

# NORTH FORK SOUND BATH, MINDFULNESS AND WELLNESS RETREAT

August 24–28, 2026 | Peconic Bay, North Fork, Long Island



**Escape to the peaceful beauty of Long Island's North Fork for a thoughtfully curated, all-inclusive wellness retreat designed to nourish body, mind, and spirit.**

Over five days and four nights, guests will experience a blend of mindfulness meditation, sound healing, nature immersion, waterfront living, and meaningful connection. Set against the backdrop of Peconic Bay, this intimate retreat offers an opportunity to slow down, reconnect with yourself, and embrace a more mindful way of being.

Carefully designed to balance guided experiences with personal time, the retreat includes daily meditation and sound healing sessions, nourishing meals, waterfront activities, unique local experiences, and opportunities for reflection, relaxation, and renewal. Guests will enjoy the natural beauty, agricultural heritage, and maritime culture that make the North Fork such a special destination.



## ACCOMMODATIONS

Guests may choose from private or shared accommodations in one of two charming North Fork settings.

**The Waterfront Retreat Home:** Located directly on Peconic Bay, the retreat home offers both private and shared accommodations in an intimate waterfront setting. Accommodations are arranged with two guest rooms sharing a bathroom.

**Bay Breeze Inn:** Located just two blocks from the retreat home, the Bay Breeze Inn offers comfortable private accommodations with private en-suite bathrooms and is within easy walking distance of all retreat activities.

## EXTEND YOUR NORTH FORK EXPERIENCE

Guests are encouraged to arrive early or extend their stay to explore both the North Fork and neighboring South Fork, discovering charming waterfront villages, wineries, farm stands, beaches, nature preserves, boutique inns, and exceptional dining.

Pre- and post-retreat accommodations, dining, transportation, and activities are independent of the retreat and are the responsibility of each guest.

Join us for a unique opportunity to reconnect with yourself through sound, mindfulness, nature, community, and meaningful moments of reflection and renewal.

## WHAT'S INCLUDED



- ✓ Four Nights Accommodations
- ✓ Daily Breakfasts, Lunches, & Dinners
- ✓ Daily Mindfulness Meditation & Sound Healing Experiences
- ✓ Curated North Fork Experiences
- ✓ Waterfront Activities Including Kayaking & Paddleboarding
- ✓ Fishing from the Retreat Property on Peconic Bay
- ✓ Private Waterfront Setting on Peconic Bay
- ✓ Retreat Journal
- ✓ Complimentary Snacks, Tea, Coffee, Water, & Beverages Throughout the Retreat