



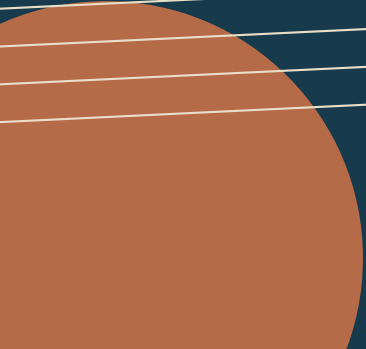
DISCOVER SERENITY

Apollo Kea Retreat

Yoga · Meditation · Philosophy
History · Art

A TRANSFORMATIONAL WEEKEND RETREAT

Autumn & Winter 2026-2027 · Kea, Greece



Welcome to Apollo Kea

A sanctuary for inner peace, self-knowledge and holistic well-being.

Nestled in the peaceful landscape of the Greek island of Kea, Apollo Kea offers an opportunity to step away from the speed and noise of everyday life.

Surrounded by the blue waters of the Aegean Sea, ancient pathways, rugged hills, dry-stone walls and the timeless simplicity of the Cycladic landscape, the retreat invites a different rhythm: the rhythm of breath, attentive movement, quiet reflection and meaningful connection.

Here, yoga and meditation are enriched by encounters with ancient Greek philosophy, Asian wisdom, history, music, poetry and the natural world. Each activity invites participants to pause, breathe, listen and reconnect—with the body, with the mind, with others and with what is truly essential.

Apollo Kea is not simply a place to practise yoga. It is a meeting point between East and West, movement and stillness, ancient wisdom and contemporary life.

Pause. Breathe. Listen. Be yourself.

Karthaia: Walking in the Footsteps of the Ancients

A journey through landscape, memory and more than two millennia of human presence.

Ancient Karthaia, also known as Karthea, was one of the four principal city-states—the ancient Tetrapolis—of Kea. Archaeological evidence from the wider area reaches back to the Neolithic period, while the city flourished in historical antiquity as an important political, religious and cultural centre overlooking the Aegean Sea.

Its surviving remains include the temples of Apollo and Athena, an ancient theatre, defensive walls and public buildings. The Temple of Apollo, built during the Archaic period and active through the Classical age, stood prominently above the sea. Nearby, the sanctuary associated with Athena evokes wisdom, courage, strategy and thoughtful civic action.

Apollo was associated with light, harmony, music, healing and clarity. Athena represented wisdom, courage, balance and thoughtful action. Their symbolic presence continues to resonate with the purpose of our retreat: to bring greater harmony to the body, clarity to the mind and awareness to our choices.

Reaching Karthaia is itself part of the experience. The ancient paths descending through the landscape invite us to slow down and become attentive to our surroundings. As we walk, the sea gradually appears before us and the ruins emerge from the land almost as though they

had always belonged to it.

Our visit is therefore more than an archaeological excursion. It is a journey through time and consciousness—an opportunity to follow pathways where people walked more than 2,500 years ago and to reflect on enduring questions:

- What does it mean to live well?
- How can we achieve inner harmony?
- What can we learn from nature and history?
- What do we wish to preserve and pass on?

Among the temples, rocks and open horizons, the past does not feel distant. It becomes a quiet companion to our practice, reminding us that we are part of a much larger human story.

The Wisdom of Plato: The Path to Harmony

Philosophy as a living practice of self-examination, dialogue and conscious choice.

Ancient Greek philosophy lies at the heart of the Apollo Kea experience. It invites us not only to acquire knowledge but also to examine how we live, what we value and who we are becoming.

The Delphic maxim “Know thyself”, closely associated with the philosophical tradition of Socrates and Plato, provides one of the foundations of our retreat. Self-knowledge begins with honest observation: noticing our thoughts, emotions, desires, fears and habitual reactions without immediately judging them.

Socrates believed that reflection was essential to a meaningful life. Plato developed this inquiry further, exploring the relationship between body, mind and soul, as well as humanity’s continuing search for truth, beauty, justice and goodness.

From Darkness to Light

In Plato’s Allegory of the Cave, human beings are described as prisoners who mistake shadows for reality. Liberation begins when one person turns away from the shadows and gradually moves toward the light.

This image can be related to the inner work of yoga and meditation. Our “shadows” may be assumptions, fears, attachments or automatic patterns of thought. Practice allows us to observe these patterns more clearly and to move, step by step, from unconscious reaction toward greater awareness.

The journey into light is not always easy. It requires patience, courage and a willingness to question what appears familiar. Yet it may lead to a freer and more authentic relationship with ourselves and the world.

Love, Beauty and Human Connection

In The Symposium, Plato examines different forms of love and the human longing for beauty, wholeness and connection. Love can be understood not only as personal desire but also as a movement toward deeper understanding, creativity and appreciation of life.

