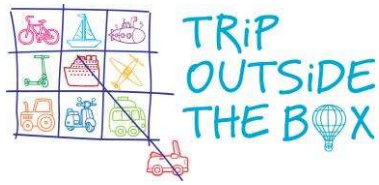


**Greece (Kea island)**







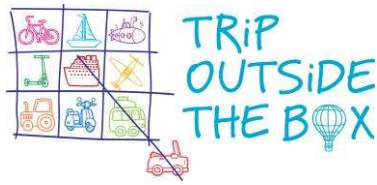
### ***Culture & family***

A life in which one wakes up to a purple sunrise, silent meditation and yoga practice, and ends the day dancing with loved ones to Greek melodies, ouzo in hand, overlooking a blood moon lit bay.



The essence of Kea Retreat can be heard in the traditional Greek rebetiko music, when the bouzouki makes one hop and leap to the sky with ecstasy. It is seen in the glistening silver leaves of the olive grove and blood-moon beams that rise mid bay and bring one's eyes to tears. Smelt in the lavender blossoms that soothe the soul when the breeze passes through the valley.



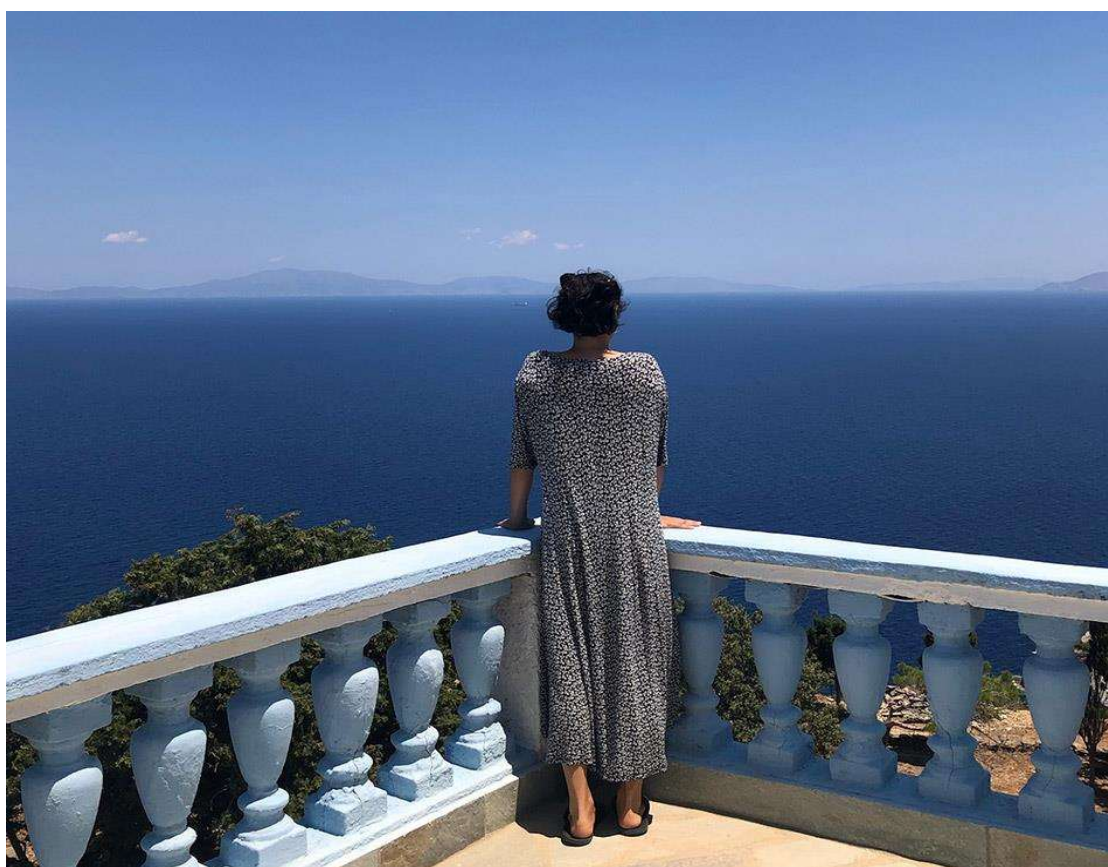
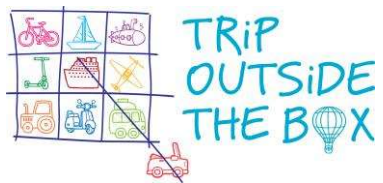


