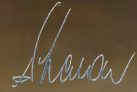


# Believe and Be Well

This ground breaking new program at Gwinganna presents a range of exciting ideas and new seminars relating to your beliefs and your current and future wellbeing. Learn about energy and how our bodies respond to our thoughts, hear the very latest research developments in this area and be inspired by an exceptional collaboration of wellness presenters. Ideal for previous guests of Gwinganna who want to reach a higher level of health awareness and to learn more about the mind and explore its relationship to wellbeing further.



Sharon Kolkka  
General Manager



*Gwinganna*  
Lifestyle Retreat

# Believe and Be Well

Join several familiar and some new presenters as we take you on a unique journey of discovery and discussion. This will be an enlightening week taking you to the edge of Noetic science (an alternative theory of how beliefs, thoughts, and intentions affect the physical world), to understand more about why placebo works whilst learning more about you and your wellbeing. Connect with our specialists and enjoy all the usual activities on offer each morning and afternoons of Dreamtime to relax and rest. Meals are delicious and use certified organic cuisine to support you through a week of enlightenment and possibility.



## 6 nights stay Believe and Be Well

### Heritage

double	\$2490
single	\$2830

### Peel House

double	\$3215
single	\$3670

### Orchard Suites

twin/double	\$3215
single east	\$3410
single west	\$3610
deluxe twin/double	\$3550
deluxe single	\$3985

### Package includes

- 6 nights accommodation
- All organic meals and snacks
- 2 classic massages and 1 facial
- \$100 wellness therapy credit
- Key lifestyle seminars
- Health and wellbeing analysis
- 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. Package inclusions vary on special promotional offers. Please check with our Retreat Advisors.

## A typical day

- Tai Chi • Walk/Hike • Breakfast
- Physical activity • Morning Tea
- Key lifestyle seminars • Lunch
- Dreamtime • Afternoon Tea
- Dinner • Early night

*"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." Albert Einstein*



# Gwinganna

Lifestyle Retreat

Toll free: 1800 219 272 Phone: +61 7 5589 5000  
info@gwinganna.com www.gwinganna.com