



Optimum Wellbeing

This retreat is an opportunity to cleanse your body and to empower yourself by first assessing and then discovering solutions to improve your quality of life. Experience a guided approach to movement with options suitable for every 'body'. Enjoy the bliss of sensational spa and wellness treatments and inspiring lifestyle seminars. Leave in control and inspired to continue a balanced routine at home and experience lasting rejuvenation.

Sharon
Sharon Kolkka
General Manager

Gwinganna
Lifestyle Retreat

Toll free: 1800 219 272 Phone: +61 7 5589 5000
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Optimum Wellbeing

This program offers a unique combination of activity, education, superb organic cuisine and rest during the afternoon Dreamtime. Using integrative health techniques, it is a journey of self-discovery and provides the unique opportunity to balance all essential areas of your lifestyle.

Optimum Wellbeing PLUS

For more information on this 6 night stay please call our Retreat Advisors on 1800 219 272.



5 nights stay Optimum Wellbeing

Heritage

double	\$2135
single	\$2430

Peel House

double	\$2680
single	\$3060

Orchard Suites

twin/double	\$2680
single east	\$2840
single west	\$3010
deluxe twin/double	\$2960
deluxe single	\$3335

Package includes

- 5 nights accommodation
- All organic meals and snacks
- 2 classic massages and 1 facial
- \$100 wellness therapy credit
- Key lifestyle seminars
- Cooking demonstration
- 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.

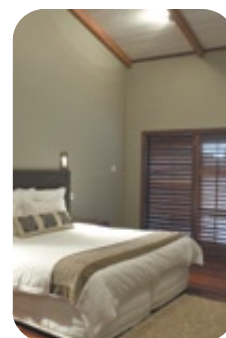
All rates are per person, in Australian dollars and include GST. Rates effective 29 May 2011 and are subject to change without prior notice. Retreats are subject to availability. Package inclusions vary on special promotional offers. Please check with our Retreat Advisors.

"Gwinganna to me is 'heaven on earth'... I believe it is essential to everyone's wellbeing and balance in life. Not only do you learn about health, fitness and nutrition but most importantly you also learn to get in touch with your soul again....."

Peter Morrissey

A typical day

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



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