



**HARMONIOUS
HEALING**



**SOUND BATH,
MINDFULNESS AND
WELLNESS RETREAT**

5 DAY RETREAT FOR MIND AND BODY

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



RETREAT OVERVIEW

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

Over five days and four nights, guests will experience the restorative power of sound healing, mindfulness, nature immersion, 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.

Throughout the retreat, participants will enjoy daily sound meditations, mindfulness practices, waterfront activities, nourishing meals, and unique local experiences that celebrate the natural beauty, agricultural heritage, and maritime culture of the North Fork.

Designed to balance structured experiences with personal time, the retreat offers space for reflection, relaxation, exploration, and renewal. Whether enjoying the peaceful waterfront setting, connecting with fellow participants, or simply embracing the slower rhythm of the North Fork, guests will be invited to cultivate presence, gratitude, and well-being.



RETREAT HIGHLIGHTS

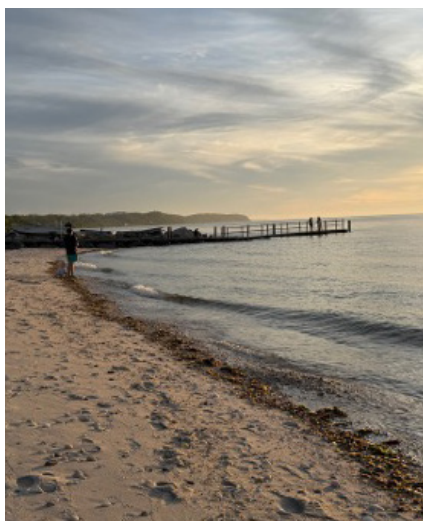
- ✓ Daily Sound Bath Meditations
- ✓ Mindfulness Practices
- ✓ Waterfront Living on Peconic Bay
- ✓ Private Guided Tour at Landcraft Garden Foundation
- ✓ Private Oyster Farm Tour & Tasting
- ✓ Herbalism Workshop at Sang Lee Farms
- ✓ Kayaking, Paddleboarding & Waterfront Activities
- ✓ Fireside Sound Meditation
- ✓ Cacao Ceremony & Integration Circle
- ✓ Curated North Fork Dining Experiences

INCLUDED IN YOUR RETREAT EXPERIENCE

- ✓ Four Nights Accommodations and all meals
- ✓ Daily Breakfasts and Lunches
- ✓ Welcome Dinner
- ✓ Clambake Dinner
- ✓ Waterfront Dinner at Eddie's Restaurant at Silver Sands
- ✓ BBQ Dinner
- ✓ Daily Sound & Mindfulness Experiences
- ✓ Landcraft Garden Foundation Tour
- ✓ Widow's Hole Oyster Farm Tour & Tasting
- ✓ Sang Lee Farms Herbalism Workshop
- ✓ Use of Kayaks & Paddleboards
- ✓ Waterfront Fishing Opportunities on site
- ✓ Beach Access – Home directly on the Peconic Bay
- ✓ Retreat Journal
- ✓ Complimentary Snacks, Tea, Coffee, Water, and Beverages Throughout the Day



DAY 1



2:00 PM - 4:00 PM -ARRIVAL & CHECK-IN

Arrive at the North Fork and settle into your accommodations. Take time to unpack, unwind, and begin settling into the slower pace of retreat life.

4:30 PM - WELCOME CIRCLE

- Introductions
- Retreat intentions
- Overview of the week
- Brief grounding meditation

5:15 PM - PERSONAL TIME

- Settle into your accommodations
- Unpack and relax
- Explore the waterfront property
- Optional beach walk along Peconic Bay

5:45 PM - CATERED WELCOME DINNER

Enjoy a relaxed and nourishing dinner featuring seasonal North Fork ingredients while getting to know your fellow retreat guests.

**Vegetarian, vegan, gluten-free, and other dietary accommodations will be available.*

7:15 PM - OPENING SOUND BATH MEDITATION

Begin the retreat with a deeply restorative sound bath designed to calm the nervous system, encourage relaxation, and support a gentle transition into the retreat experience.

8:30 PM - QUIET EVENING & REST

Retire for the evening and enjoy a peaceful night overlooking Peconic Bay.

ARRIVAL & WELCOME



DAY 2



GROUNDING & CONNECTION

7:30 AM - BREAKFAST

Enjoy a nourishing breakfast overlooking Peconic Bay.

8:30 AM - REIKI-INFUSED SOUND BATH

Begin the day with a deeply relaxing Reiki-infused sound bath designed to promote grounding, balance, and renewal while setting the tone for the day ahead.