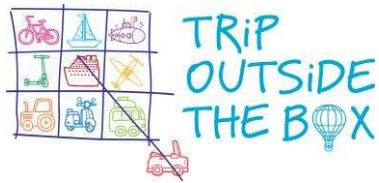
### ***Discovering Kea***

The owners have discovered Kea almost 3 decades ago on a family vacation with their two boys. Coming from an urban background, they suddenly found themselves warped back in time at the old Greek monastery, Kastriani. Without knowing a word in Greek, they immediately felt at home and fell in love with the abundant simplicity the locals and land reverberated. And, after a few days looking out at the infinite blue horizon and nights gazing at the star-filled sky, they decided to shift their life's trajectory and move to live near nature.



In the island's inland, you will find a lush natural paradise with forests and cultivations in abundance. In the heart of the island sits its ancient capital Ioulida, where architectural traces from different historical periods can be visited. Ioulida is the most preserved of the four ancient cities of the island and holds an extensive network of trekking paths that remain a great way to explore the island's secrets. The island's proximity to the mainland and unspoiled environment make it the perfect getaway for locals and nature lovers. Kea is a sanctuary of relaxation. In addition to the whitewashed architecture, Kea is full of traditional farmhouses in earthy tones, evidence of its rich agricultural history and tradition of cohabiting in the natural landscape. As for its beaches, they are mostly secluded and completely untouched allowing visitors to explore and discover intimate and beautiful virgin sandy shores.





- Accommodation with the utmost respect to the natural ecology, rooms are restored Katiikies (traditional Greek stone farmhouses) that date back hundreds of years, merging into the hill's rocky habitat and overlooking an endless Aegean Sea view !



### ***Design***

The interiors are whitewashed and wood toned, peaceful, beautiful and light filled. Locally produced and traditionally designed towels, pareos, robes and soaps are provided in the en suite amenities along with a private veranda and outdoor shower. The space is one of a kind, filled with designs and artworks made by artisans from around Greece.

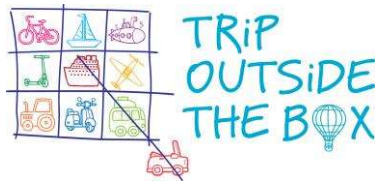




### ***Suite Options***

There are 4 types of suites with slightly differing prices, which include a hillside with sea view, beachside with garden view, beachside with seaview, and a larger double with garden view.





- **Breakfast / Meals / Dinner options**

***Lygaria - Farm & Kitchen***

Lygaria is a small scale dining experience inspired by the Cycladic sun, Aegean breeze & beautiful traditions of Greek island culture.

***Local spirit***

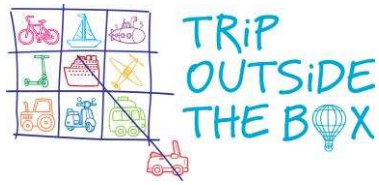
The menu is focused on the abundance of the Aegean sea, vegetables & fruit from our farm & other local farms on the island. As nature on the island is constantly changing, the menu takes on the same spirit, changing every day based on what has the highest energy and flavor at that given time.

***The experience***

Open throughout the summer months (April-Oct), Kea Retreat's restaurant offers an intimate while abundant culinary experience.

Using a world class indoor kitchen and a handmade outdoor stone grill and taboon, our chef brings to life dishes that are a passionate meeting point between ancient/traditional and modern upscale cooking techniques and flavors.



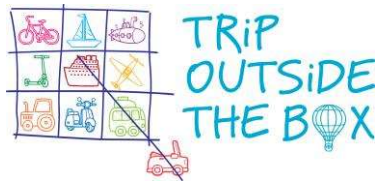


- **Retreats & Wellness Sessions**

Located in Psathi Bay on the Greek island of Kea, Kea Retreat is tucked within a stoney mountain range and in front of a remote and pristine crystal blue water bay. Its virgin landscape, bountiful farm, and traditional, stylish design, allows visitors to enjoy the silence and peace of nature and the passionate authenticity of the vibrant Greek culture.

