



## Organic Living

Featuring key sessions from organic gardener and chef, Shelley Pryor, the Organic Living program focuses on how to grow organic food at home, no matter where you live. There has never been so much interest in growing produce at home, nor has it ever been so important to our planet to make every contribution that we can. We invite you to experience this unique weekend focusing on wellness, organic foods and relaxation.

*Sharon*

Sharon Kolkka  
General Manager

*Gwinganna*  
Lifestyle Retreat

Toll free: 1800 219 272 Phone: +61 7 5589 5000  
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# Organic Living

Thursday 21 – Sunday 24 January 2010

Thursday 15 – Sunday 18 April 2010

Thursday 15 – Sunday 18 July 2010

Learn how to set up an organic garden, a no-dig garden and a worm farm, the importance of sprouts and techniques for balcony gardens, in addition to all the regular activities and spa treatments on offer at Gwinganna. Shelley has a passion for food and a long association with organic food and cooking, having been a chef for many years, and learned to grow her own food at home from an early age. Also included is an organic cooking demonstration.



## 3 nights stay Organic Living

### 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
- All 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.



*"Shelley was a fantastic inspiration. Great to see someone who lives and breathes their passion. Great practical tips to get started."*

*Jacqueline Cooper*

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