



## Organic Living

There has never been so much interest in growing produce, 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 featuring key sessions from organic gardener and chef, Shelley Pryor and resident chef Hermann Schafellner. The Organic Living program focuses on how to grow and prepare organic food at home, no matter where you live.

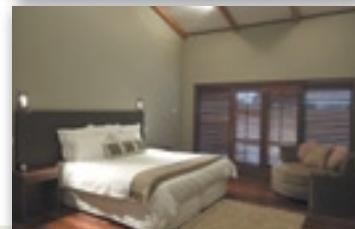
Sharon Kolkka  
General Manager

*Gwinganna*  
Lifestyle Retreat

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

# Organic Living

Shelleys unique sessions will cover many aspects of Organic Living such as how to set up an organic garden, a no-dig garden and a worm farm, the importance of living foods 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 cooking and will share her extensive knowledge. Also included is an organic cooking demonstration.



## 3 nights stay Organic Living

### Heritage

double	\$1280
single	\$1460

### 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
- Specialty sessions
- 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. Package inclusions vary on special promotional offers. Please check with our Retreat Advisors.



*"Shelley was fantastic - inspiring and enthusiastic. She is a real credit to Gwinganna, we thoroughly enjoyed her talks and knowledge."*  
*Shannon G, Coffs Harbour*

*Gwinganna*  
Lifestyle Retreat

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