Kea Retreat was inspired by the love for Greek culture, which celebrates nature, food, and life, and meditative practices such as yoga and silence. Melding these worlds, Kea retreat offers its guests a sanctuary to rest, relax and reconnect with nature and their natural selves.

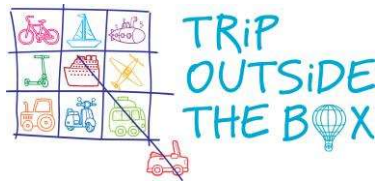




Here the retreats are designed with the intention to open visitors' hearts and bring everyone together in celebration.

Varying on a week-to-week basis, Kea's retreats offer spaces and practices to turn inwards. A typical week is filled with a mix of yoga, meditation and dance along with alternative activities to connect with nature, such as hiking ancient trails across the island's virgin farm lands or kayaking to more isolated sandy beaches





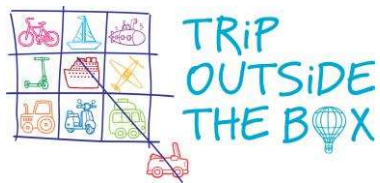
Embark on a journey of self-discovery and renewal amidst the tranquil beauty of Greece. Merging the worlds of sound and somatic therapy, Echoes of Renewal is designed to help shed what no longer serves you and cultivate a deeper connection with yourself.



Participate in immersive workshops and meaningful ceremonies where breathwork, movement, and music guide your path to freedom and vitality. Each session is designed to help you unravel the complexities of your life and rediscover a sense of joy and life-fulness.

Leave our retreat feeling rejuvenated, with a clearer mind and a lighter heart, ready to return to your world with new perspectives and sustained peace.

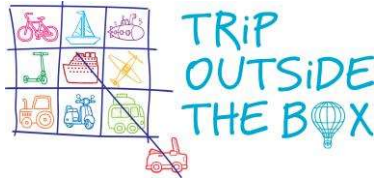




Start your days at Kea Retreat with a series of energizing and centering practices, including movement exploration, somatic experiencing, breathwork, and active meditations

Our afternoons are dedicated to deepening the morning's connections, and include Somatic Communication, Somatic Relating, Voice Inquiry, and Embodied Ryhtm.





### ***Fluid Body Retreat***

This retreat is dedicated to exploring our inner fluidity, embracing the ability to soften, and moving with greater openness in our lives.

Envision a space where yoga, embodiment, meditation, and contemplative practices seamlessly intertwine with bodywork, ritual, and ceremony, guiding you on a journey inwards.

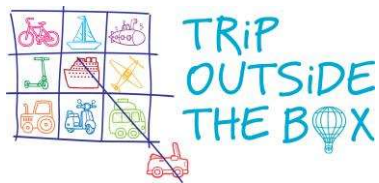
Alongside the element of water, which will be our guide, inviting us to navigate our emotions with freedom and flow, reminding us of a more natural way of being.

Fluid Body is an invitation to rediscover our fluidity and flow, melt into the surrounding natural elements and enjoy a week of beauty, serenity, and ease.

In the morning, enjoy a blend of meditation, pranayama and asana. We'll draw from the traditional principles of Yoga and our own, embodied way of being. Overall, the morning classes will be more of a Yang energy ~ energizing breathwork, sweaty asana and movement inspired from many modalities.

In the evening, Yin style classes, filled with guided meditation, restorative movement somatic practices to calm the nervous system.



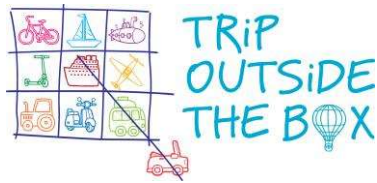


### ***Summer Symphony***

Embark on a Greek summer dream with a holistic well-being program that weaves together dynamic yoga sequences, restorative practices, dance celebrations, ceremonies, breathwork and meditations that deepen your connection with nature and the present moment.

