



YOGA CLASS, BRIDGEHAMPTON-STYLE.

and light is perfect for healing.”

The area’s magic economy is perfect, too: Serure charges \$200 admission to her newly launched retreat. In one day, clients will meditate on Serure’s mandala-shaped patio, scream at the ocean, do rituals with expensive-looking knickknacks from Bali, start journals, fast, nap, and, somewhere in the busy day, “share on all levels.” Her retreat is held only on Sundays and Mondays. Who can stand to miss the parties Saturday night?

“Weekends out here aren’t about Rollerblading and Dreesen’s doughnuts anymore,” Serure says as she sips wheat-grass-apple juice. “People want a colonic and a healing-touch massage now after tennis. The spiritual and recreational have become one.” (So *that’s* why they’re all wearing Nikes.)

The Left Coast masseur corps breezes in. “Everybody wants to work in ‘Malibu East,’ you know, in Georgica?” says Susanna Ungaro, part of this homey ministry. “I went to Spielberg’s house last year—he even has a table. It was so cool.”

Also grabbing a slice of the disposable-income pie are the yogic troops—six new studios have opened up this year in East Hampton alone. Demi, Alec, Christie, and Calvin all dig it, perhaps turned on by Donna Karan, the patron saint of the Hamptons’ New Age. “Donna is beautiful,” gushes Christine Grimaldi, who, along with co-partners Tesh and chiropractor Joe Caraccilo, has recently trademarked Contact Yoga, a nineties twist on the practice costing \$150 per session. “I was Donna’s trainer, and Tesh was her yogi in L.A., and Christie is my client, and Joe is hers, too,” says Grimaldi, legs crossed in lotus position. “And Christie and Donna started talking, and they said, ‘Hey, you should all get together—you all have compassion, there’s the masculine and the feminine, you know, weave the work together.’” She pauses to soak up the energy. “It’s been amazing.”

VANESSA GRIGORIADIS

FIND YOUR INNER HAMPTON

THAT’S A MOTHER TREE,” SAYS Pamela Serure, pointing at the shaggy oak in the corner of her Bridgehampton backyard. “When I take a trip, I tell it where I’m going and it sends a message through the root system of the planet so that, wherever I go, I’ll be protected.”

Which may sound quite reasonable in Big Sur or Santa Fe, but on Route 27? In fact, the Hamptons power paradise at-

tracts an ungodly number of quasi-religious emissaries: yogis and shamans, meditators and *reiki* masters, past-life regressors, colon and color therapists. Deepak may show up this summer, but there’s been talk of that before; last year’s fab guru, Tesh, will be in residence at the East Hampton Yoga Zone. There’s even a new guild for holistic practitioners. “It’s the *feng shui* out here,” says women’s healer—and former dolphin—Beth Moran. “The pattern of wind and water

hot dates

Seven great things to do at **THE BEACH** this summer.

BY VIRGINIA HEFFERNAN

Late June

Pick strawberries far from the madding crowd at the rural **OSBORN FARMS** in Wainscott. You’ve got six acres to work through but only a few weeks until the strawberry season ends, around July 4 (516-537-1323).

July 16

The New Jersey **OFFSHORE GRAND PRIX** kicks off at Jenkinson’s Pavilion in Point Pleasant Beach. Watch nautical hot rods go up to 120 mph. Noon–2 P.M.; free (908-727-4765).

July 17–18

The Farmer’s Almanac predicts a **MASSIVE HEAT WAVE**, so this is the weekend to hit the beach, where it should be about five degrees cooler. (N.Y.C. record: 106 degrees on July 9, 1936.)

