



HARMONIOUS
HEALING



SOUND BATH, MINDFULNESS AND WELLNESS RETREAT

3 DAY RETREAT FOR MIND AND BODY

October 15-17, 2026 | Peconic Bay, North Fork, Long Island



RETREAT OVERVIEW

Escape to Long Island's North Fork for a thoughtfully curated retreat that restores body, mind, and spirit.

Over three days and two nights, experience sound healing, mindfulness, nature, and meaningful connection in an intimate home on Peconic Bay. This weekend offers space to slow down, reconnect with yourself, and return to what matters.

Daily sound meditations, mindful practices, seasonal outings, fresh meals, and local experiences celebrate the natural beauty and agricultural heritage of North Fork.

With a balance of guided activities and personal time, the weekend creates room for reflection, relaxation, explorations, and renewal. Guests are invited to cultivate presence, gratitude, and well-being.

Residential packages start at \$1,895
Without accommodations \$1,295



RETREAT HIGHLIGHTS

- ✓ Daily Sound Bath Meditations
- ✓ Mindfulness Practices
- ✓ Guided Tour at Landcraft Garden Foundation
- ✓ Herbal Workshop at a Local Farm
- ✓ Mindful Beach Walk
- ✓ Mindful Apple and Pumpkin Picking
- ✓ Fireside Sound Meditation
- ✓ Cacao Ceremony & Integration Circle

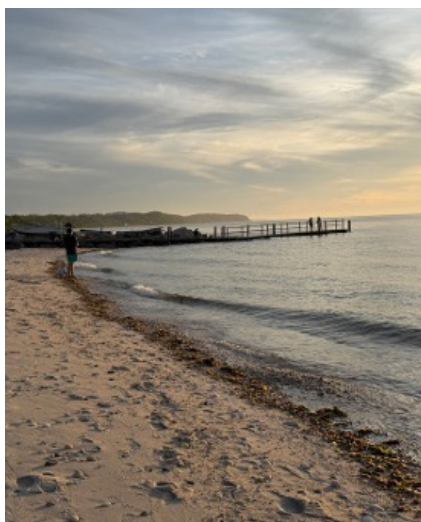
INCLUDED IN YOUR RETREAT EXPERIENCE

- ✓ Two Nights Accommodations at the Retreat Home*
- ✓ All Scheduled Programming and Activities
- ✓ Daily Breakfasts and Lunches
- ✓ Welcome Dinner
- ✓ Clambake Dinner
- ✓ Retreat journal
- ✓ Complimentary Snacks, Tea, Coffee, Water, and Beverages Throughout the Day
- ✓ Beach Access
- ✓ Fishing Opportunities, Weather Permitting

*A non-residential package includes all programming, meals, activities and amenities, without accommodations



DAY 1



2:00 PM – 4:00 PM -ARRIVAL & CHECK-IN

Arrive, settle into your accommodations, and ease 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 in and unpack
- Explore the property
- Optional beach walk

5:45 PM - CATERED WELCOME DINNER

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

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

7:30 PM - OPENING SOUND BATH MEDITATION

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

9:00 PM - QUIET EVENING & REST

Retire for the evening and enjoy a peaceful night's rest.

ARRIVAL & WELCOME



DAY 2



GROUNDING & CONNECTION

7:30 AM - BREAKFAST

Begin the day with a fresh breakfast.

8:30 AM - REIKI-INFUSED SOUND BATH

A calming practice to promote grounding, balance, and renewal while setting the tone for the day.

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

Explore this extraordinary garden in Mattituck, featuring imaginative landscapes, rare plants, sculptures, and spaces designed to inspire wonder and connection with nature.

12:30 PM - LUNCH AT THE RETREAT HOME

Enjoy a seasonal lunch at the retreat home.

2:30 PM - 5:00 PM - MINDFUL ACTIVITY AT THE APPLE AND PUMPKIN ORCHARDS

Experience this seasonal outing mindfully by noticing the colors, scents, textures, and crisp autumn air as you stroll through the orchards and fields.

5:30 PM - NORTH FORK CLAMBAKE DINNER

A traditional clambake featuring local seafood, seasonal vegetables, and accompaniments, served at the retreat home.

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

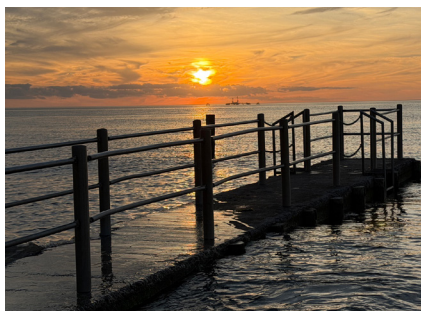
7:45 PM - FIRESIDE SOUND MEDITATION & REFLECTION

Gather around the fire for reflection, connection, and sound. A gentle meditation will integrate the day's experience and prepare you for a restful evening.