In The Republic, Plato reflects on justice and harmony, both within society and within the individual. A harmonious person, in this view, is one whose reason, emotions and desires are brought into a balanced relationship.

Our conversations treat philosophy not as an abstract academic subject but as a living practice—a way of asking better questions, listening more carefully and making more conscious choices.

We will also consider the broader Greek concept of eudaimonia: a fulfilled and flourishing life shaped by wisdom, virtue, meaningful relationships and purposeful action. Each participant is invited to reflect on what genuine flourishing means in their own life.

Asian Philosophy: A Bridge Between East and West

Distinct traditions brought into respectful dialogue through shared questions about awareness, balance and human flourishing.

Although Apollo Kea is deeply rooted in the landscape and cultural heritage of Greece, the retreat also embraces insights from the philosophical and contemplative traditions of Asia.

Greek, Indian, Buddhist and Taoist traditions are not identical; each developed within its own historical and cultural world. Yet meaningful connections can be found in their shared concern with self-knowledge, balance, ethical living, awareness and freedom from unnecessary suffering.

Taoism and the Natural Flow of Life

Taoist philosophy encourages us to live in harmony with the natural flow of existence. The principle of wu wei, often translated as “effortless action” or “action without forcing,” does not mean passivity. It means responding appropriately and naturally, without unnecessary resistance.

This principle can be experienced during yoga. Instead of forcing the body into a posture, we learn to listen, adjust and allow movement to develop with patience. We discover that strength can coexist with softness and that progress does not always require struggle.

The sea, wind and changing light of Kea offer a direct lesson in this natural rhythm. Nothing in nature remains fixed, yet nothing needs to hurry.

Buddhism and the Middle Way

Buddhist philosophy begins with an honest recognition of suffering and dissatisfaction. It also offers a practical path toward greater freedom through ethical awareness, meditation, wisdom and compassion.

The Middle Way invites us to move beyond extremes—to avoid both excessive indulgence and harsh self-denial. Within the retreat, this becomes an invitation to practise with commitment but without aggression, discipline but without self-punishment.

Through mindfulness, we learn to observe thoughts, sensations and emotions as changing experiences rather than fixed definitions of who we are. We also explore impermanence: everything changes, and much of our suffering arises from trying to hold on to what cannot remain unchanged.

Compassion is central to this practice. As we learn to recognise our own vulnerability with kindness, we become more capable of recognising and responding to the vulnerability of others.

Vedantic Philosophy and Yoga

The philosophical traditions of India invite us to look beyond the constantly changing surface of experience and inquire into the deeper nature of consciousness.

Drawing inspiration from texts such as the Upanishads and the Bhagavad Gita, we will explore inner awareness, purposeful action, self-discipline and the relationship between the individual and the wider reality of life.

Breathing practices, gentle mantra meditation and contemplative silence help calm mental activity and create space for deeper listening. They are introduced respectfully and accessibly, without requiring adherence to a particular religion or belief system.

Meditation: Returning to the Present Moment

A practical way of meeting experience with clarity, stability and compassion.

Meditation is one of the central pillars of the Apollo Kea retreat. It is not an attempt to eliminate every thought or achieve a permanently peaceful state. Nor is it an escape from the difficulties of life. Meditation teaches us to remain present with our experience.

By paying attention to the breath, bodily sensations, sounds, emotions and thoughts, we begin to recognise the activity of the mind without being carried away by everything that appears within it.

A thought can be noticed without being believed. An emotion can be acknowledged without immediately becoming an action. Between an experience and our response, a small space begins to open—and within that space lies the possibility of greater freedom.

Our Practices May Include

- Mindfulness of breathing
- Body-awareness meditation
- Walking meditation in nature
- Loving-kindness and compassion meditation
- Guided visualisation inspired by philosophical themes

- Silent meditation at sunrise or sunset
- Reflective journaling after practice

The natural environment of Kea becomes part of the meditation. The sound of the wind, the rhythm of the sea, the warmth of the sun and the changing colours of the sky are not distractions. They are invitations to return to the immediacy of the present moment.

Some meditations may feel peaceful; others may reveal restlessness, memories or discomfort. All of these experiences belong to the practice. We simply learn to return—patiently and without self-criticism—to the breath, the body and the present.

Meditation does not separate us from life. It helps us meet life with greater clarity, stability and compassion.

Yoga: The Union of Body, Breath and Awareness

Movement becomes meditation when the body, breath and attention begin to act together.

Yoga provides the physical and experiential foundation of the retreat. Through movement, posture, breathing and relaxation, participants are invited to reconnect with the intelligence of the body.

Our Hatha yoga sessions are suitable for different levels of experience. The emphasis is not on performance, flexibility or achieving a perfect posture. Instead, we cultivate awareness of alignment, sensation, breath and personal limits.

