

Hi there, my name is Sofia May and I am bringing my stand-up comedy solo to Edinburgh Fringe Festival

Please see my press release below for: **The Buddha Wears Prada**

**AWARD-WINNING DARK NEW YORK STAND-UP COMEDIAN AND CULT WHISTLEBLOWER, SOFIA MAY BRINGS HER SECOND HILARIOUS SOLO SHOW TO THE EDINBURGH FRINGE FESTIVAL, THIS TIME ABOUT BEING THE ASSISTANT TO THE LEADER OF A BUDDHIST CULT**

**August 6 - 30 2026 (except Mondays), for immediate release**

A dark stand-up comedy hour about Sofia May's experience as a former member of a Buddhist cult's inner circle, working as the assistant of a very chic, diabolical, female cult leader. After living the life of a religious Buddhist zealot in a deeply disturbing secluded community deep into the Colorado Rocky Mountains for 7 years, Sofia broke free and blew the whistle. It isn't a famous cult yet, but through telling her story in comedy, exposés, podcasts, radio programs, seminars and general trash-talking, Sofia's trying to change that. Sofia is the whistleblower of this cult and the first survivor to come forward using their real name, although many more survivors are now coming forward. What's more, now a self-proclaimed "Buddhaphobe", she intends to ruin your relationship with Buddhism too.

**EXISTING PRESS:**

Sofia May is the whistleblower for this cult and has been featured on multiple major platforms to share her story, including:

[Guru Mag](#)

[A Little Bit Culty \(Pt 1\)](#)

[A Little Bit Culty \(Pt 2\)](#)

[5-17-26 Mystic Pete Chronicles – show 231 – Sofia May: cults & comedy](#)

**\*\*Story scheduled to appear on/in “Cults to Consciousness” in July 2026, “Cheetah House” September 2026 and more that cannot be disclosed for legal reasons at this time.**

**AWARDS AND REVIEWS FROM FRINGE 2025:**  
**9/11 BIRDS AND THE BEES:**

**WINNER: BEST PERFORMER AT EDINBURGH FRINGE — Fringe Europe 2025**

**Sofia May — 9/11 Birds and The Bees (Best Performer)**

*“Taking the **Best Performer** award is the striking debut of Sofia May with 9/11 Birds and The Bees. This is a show that confronts weighty themes — grief, global trauma — but flips them into a daring, darkly funny, and ultimately life-affirming hour.*

*Sofia’s performance is disarmingly honest and sharp. She navigates an emotional tightrope: exposing vulnerability while landing gut-punch jokes, veering into discomfort then yanking audiences back into laughter with deft comic timing. The result is a deeply personal piece that lands with resonance and wit.*

*But perhaps what makes her win especially powerful is that this is her first hour ever, created and promoted entirely on her own — no PR team, no management. To accomplish this and deliver something this strong, this polished, this affecting — it’s nothing short of remarkable. Sofia May is a performer to watch, and it is with full pleasure we award her **Best Performer 2025.**”*

**— Comedy Europe (Fringe Europe)**

[Announcing the Winners of the Second Annual European Comedy Award](#)

**NOMINEE: Best Newcomer - British Comedy Guide Awards 2025**

**REVIEWS FRINGE 2025 HIT SHOW: “9/11 BIRDS AND THE BEES”:**

*“Sofia May delivers a masterclass in pitch-black comedy, blending biting personal anecdotes from her time living in Germany and New York with a jaw-dropping account of her 9/11 experience—one that would trump almost anyone else’s in a game of “Where were you on 9/11?”*

*It’s the kind of story that, on paper, shouldn’t be funny—and yet in Sofia’s hands, it absolutely is. Her delivery is fearless, and the material so far beyond the usual stand-up fare that it makes every “dating trauma” or “annoying in-law” anecdote feel laughably trivial. To quote from Peep Show: “Ooh, the Italians might leave the Euro, big wow.” It’s not exactly planes smashing into buildings, is it?*

*Unlike the Taliban learning to fly planes in Florida, Sofia May actually knows how to land this basement plane and a crowd loving every minute of her set!”*

— **The Nerd Party**

[Sofia May "9/11 Birds and the Bees" ★★★★★ The Nerd Party](#)

***"It's an impressive debut hour from the proud New York-raised, Berlin-based comedian. Sofia May turns a world-famous tragedy into an Edinburgh Fringe comedy hour that is sharp, shocking, and genuinely hilarious."***

— **Comedy Europe**

[Sofia May's "9/11 Birds and the Bees" Edinburgh Fringe Review ★★★★★ -](#)

***"– and Sofia May, whose charming stage presence suggests the most potential."***

— **The Guardian**

Buddhist cult survivor, and former religious zealot and cult leader assistant **Sofia May** brings her second brutally funny, deeply twisted, and oddly delightful stand-up hour to Edinburgh, following her award-winning, rave-reviewed, sell-out debut at Edinburgh Fringe 2025.

Tickets available at <https://www.edfringe.com/tickets/whats-on/the-buddha-wears-prada>

#### SOCIAL MEDIA

Website: <https://sofiamaycomedy.com/>

Instagram: @sofiamaycomedy

TikTok: @sofiamaycomedy

Facebook: Sofia May

Email: sgandsteph@gmail.com

**High quality promotional images and links to performance video at**

[https://drive.google.com/drive/folders/1QNrPIR0qmqQkFQQGflQSWC7VPVmqbO-L?usp=drive\\_link](https://drive.google.com/drive/folders/1QNrPIR0qmqQkFQQGflQSWC7VPVmqbO-L?usp=drive_link)

#### **MEDIA ENQUIRIES**

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