Experience a harmonious journey through the tales of your body, your sensory systems, and earthly delights, all set against the backdrop of the serene Greek summer. Allow each experience to be a note in the symphony of well-being, guiding you to dwell in the Now and align with the beauty of the surrounding nature. Join us on this transformative exploration, where the melody of your body, the dance of celebration, and the meditative moments harmonize into a symphony of summer bliss.





## **Rewilding**

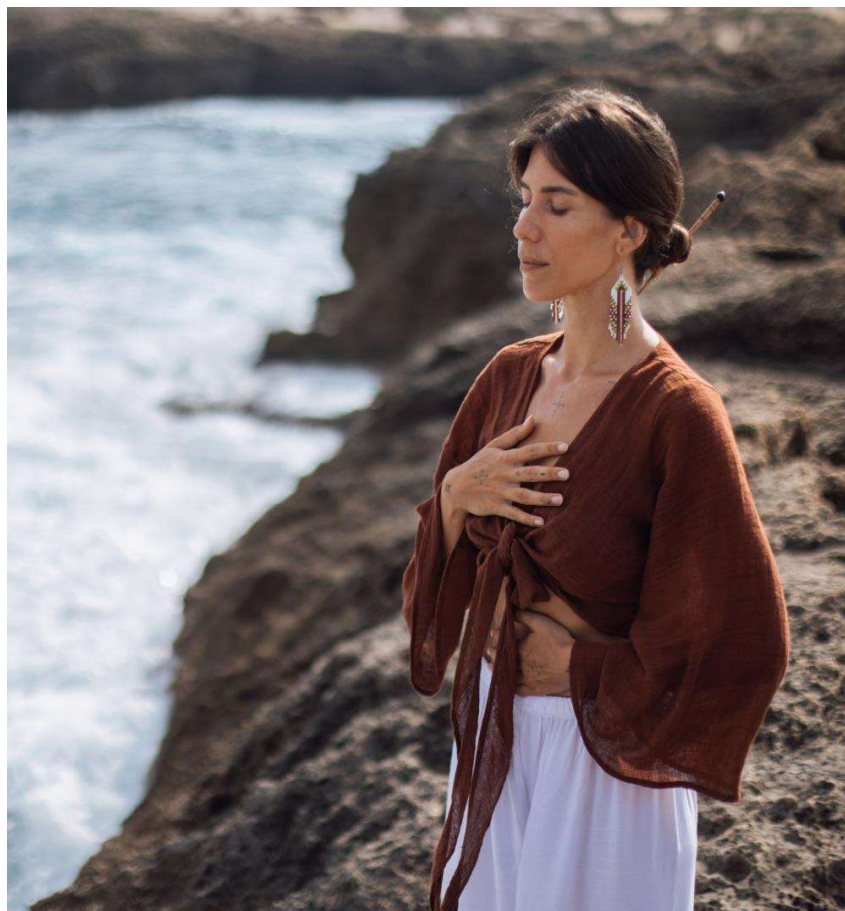
Embodying the wisdom of nature, this retreat invites you on a transformative journey of movement, breath, and deep listening. Rooted in the principles of body-oriented psychotherapy, mindfulness, and nature therapy, we will explore the profound connection between our physical being and emotional landscape.

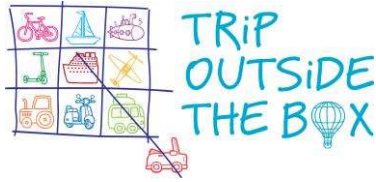
Set in the wild beauty of Kea Island, this immersive experience blends somatic practices, yogic teachings, meditative movement and allowing participants to shed old patterns, awaken the body's natural wisdom, and return to a state of embodied freedom and balance. As we move through this journey, we immerse ourselves in nature through practices that bring us back in tune with our natural connection to the environment, as well as our emotional and physical rhythms.

Here, nature becomes our teacher and guide, showing us how to flow, release, and embrace life's ever-changing dance. This is a somatic journey into the elements, where earth, water, fire, and air awaken our innermost essence.