10:00 AM - 12:00 PM - PRIVATE GUIDED TOUR AT LANDCRAFT GARDEN FOUNDATION

Explore one of the North Fork's most extraordinary hidden gems in Mattituck, featuring imaginative landscapes, rare plant collections, sculpture installations, and garden spaces designed to inspire wonder and connection with nature.

12:30 PM - LUNCH AT THE RETREAT HOME

Fresh seasonal fare enjoyed overlooking Peconic Bay.

2:00 PM - 5:00 PM - FREE TIME & WATERFRONT ACTIVITIES

Guests may enjoy:

- Kayaking on Peconic Bay
- Paddleboarding
- Fishing from the property
- Swimming and beach time
- Reading and relaxation
- Journaling and personal reflection
- Enjoying the waterfront property

Optional Wellness Add-Ons: Massage sessions may be available during free time periods for an additional fee, subject to therapist availability.

5:30 PM - NORTH FORK CLAMBAKE DINNER

A traditional North Fork clambake featuring fresh local seafood, seasonal vegetables, and locally sourced accompaniments, served outdoors overlooking Peconic Bay as the sun begins to set over the water.

**Vegetarian, vegan, gluten-free, and other dietary accommodations will be available.*

7:45 PM - FIRESIDE SOUND MEDITATION & REFLECTION

Gather around the fire overlooking the bay for an evening of reflection, connection, and sound. As darkness settles over the water, guests will be guided through a gentle sound meditation designed to integrate the day's experiences, cultivate gratitude, and prepare for a restful evening.

9:00 PM - RETIRE FOR THE EVENING



DAY 3



EXPANSION & PRESENCE

8:00 AM - BREAKFAST

Enjoy a leisurely breakfast overlooking Peconic Bay.

9:00 AM - MINDFUL BEACH WALK & DISCOVERY EXPERIENCE

Begin the day with a guided mindful walk along the shoreline. Through a series of mindfulness prompts and awareness practices, guests will be invited to slow down, engage their senses, and connect more deeply with the natural beauty of Peconic Bay.

As participants walk the beach, they will be encouraged to observe the sights, sounds, textures, and rhythms of the natural world, cultivating presence, curiosity, and a deeper connection to themselves and their surroundings.

10:30 AM - 12:30 PM - FREE TIME & WATERFRONT ACTIVITIES

Guests may enjoy:

- Kayaking on Peconic Bay
- Paddleboarding
- Fishing from the property
- Swimming and beach time
- Reading and relaxation
- Journaling and personal reflection
- Enjoying the waterfront property

Optional Wellness Add-Ons: Massage sessions may be available during free time periods for an additional fee, subject to therapist availability.

12:30 PM - LUNCH AT THE RETREAT HOME

Fresh seasonal fare enjoyed overlooking Peconic Bay.

3:00 PM - DEPART FOR GREENPORT

Enjoy a scenic drive through the North Fork as we head to Greenport for an evening exploring two of the area's hidden gems.

4:00 PM - PRIVATE OYSTER FARM TOUR & TASTING AT WIDOW'S HOLE OYSTERS

Learn about oyster cultivation, local marine ecology, and the important role oysters play in the health of Peconic Bay while enjoying a guided tasting experience.

6:00 PM - WATERFRONT DINNER AT EDDIE'S RESTAURANT AT SILVER SANDS

Enjoy dinner overlooking the water at one of the North Fork's most beloved waterfront destinations.

8:30 PM - ORACLE CARD REFLECTION CIRCLE

Gather for an evening of reflection and insight through the gentle practice of oracle cards. Guests will be invited to draw a card and reflect on its message through contemplation, discussion, and personal reflection.

9:30 PM - RETIRE FOR THE EVENING



DAY 4



INTEGRATION & ALIGNMENT

8:00 AM - BREAKFAST

Enjoy a leisurely breakfast overlooking Peconic Bay.

9:00 AM - HIMALAYAN SOUND BATH MEDITATION

Begin the day with a restorative sound bath featuring Himalayan singing bowls. As the retreat draws to a close, this immersive experience invites reflection, renewal, and integration amid the peaceful beauty of the North Fork.

10:30 AM - DEPART FOR SANG LEE FARMS

Travel to nearby Peconic for a private herbalism workshop at a North Fork organic farm. Explore the science, wisdom, and practical applications of herbalism while connecting with plants that support well-being.

11:00 AM - 1:00 PM - PRIVATE HERBALISM WORKSHOP AT SANG LEE FARMS

Join herbalist Kayla Barthelme to explore the foundations of herbalism. Learn how medicinal and bioregional plants support well-being, discover common herbal allies and their properties, and gain hands-on knowledge of simple preparations like teas, tinctures, and salves. Guests will enjoy freshly brewed herbal tea and receive educational materials to continue their herbal journey.

