only through its history and landscapes, but also through taste, scent and the ritual of being together.

Food will become another way of connecting with the island — its traditions, its energy and its daily rhythm.





Hotel GDM Megaron

At the Heart of Heraklion's History

GDM Megaron is housed in a historic building dating from 1925, which for decades was an important centre of Heraklion's political, social and economic life.

Today, restored and transformed into a hotel, it remains part of the city's history.

Located by the old Venetian harbour, it will be our base during our stay on Crete — a place to rest, to meet and to return to after each day of immersion in the island's history, culture and spiritual heritage.



Price

Price: €3,900

The price includes accommodation at the GDM Megaron Hotel with breakfast, the other meals included in the programme, participation in the workshop and the Healing Day, coach transportation for four days, as well as transfers from the airport to the hotel and from the hotel to the airport.

The price also includes admission to the sites in the programme, including museums and other major attractions, participation in lectures and guided tours of the museums.

Not included: flights.

Single room supplement: €100 (limited number of single rooms).



Booking and Payment Terms

Payment and Cancellation Terms

Deposit: €1,200 upon registration.

Payment of the deposit reserves your place on the trip and constitutes acceptance of the terms and conditions of participation.

Balance: the remaining €2,700, payable by 10 February 2027.

Minimum number of participants: If the required minimum number of participants is not reached, we will notify you by 20 February 2027 that the trip has been cancelled, and all payments made will be refunded.

Cancellation Policy

Cancellations must be submitted by email to: ida@newdawn.pl

The amount of the refund will depend on the date on which the cancellation email is received:

- up to and including 20 February 2027 — a full refund of the amount paid;
- from 21 February to 31 March 2027 — a refund of 50% of the amount paid;
- after 31 March 2027 — no refund.



Practical Information

Flights

Participants book their own flights.

Arrival is planned for 27 April 2027 at Heraklion Airport, with departure on 3 May 2027.

Airport transfers to and from the hotel will be arranged for all participants.

Weather and What to Bring

In late April and early May you can expect mild spring weather on Crete — warm days, cooler mornings and evenings, and possible rain.

We recommend bringing comfortable walking shoes, light clothing for warmer days, something warmer for the evenings, a light rain jacket, a hat and sun protection.

Clothing suitable for visiting religious and archaeological sites will also be useful.

For the workshops and our journey together, you may want to bring a notebook and pen — to write down meaningful words, personal discoveries and whatever you would like to keep from this experience.

For the Healing Day, please bring comfortable, loose clothing that does not restrict movement and lets you feel at ease throughout the day. An extra layer will also help you adjust to the temperature.



A Word from Foster

Crete Is Waiting

Some places are not visited. They meet you. Crete is one of them. Its mountains, its caves, its sea hold a silence older than any explanation we could offer for it. And inside that silence, something we have spent years trying to become is finally allowed to stop trying, long enough for what we already are to be heard.

In May 2027, Golden Hummingbird gathers in Crete for a journey of teaching, ceremony, landscape, and remembrance. We are not going there to escape the world. We are not going to borrow holiness from the past. We are going to meet life more directly: in the body, in the elements, in each other, and in the quiet intelligence that has been walking beside us all along, whether we noticed it or not.

You do not need to arrive certain. You do not need to arrive healed. Bring your honest life. Bring your questions. Bring the part of you that still knows how to listen, even if it hasn't spoken in a while.

Crete is waiting. Or perhaps more truthfully, something in you has been waiting for Crete.

Foster Perry



Contact & Booking

Contact: ida@newdawn.pl