Each morning, we will attune to the rhythms of the body and breath through mindful movement, yogic practices, embodied awareness exercises, and guided meditations that cultivate presence and vitality.

Evenings will be devoted to expressive movement, nature-based rituals, and somatic practices, creating space for emotional release, connection, and joy.





- **Meditation Options**

***Somatic Journey - The Body as Healer***

Engage in a deep somatic exploration where movement, breath, and presence guide you into the body's innate wisdom, unlocking stored emotions and fostering healing.

***Nature Immersion & Elemental Connection***

Experience the grounding embrace of the earth, the fluidity of water, the transformative fire of movement, and the expansive breath of air through guided nature practices and mindful hikes.

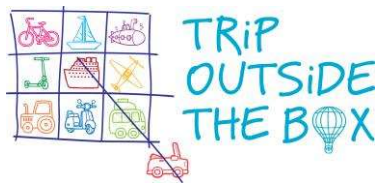


***Who Is In : A Journey of Presence and Truth***

A profound group inquiry practice that invites participants to explore presence, truth, and self-awareness through deep listening and authentic expression. This guided process fosters connection, openness, and a heightened sense of inner clarity.

***Full moon ceremony***

Connect to the moon and honor its wisdom with a Full Moon ceremony that includes a sacred, heart-opening cacao ceremony and a freeing ecstatic dance experience.



### ***Pranayama Special***

Explore the depth and power of your breath. This ancient yogic practices will guide you out of your head into the presence of our body and spaciousness of our mind. Experience unknown lands of sensation and energy inside your own body to see more clearly and live more freely.

### ***Self-care workshop***

Explore the tools of self-care and learn how to effortlessly integrate them into your daily life. Create a personalized self-care routine that you can implement after your return home.

### ***Clay & Somatic Creativity***

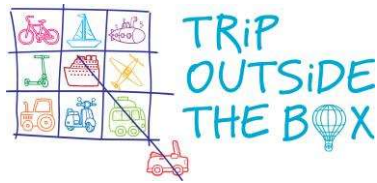
Using the element of clay to reconnect to the present moment, reignite our creative life force and learn the art of let go.

### ***Herbalism Workshop***

An excursion to forage and discover the local wild herbs, learn about their natural healing compounds and how to access them.

### ***Yoga Nidra***

Yoga Nidra or the psychic sleep is a guided deeply relaxing meditation. As the perceived bond to the body dissolves, we get to let go of old blockages and instead plant seeds of positive intention deep into our subconscious for them to blossom and manifest in our lives.



### ***Rebirthing Breathwork***

A simple while powerful breathwork technique to release emotional blockages, soothe our nervous system, reclaim our sensuality, and revitalize our life force energy.

### ***La Lune Meditation***

Get Yin to bed with this soothing guided Nidra-inspired bedtime practice.

### ***Creative Writing***

Journaling and contemplation practices to further explore and express our inner world.



### ***Embodiment & Creativity***

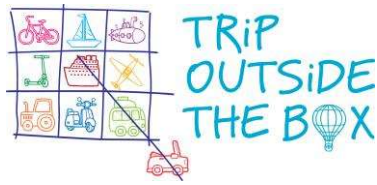
A movement practice designed to get us out of our head and into the currents of sensation in our body. This practice opens the doorway to fully experiencing the present moment, to understanding our emotions and to reclaiming somatic aliveness and sensuality while using creative expression to integrate and reflect.

### ***Self Inquiry Meditation***

A meditative practice that merges elements from Zen Buddhism and Western psychology to loosen our attachments to our narrative selves and reconnect to our intrinsic nature.

### ***Guided Intuitive Movement***

A playground of movement, where our body is the vessel to explore and through which to express. Using imaginative guidance we are led into an embodied intuitive journey. Reigniting a sense of curiosity and presence through our sensations.



### ***Tea Ceremony & Mindfulness Practice***

A meditative internal cultivation practice that uses the tea plant in a ceremonial setting to cultivate slowness, mindfulness and deeper states of being.

### ***Kirtan Practice***

In this offering we explore the power of the voice through mantra chanting – a devotional yogic practice that provides a heart-opening experience which connects us to the sacred within.

