

The Men's Retreat at Gwinganna

As more men worldwide experience the benefits of health retreats and spas, Gwinganna Lifestyle Retreat is pleased to announce the very first retreat program designed exclusively for men. The three day Mens Retreat at Gwinganna is designed to improve your quality of life on all levels. Ideal for all ages and fitness levels, and less restrictive in some areas, this new concept will help de-mystify and simplify what a health retreat is really like and provide you with an unforgettable, realistic and potentially life changing stay. This is your chance to add years to your life and life to your years and to empower yourself to a healthier, more balanced lifestyle.

Sharon

Sharon Kolkka
General Manager



Gwinganna
Lifestyle
Retreat

The Men's Retreat



Hit the gym, swim in the pools, take a spin class, play tennis, experience our bushwalking or try something new. Enjoy fantastic food from the specially designed menus, including an amazing seafood BBQ lunch, coffee in the mornings and a glass of wine at night.

The seminar component will deliver not to be missed cutting edge information from leading specialists in their field. If you feel like you need a break, want more energy or have always thought about trying a health retreat, this is the program you have been waiting for!

3 nights stay Men's Retreat

Heritage

double	\$1280
single	\$1460

Peel House

double	\$1606
single	\$1835

Orchard Suites

twin/double	\$1605
single east	\$1705
single west	\$1805
deluxe twin/double	\$1775
deluxe single	\$2000

Package includes

- 3 nights accommodation (Luxury Villas now available)
- All organic meals and snacks
- 2 classic massages
- Key lifestyle seminars
- Access to all facilities and scheduled activities
- Courtesy transfers from Gold Coast Airport at set times

Rates for The Villas also available, please contact our Retreat Advisors for details.

All rates are per person, in Australian dollars and include GST. Rates effective 29 May 2011 and are subject to change without prior notice. Retreats are subject to availability.



"What an amazing life changing experience your Men's retreat was for me. The facilities, the team, the food and the overall sensational environment was "world class". I personally will be returning Gwinganna to what will become an annual event for me!" Mark H, Gold Coast

"For me, the Gwinganna Mens Retreat was life changing. The retreat nurtured my spirit, relaxed my body and gave me the tools to live a happy, healthy life. Amazing food, professional caring staff who made you feel "individual and special" combined with truly gifted specialist presenters make the Gwinganna package the perfect antidote to our stress filled lives. Once you have sampled the Gwinganna magic you will return again and again." Greg Y, Brisbane



Colin James Guest Presenter

Colin James is one of Australia's leading Facilitators and Corporate Trainers. He specialises in Leadership and Executive Life Balance. Clients include NAB, Oracle, Ernst & Young, Optus, ANZ, ExxonMobil amongst a host of others. He is an inspiring (and entertaining) presenter and

will introduce you to insightful, challenging and practical approaches to mental and psychological health.



Nicholas Smith Presenter

Nicholas Smith is a classically trained naturopath with an academic background of Applied Science, Bachelor of Environmental Medicine and Clinical Nutrition. A lecturer, radio consultant and previous columnist for the Sydney Morning Herald and The Age, he believes that Naturopathic

medicine is holistic wisdom of the past combined with scientific knowledge of the present. Nicholas consults at Gwinganna Lifestyle Retreat as well as in conjunction with General Practitioners in private practices.



Dr Karen Coates Presenter

An advocate for self-responsibility in health, Karen has a passion for teaching and a gift for explaining complex health concepts in easy to understand terminology. Karen continually updates her knowledge base as scientific research becomes available and has been a practicing doctor for 20 years with post graduate qualifications in Nutritional and Environmental Medicine.

Gwinganna
Lifestyle Retreat

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