

THE VIEW FROM HERE

A BEACHSIDE RETREAT THAT DISTILLS THE ESSENCE OF A GREEK ISLAND

Cradled by the stony hills of Psathi Bay – visited only by the odd nudist bather or wandering goat – Kea Retreat promises all the enchantment of a Greek summer. The hours unfold in soft-edged dawns, hazy sunsets and starry nights; wild thyme, rosemary and lavender perfume the breeze; and the prevailing sounds are of wave roll and cicada buzz. In-demand retreats are the selling point of this little Eden. The focus varies, but yoga – from vinyasa to yin – is always at the centre, perhaps with added Zen meditation, silent tea ceremonies, breathwork, creative writing, foraging or talks on philosophy. Visiting instructors and practitioners offer activities in nature, from hiking to kayaking. Kea Retreat is a family affair. Tel Aviv-based couple Zviki and Anat Eshet discovered Kea almost three decades ago with their boys, Yoni and Uriel. Now Yoni curates the retreats with guest facilitators, and younger brother Uriel, who once worked at Noma, arrives in spring to open Lygaria, the small-scale dining experience. Seasonal feasts, some produced on a handmade outdoor stone grill and tabooon, include olive-branch-grilled grouper with pepper plant; leaf-green garlic oil and caper velouté; and soba noodles made from Valonia oak acorns with courgette leaves, garum and a mint-flower broth. The wild beach and verdant garden are dotted with seven whitewashed bohemian suites in soft palettes and natural woods, with outdoor showers and verandas. Some of them occupy ancient shepherd's huts perched on the hill; most look out to the outrageously cobalt sea.

ISABELLE ZIGLIARA *Doubles from about £440; private suites from about £550; kearetreat.com*



PHOTOGRAPH: LAURENT FABRE