### ***Inner Child Meditative Journey***

Rediscover and embrace your inner child through a meditative journey designed to foster integration, harmony, and compassion within yourself.

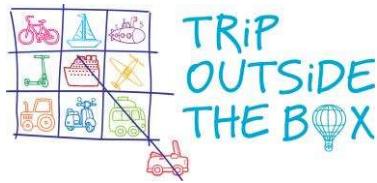
### ***Rebirthing Breathwork***

Discover the transformative power of Rebirthing Breathwork, a technique that uses continuous, conscious breathing to release emotional blockages and renew energy. This session promotes deep healing and mental clarity, enhancing personal growth and inner peace.



### ***Move & Meditate***

Wake up to a yoga sun salutation in our beachfront shala and welcome the morning rays that strike mid bay – each day 8-9:30am or join our afternoon offerings that vary on a daily basis and include free movement classes, active and silent meditations, restorative yogic practices, or fireside ceremonies – each day ~ 5pm



### ***Rest, Relax & Rejuvenate***

Connect with your body during one of our daily yoga, movement, or meditation classes, or relax into a full body essence massage in one of our beachfront shalas.

### ***Family & Systems Constellations***

Harmonize any imbalances within your personal or professional life with the support of their family constellation therapist.

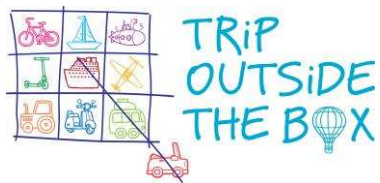
### ***Energetic Treatment***

Cleanse & rebalance your body, mind and soul with a personalized essence treatment tailored to your own qualities and needs.

### ***Intuitive Massage***

Let go, unwind & be taken care of by their massage therapist who will distribute and release any emotional and energetic burdens.





- **Guided or individual optional activities / Day Tours**

### ***Kayaks***

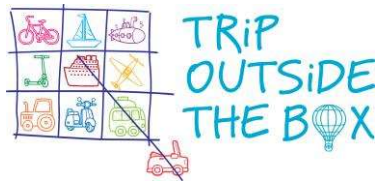
Venture into the sea with our kayaks, double or single, to discover caves and more isolated beaches.



### ***Snorkeling***

For those looking to discover what's lurking under the surface and meet our local fish, or do some shell diving, snorkels and goggles are available.

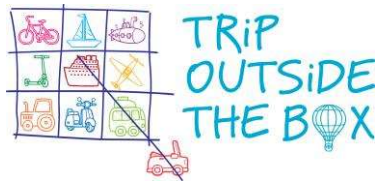




### ***Ioulida main village - Walking tour***

Walk down to the ancient capital, Ioulida, during sunset hours to explore the beautiful architecture and small shops (clothing, ceramics, local produce).





### ***Island boat trip***

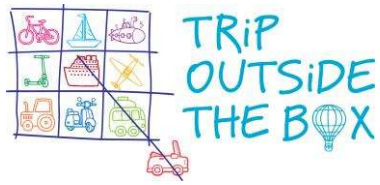
Set sail around the island on a calm ocean bed to uncover hidden corners of the island that can only be experienced by boat.



### ***Hikes***

The island is full of ancient trails that cross through farmlands and forests, up greeny hills, or down to secret shores with ruins from the 12th century BC.