1:30 PM - LUNCH AT THE RETREAT HOME

Fresh seasonal fare enjoyed overlooking Peconic Bay.

2:30 PM - 5:00 PM - FREE TIME & WATERFRONT ACTIVITIES

Guests may enjoy:

- Kayaking on Peconic Bay
- Paddleboarding
- Fishing from the property
- Swimming and beach time
- Reading and relaxation
- Journaling and personal reflection
- Enjoying the waterfront property

Optional Wellness Add-Ons: Massage sessions may be available during free time periods for an additional fee, subject to therapist availability.

5:45 PM - FAREWELL BBQ DINNER AT THE RETREAT HOME OVERLOOKING PECONIC BAY

Enjoy a relaxed dinner with fellow retreat guests while taking in one final evening overlooking Peconic Bay.

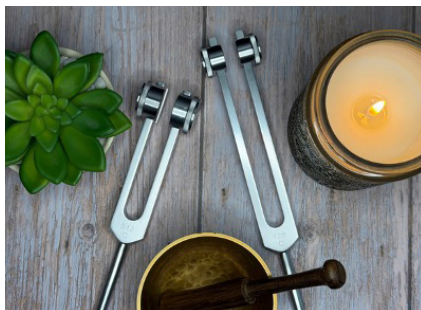
8:00 PM - CACAO CEREMONY & INTEGRATION CIRCLE

Gather in community for a heart-opening cacao ceremony and guided integration circle. Reflect on the retreat, celebrate insights, honor new connections, and prepare to carry the experience home.

9:30 PM - RETIRE FOR THE EVENING



DAY 5



REFLECTION & DEPARTURE

8:00 AM - BREAKFAST

Enjoy a final breakfast overlooking Peconic Bay and a relaxed morning with fellow retreat guests.

9:00 AM - CLOSING SOUND BATH MEDITATION

Gather for one final sound bath experience designed to support integration, reflection, and a gentle transition home.

Drawing upon the intentions set at the beginning of the retreat, this closing practice offers an opportunity to pause, absorb the experiences of the past several days, and cultivate a sense of clarity, gratitude, and renewal.

10:15 AM - CLOSING CIRCLE

Come together one final time to share reflections, insights, and takeaways from the retreat experience.

Guests will be invited to consider how they can bring the practices, connections, and intentions cultivated throughout the week into their daily lives.

11:30 AM - CHECK-OUT & DEPARTURE

Depart with renewed energy, meaningful connections, and practices to support continued well-being and mindfulness long after the retreat concludes.



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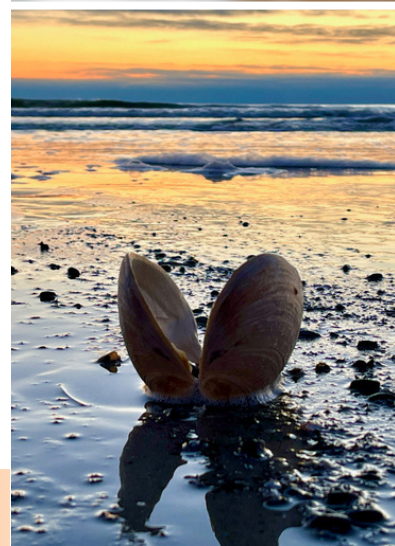
EXTEND YOUR NORTH FORK EXPERIENCE

For guests who wish to arrive early or extend their stay after the retreat, the North Fork offers countless opportunities for exploration, relaxation, and discovery.

The following suggestions are independent activities and are not part of the retreat itinerary, but may be enjoyed before or after the retreat at your leisure.

- ✓ Exploring the North Fork Wine Trail and its many acclaimed vineyards
- ✓ Visiting the charming villages of Greenport, Southold, Orient, and Shelter Island
- ✓ Discovering historic homes, museums, and landmarks that reflect the region's maritime and agricultural heritage
- ✓ Enjoying local farm stands, artisan food producers, and seasonal markets
- ✓ Relaxing at one of the area's many boutique inns and bed-and-breakfasts
- ✓ Visiting beaches, nature preserves, lighthouses, and scenic waterfront parks
- ✓ Taking a ferry to Shelter Island for a day of exploration and relaxation

Whether you choose to arrive early, stay a few extra days, or return for another visit, the North Fork offers a wealth of experiences beyond the retreat itself.





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IN SOUND WE ARE BORN,
IN SOUND WE ARE HEALED.

- MEHTAB BENTON



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