9:00 PM - RETIRE FOR THE EVENING



DAY 3



EXPANSION & PRESENCE

8:00 AM - BREAKFAST

Enjoy a leisurely breakfast.

9:00 AM - MINDFUL BEACH WALK & DISCOVERY EXPERIENCE

Begin the day with a guided mindful walk along the shoreline. Mindfulness prompts will invite you to slow down, engage your senses and connect with the natural surroundings.

10:30 AM - 12:30 PM - HERBAL WORKSHOP AT A LOCAL FARM

Explore the foundations of herbalism, and learn how medicinal and regional plants may support well-being. Discover simple preparations such as teas, tinctures, and salves.

12:30 PM - LUNCH AT THE RETREAT HOME

Enjoy a fresh seasonal lunch.

2:30 PM - CACAO CEREMONY & CLOSING CIRCLE

Gather at the retreat home for a heart-opening cacao ceremony and closing circle. Reflect on the insights and connections cultivated during the weekend and consider how to carry these practices into daily life.

4:00 PM - RETREAT CONCLUDES & DEPARTURE

Depart with renewed energy and meaningful practices to carry forward.



PACKAGES AVAILABLE

RESIDENTIAL — SHARE ROOM (Two nights with a roommate)

Two-night stay in a shared room with a registered roommate. Guest must register together. Harmonious Healing does not assign roommates.

- Shared room in the waterfront retreat home
- Thoughtfully appointed shared bath
- All retreat programming included
- Daily sound baths and mindfulness practices
- Curated North Fork experiences
- Meals, snacks, and beverages included

\$1,895 (Deposit: \$500)

RESIDENTIAL — PRIVATE ROOM (Single occupancy)

Two-night stay in a private room with a shared bath between two rooms.

- Private room in the waterfront retreat home
- Thoughtful appointed shared bath
- All retreat programming included
- Daily sound baths and mindfulness practices
- Curated North Fork experiences
- Meals, snacks, and beverages included

\$2,295 (Deposit: \$500)

NON-RESIDENTIAL (No accommodations)

The complete three-day retreat experience for guests who prefer to stay off-site or return home each evening.

- All retreat programming included
- Daily sound baths and mindfulness practices
- Curated North Fork experiences
- Meals, snacks, and beverages included
- Access to the retreat home and waterfront amenities during scheduled retreat hours

\$1,295 (Deposit: \$500)

*All prices are per person and include the complete three-day retreat experience.



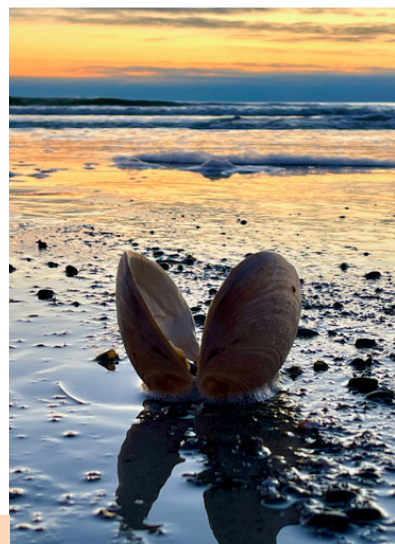
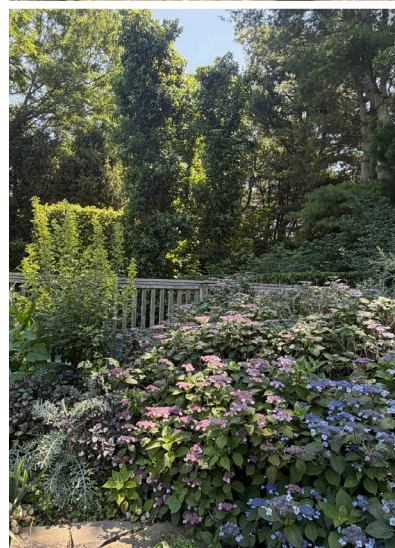
EXTEND YOUR NORTH FORK EXPERIENCE

For guests who wish to arrive early or stay after the retreat, the region offers many ways to explore, unwind, and discover it's character..

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

- ✓ Explore the North Fork Wine Trail and its acclaimed vineyards
- ✓ Visit the villages of Greenport, Southold, Orient, and Shelter Island
- ✓ Discovering historic homes, museums, and landmarks reflecting the region's maritime and agricultural heritage
- ✓ Browse local farm stands, artisan food producers, and seasonal markets
- ✓ Stay at one of the area's boutique inns or bed-and-breakfasts
- ✓ Visit beaches, nature preserves, lighthouses, and scenic parks
- ✓ Take a ferry to Shelter Island for a day of exploration

Arrive early, stay a few extra days, or return for another visit, the North Fork offers much to experience beyond the retreat.





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

– MEHTAB BENTON



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