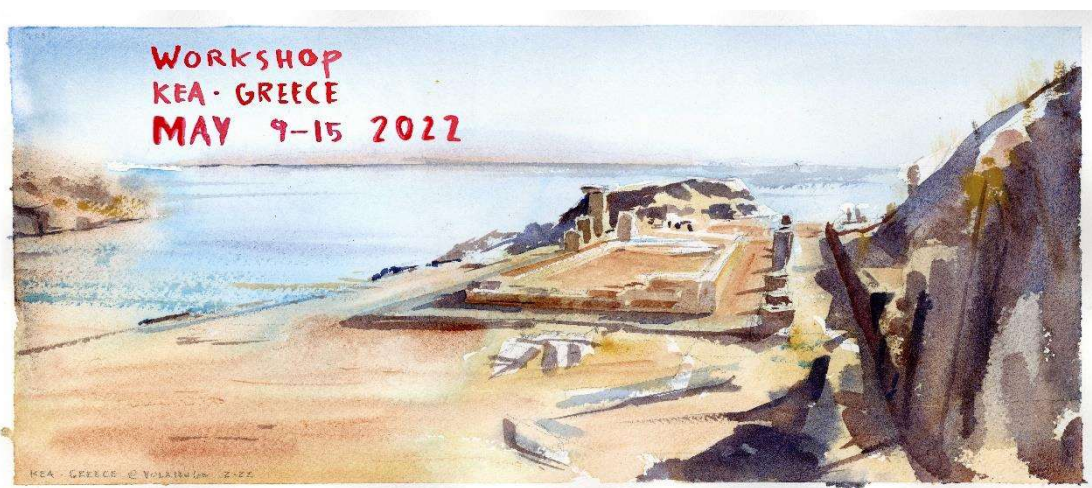
### ***Kastriani monastery***

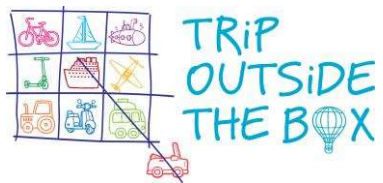
Drive up the windy cliffs of the northern peak of the island to the breathtakingly beautiful blue and white Greek orthodox monastery that overlooks the Aegean Sea.



### ***Arts and crafts***

Feel free to use the art supplies situated on the shelf and let your creativity flow.

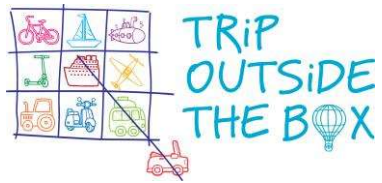




## Winery

Have a picnic between the grape leaves of Kea Retreat's vineyard while sipping on their locally grown wine.





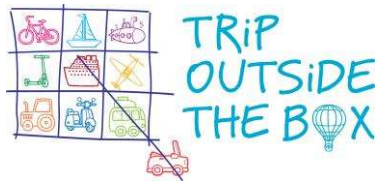
### ***Music and Instruments***

Strum away at the guitar or play the tibetan bowls to the intoxicating sounds of nature.

### ***Relax***

Unwind by picking a book off of the shelf and laying down on one of the outdoor beanbags, hammocks, or couches, or take a few more steps down to the beach and soak up some sun.





### ***Ceramic Craft***

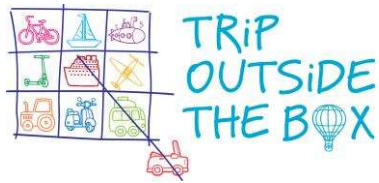
In this hands-on session, each participant will craft a unique ceramic piece that reflects their personal journey. These individual creations will come together to form a collective circle, symbolizing the unity of hands, heart, earth, art, and community at our retreat.



### ***Hike to Ancient Temple of Karthea***

You will journey down one of Kea's ancient paths, immersed in abundant olive trees and sounds of nature, to a historic Apollo temple located on a secluded bay.





### ***Fire Ceremony***

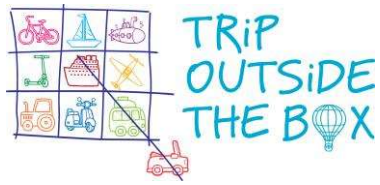
Aligned with the Mayan calendar, this ceremony invites forgiveness and renewal. An opportunity to release past burdens into the flames, letting go of what no longer serves us and set intentions for what we seek to cultivate in our lives.



### ***Foot Bath***

Relax and reconnect during our Foot Bath Purification Practice. This soothing ritual uses Ayurvedic practices, herbal infusions and salts to cleanse and rejuvenate, grounding you in the nurturing energy of the earth while providing a moment of peaceful reflection.





### ***Cacao Ceremony***

A heart-opening Cacao Ceremony, where we'll share in the ancient tradition of drinking ceremonial cacao to foster connection, set intention, and re-awaken a sense of gratitude through various somatic practices.

