

Reconnect & Revitalize Your Body, Mind & Spirit



Experience a serene lake setting with private sandy beach, large lush green lawn and clear blue waters where ducks, loon, mountains and beautiful sunsets abound.

Awaken your body with a gentle swim or yoga session. Kayak on glass-like water in the early morning or meditate to the sounds of nature.

Rediscover the shimmering starlit nights and the stillness that reconnects us with our creator, ourselves, our inner wisdom.



Lake House Retreat
Lake Winnepesaukee, Wolfeboro, NH



Sleeps up to eight people
Two baths & a full kitchen
For rates call Barbara Strassman
at 781-258-9942



"All change starts at the place where body and mind meet."