



## Nourish for Winter

You are what you eat, and at Gwinganna, we believe food is an essential ingredient to your energy and vitality. Enjoy a long winter weekend with a focus on food and nourishment. Learn how to choose, prepare and cook health foods, that will both inspire and improve your culinary skills.

Sharon Kolkka  
General Manager

*Gwinganna*  
Lifestyle Retreat

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

# Nourish for Winter

Friday 11 - Monday 14 June 2010

Our nutritional state, physical and mental capabilities depend on the food we eat and how we eat it. This new retreat will focus on the preparation of simple, healthy and delicious meals for winter. Enjoy sessions with our nutritionist Samantha Gowing and Chef Hermann Schafellner and take home new ideas, information and recipes. This specialty retreat also includes a range of activities each morning and Dreamtime afternoons to relax and enjoy the Spa Sanctuary.



## Nourish for Winter 3 nights stay

### 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
- 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 are effective 27 September 2009 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.

*"This is my third stay at Gwinganna and you've taught me balance in life, nurturing myself and on a nutritional level – food is medicine"*  
Sammy Frankhanel

## A typical day

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



### Hermann Schafellner *Resident Organic Chef*

Hermann Schafellner is the Resident Organic Chef at Gwinganna Lifestyle Retreat. Being part of Gwinganna's evolution has been as challenging as it is rewarding and he believes it to be a unique place with a unique team. Hermann has inspired his kitchen team to understand they are not just feeding people to avoid hunger. 'It's about giving the guests a whole nourishing experience for body, mind and soul. And, we are immensely proud of that.' Hermann's philosophy about food is to use quality produce and not to overwork but rather enhance it with simple techniques and combinations.

### Samantha Gowing *Nutritionist*

Samantha Gowing is a passionate, informed and entertaining keynote speaker, cooking demonstrator, clinical nutritionist and former restaurateur who has turned her lifetime experience of food into an exciting venture where good food is healthful as well as delicious. Renowned for her boundless energy, Samantha is based in Byron Bay, but travels regularly to Melbourne for various nutritional events and is an integral part of the team at Gwinganna Lifestyle Retreat.

*Gwinganna*  
Lifestyle Retreat

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