

Discover Serenity

Yoga · Meditation · Philosophy · History · Art

A TRANSFORMATIONAL WEEKEND RETREAT

Autumn & Winter 2026-2027 · Kea, Greece

A sanctuary in the peaceful landscape of Kea, surrounded by the Aegean Sea, ancient paths, rugged hills and the timeless simplicity of the Cyclades. Step away from everyday noise and reconnect with body, mind, nature and what is truly essential.

Karthaia: In the Footsteps of the Ancients

Ancient Karthaia was one of Kea's four principal city-states. Its temples of Apollo and Athena, theatre, walls and paths overlook the Aegean and preserve more than 2,500 years of history. Apollo evokes light, harmony, music and healing; Athena, wisdom, courage and thoughtful action. Our visit becomes more than an excursion: it is a journey through time, landscape and consciousness.

Greek Philosophy: Know Thyself

The Delphic maxim "Know thyself" guides our exploration of awareness and meaningful living. Through Socrates and Plato, we consider the examined life, the harmony of body, emotion and reason, and the movement from shadow toward light in the Allegory of the Cave. Ideas from The Symposium and The Republic open conversations about love, beauty, justice and eudaimonia—a fulfilled and flourishing life.

A Bridge Between East and West

Greek and Asian traditions are distinct, yet they share enduring questions about self-knowledge, balance and freedom from suffering. Taoist wu wei suggests action without forcing. Buddhism offers mindfulness, compassion, impermanence and the Middle Way. The Upanishads and Bhagavad Gita invite reflection on consciousness, purposeful action and the relationship between the individual and the wider reality of life.

Meditation: Returning to the Present

Meditation is not an escape or an attempt to eliminate thought. It teaches us to observe breath, sensations, emotions and thoughts without being carried away by them. In the space between experience and reaction, greater freedom becomes possible. Practices include breath awareness, walking meditation, compassion, gentle visualisation, silence at sunrise or sunset, and reflective journaling.

Yoga: Body, Breath and Awareness

Accessible Hatha yoga sessions combine mindful movement, classical postures, balance, relaxation and pranayama. The emphasis is not performance or perfect flexibility, but attentive practice and respect for personal limits. Yoga prepares the body for stillness; meditation deepens the awareness we bring to movement.

Music, Poetry and Deep Listening

Inspired by ancient Greek ideas of harmony, sound and poetry become paths to contemplation. Lyre, singing bowls, gongs and acoustic instruments may support relaxation and emotional openness. Readings from Homer, Rumi, Lao Tzu, Zen and modern poets invite us to encounter wisdom through beauty as well as ideas.

Retreat Highlights

Daily Yoga & Breathwork

Morning and afternoon sessions adapted to different levels.

Guided Meditation

Mindfulness, compassion, walking practice and quiet reflection.

Philosophy & Wisdom Talks

Living dialogue between ancient Greek and Asian thought.

Ancient Karthaia

A guided walk through history, nature and contemplation.

Music & Poetry Evenings

Sound, silence, readings and shared reflection.

Nature, Community & Rest

Sunrise, sunset, meaningful conversation and time simply to be.

Arrive as you are. Leave with greater calm, clarity, gratitude and compassion—and practical ways to remain connected to what matters most.

