



ANCHORED *Away*

Embrace the Journey

Weekend *Retreat*

A Soulful Escape to *Reflect, Realign & Reconnect*

Set along the peaceful shoreline of the Long Island Sound, Anchored Away Retreat invites you to pause, breathe, and reconnect with your truest self. Here, nature restores you, community supports you, and creativity inspires you to rise.

March 20–22, 2026
Spring Equinox Weekend
Waterfront Property
Wading River, NY



\$1,111 per guest
Early Bird Rate: \$1,000*

*When you register + pay in full by February 1st

Your Anchored Away Experience Includes:

-  **Restorative Yoga & Gentle Movement** to release tension and invite ease into your body.
-  **Transformative Breathwork Journey** with special guest Tina Marie Bertoli, guiding you into profound clarity and emotional release.
-  **Sound Healing & Mindfulness Practices** that calm the nervous system and awaken inner peace.
-  **Creative Workshops & Soulful Activities** including journaling, crafts, and guided reflection to spark self-expression and insight.
-  **Five Healthy, Nourishing Meals** prepared with intention to fuel your body and support your wellbeing.
-  **Waterfront Property with Breathtaking Views** of the Long Island Sound, creating the perfect backdrop for rest and reflection.
-  **Private Beach & Scenic Nature Trails** just steps away—ideal for sunrise walks, meditation, or quiet moments of solitude.
-  **Thoughtful Take-Home Items**—simple keepsakes to support your continued journey long after the weekend ends.

Space is Limited! • Reserve your space today!



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