

NORTH FORK SOUND BATH, MINDFULNESS AND WELLNESS RETREAT

October 15-17, 2026 | Thursday-Saturday

3 days / 2 nights · South Jamesport, NY

An intimate autumn retreat with Lisa Cooper

Slow down at a private home on Peconic Bay for three days of sound meditation, mindfulness, seasonal outings, and connection. Enjoy a balance of guided experiences and personal time, with the option to stay overnight or join the full retreat without accommodations.

YOUR THREE DAYS

THURSDAY · ARRIVAL & WELCOME

Check-in from 2-4 PM, a welcome circle, seasonal dinner, and an opening sound bath meditation.

FRIDAY · GROUNDING & CONNECTION

Reiki-infused sound bath, a guided tour of Landcraft Garden Foundation, mindful apple and pumpkin picking, a clambake dinner, and fireside sound meditation.

SATURDAY · REFLECTION & CLOSING

Mindful beach walk, an herbal workshop at a local farm, lunch, and a 2:30 PM cacao ceremony and closing circle at the retreat home. Retreat concludes at 4 PM.



PACKAGES

SHARED ROOM

\$1,895

Two nights with a roommate; shared bath.

PRIVATE ROOM

\$2,295

Two nights, single occupancy; shared bath.

NON-RESIDENTIAL

\$1,295

Full retreat without accommodations.

Prices are per person. Shared-room guests register together; roommates are not assigned.



EVERY PACKAGE INCLUDES

All scheduled programming and activities, breakfasts and lunches, welcome and clambake dinners, snacks and beverages, and a retreat journal. Residential packages also include two nights at the retreat home.

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

Learn more and inquire at [HarmoniousHealing.com/retreats](https://www.harmonioushealing.com/retreats)