

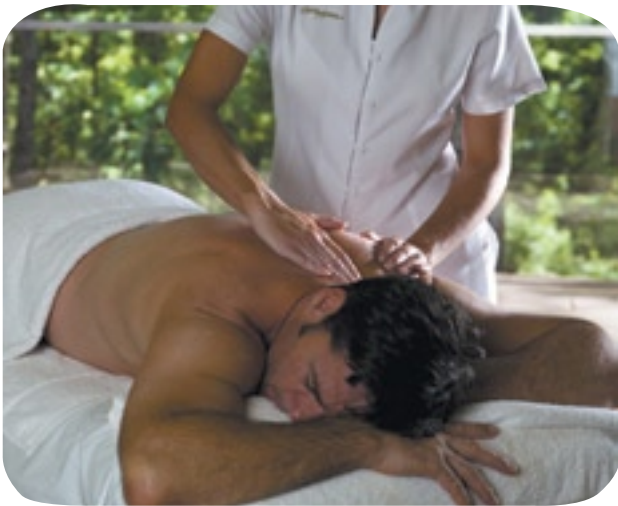
The Men's Retreat at Gwinganna

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

16 -19 September 2010

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	\$1245
single	\$1415

Peel House

double	\$1495
single	\$1780

Orchard Suites

twin/double	\$1560
single east	\$1650
single west	\$1750

deluxe twin/double	\$1725
deluxe single	\$1905

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 August 2010 and are subject to change without prior notice. Retreats are subject to availability.



A typical day

Hike • Breakfast • Activities • Morning Tea • Seminar • Lunch • Dreamtime Afternoon Tea • Dinner • After dinner discussions or early night



Karl Ostrowski Program Manager

Karl is a certified strength and conditioning specialist, personal trainer and certified Pilates instructor with 23 years experience in the health and wellness industry. He has lectured at numerous conventions, written articles for magazines and created the movement philosophy at Gwinganna.



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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