

Of Land and Sea: A Culinary Immersion Hosted by Chef Mads Refslund

Available:

Thursday, September 17 - Sunday, September 20

Friday, October 9 - Monday, October 12

337 MONTAUK HWY
WATER MILL NY 11976

(631) 500-9049
WWW.SSBHOUSE.COM

Day 1

3:00pm	Arrival and Check-In	
3:00 - 6:00pm	Open Time for Spa, Healing Arts or Wellness Activities	
7:00 - 8:30pm	Introduction to SSBH Culinary Philosophy and Dinner	Main Barn
8:30 - 9:30pm	Cacao Ceremony	Fire Circle
9:30pm	In-Room Seasonal Soak	Guest Studio

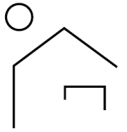
Day 2

8:00 - 9:00am	Beach Walk or Vinyasa Yoga	Meet in Main Barn
9:00 - 10:00am	Breakfast	Main Barn
10:30am - 12:30pm	Foraging Excursion	Meet in Front of Buddha
1:00 - 3:00pm	Culinary Demonstration and Lunch	Main Barn
3:00 - 5:30pm	Open Time for Spa, Healing Arts or Wellness Activities	
5:30 - 6:30pm	Foraged Flora Workshop	Cherry Orchard
7:00 - 8:30pm	Dinner	Main Barn
8:30 - 9:30pm	Dissolving into Sound with Gongs and Crystal Bowls	Meditation Hall
9:30pm	In-Room Seasonal Soak	Guest Studio

Day 3

8:00 - 9:00am	Beach Walk or Vinyasa Yoga	Meet in Main Barn
9:00 - 10:00am	Breakfast	Main Barn
10:30am - 2:30pm	Culinary Excursion with Picnic Lunch	Meet in front of Buddha

**Schedule subject to change and dependant upon regulations set forth by state and local authorities*



3:00 - 5:30pm	Open Time for Spa, Healing Arts or Wellness Activities	
5:30 - 6:30pm	Nutrition Workshop	Meditation Hall
7:00 - 8:30pm	Dinner	Main Barn
8:30 - 9:30pm	Fireside Conversation and Music	Fire Circle
9:30pm	In-Room Seasonal Soak	Guest Studio
Day 4		
8:00 - 9:00am	Beach Walk or Signature Workout	Meet in Main Barn
9:00 - 10:00am	Farewell Breakfast	Main Barn
11:00am	Room Check-Out and Departure	

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