Each movement becomes an opportunity to listen. Each posture becomes a meeting between stability and openness. Each breath helps unite the physical and mental dimensions of practice.

Sessions May Include

- Gentle morning stretching and awakening
- Classical Hatha yoga postures
- Standing and balancing sequences
- Restorative and relaxation practices
- Pranayama and conscious breathing
- Mindful movement coordinated with the breath
- Final relaxation and integration

Yoga prepares the body for meditation by releasing tension and developing steadiness. Meditation, in turn, deepens the awareness brought into yoga. Together, these practices help us become more grounded, receptive and present.

Participants are always encouraged to respect their bodies and practise according to their own needs. Yoga at Apollo Kea is not a competition. It is a personal exploration conducted within a supportive community.

Music, Poetry and the Healing Power of Sound

Beauty creates another doorway into attention, emotion and reflection.

Music and poetry have long accompanied humanity's search for meaning. They reach parts of our experience that cannot always be expressed through explanation or analysis.

In ancient Greece, music was connected with education, ethics, mathematics and the cultivation of the soul. The Pythagorean tradition explored numerical relationships in musical intervals and imagined the cosmos itself as an expression of harmony.

Inspired by this heritage, our retreat uses music and sound to support relaxation, attention and emotional openness. Depending on the programme, participants may experience the tones of the lyre, singing bowls, gongs or other acoustic instruments.

Sound sessions create space for deep listening. Rather than analysing the music, we allow vibration, silence and rhythm to guide the attention inward. The pauses between sounds are as important as the sounds themselves.

Poetry as Contemplation

Selected readings may draw from:

- Homer, whose poetry carries the memory and imagination of the ancient Greek world
- Rumi, whose verses explore love, longing and spiritual transformation
- Lao Tzu, whose teachings celebrate simplicity and harmony with nature
- Zen poetry, which reveals the extraordinary within ordinary moments
- Modern Greek and international poets who write about landscape, time, freedom and human connection

Music and poetry evenings invite participants to listen, share and reflect without pressure. These gatherings bridge intellectual insight and emotional experience, reminding us that wisdom is encountered not only through ideas but also through beauty.

Retreat Highlights

A balanced experience of physical practice, intellectual exploration, creative expression, community and rest.

Daily Yoga Practice

Morning and afternoon Hatha yoga sessions help awaken the body, improve mobility and balance, release tension and cultivate a closer relationship with the breath. All sessions can be adapted to different levels of experience.

Guided Meditation

Participants will be introduced to mindfulness, breath awareness, body observation, compassion meditation, walking meditation and gentle visualisation. Each session includes clear guidance and time for quiet reflection.

Philosophy and Wisdom Talks

Accessible talks and group conversations explore connections among ancient Greek philosophy, Buddhism, Taoism and Indian yogic thought. Participants are encouraged to relate philosophical ideas to their experiences and everyday choices.

Excursion to Ancient Karthaia

A guided visit combines walking, history and contemplation. Among the ancient temples and the Aegean landscape, we reflect on the symbolic qualities of Apollo and Athena and on the enduring human search for wisdom and harmony. Depending on season, weather and timing, the excursion may conclude with silence or meditation.

Music and Poetry Evenings

Evening gatherings feature contemplative music, sound, poetry and shared reflection, offering a gentle transition from the activity of the day into quietness and rest.

Mindful Time in Nature

Participants have opportunities to walk, sit in silence, observe sunrise or sunset and experience Kea's landscape without hurry. Nature is not simply the background to the retreat; it becomes an active part of the practice.

Community and Meaningful Conversation

Shared meals and small-group discussions encourage genuine human connection. The retreat creates a respectful space in which participants can speak honestly, listen attentively and enjoy the warmth of community while maintaining time for solitude.

Rest and Personal Reflection

Not every moment is scheduled. Space remains for reading, journaling, resting and simply being. Transformation often occurs not only during organised activities but also in the quiet intervals between them.

An Invitation to Pause, Breathe, Listen and Be Yourself

During this weekend, there is nothing you need to prove and no ideal you are expected to reach.

You are invited simply to arrive as you are.

Pause, so that the constant movement of daily life can settle.

Breathe, so that the body can soften and the mind can return to the present.

Listen—to the sea, the wind, the silence, the wisdom of others and the quieter voice within yourself.

Be yourself—not as a fixed identity, but as a living human being capable of learning, changing and beginning again.

Our hope is that you will leave Apollo Kea carrying more than memories of a beautiful island. We hope you will return to everyday life with a deeper capacity for calm, clarity, gratitude and compassion—and with practical ways to remain connected to what matters most.

Welcome to Apollo Kea: a meeting place of ancient wisdom, contemplative practice, natural beauty and human connection.