



Sleep Discovery

Learn how to promote deep restful sleep and how to avoid daily elements that interrupt your sleep. Quality sleep is a vital ingredient to optimal wellness and this 4 night specialty retreat features the expertise of key presenters who will provide a wealth of information and ideas to help you sleep well. In his book, *The Promise of Sleep*, Stanford University's sleep laboratory founder Dr. William Dement, says that "Healthful sleep has been empirically proven to be the single most important factor in predicting longevity, more influential than diet, exercise or heredity."

Join us as we explore the science, nutrition and essentials behind sleeping well.

Sharon Kolkka
General Manager

Gwinganna
Lifestyle Retreat

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Sleep Discovery

By discovering the science of sleep you will gain essential knowledge on how to improve your sleeping patterns, regain hormonal balance, learn what food will assist you, and the benefits of rituals, herbs and supplements. Daily key seminars combined with diverse activities, delicious organic cuisine and afternoons of rest at the spectacular Spa Sanctuary. You will leave knowing how to promote a deep and peaceful sleep; your nights will never be the same again.



"Loved the flexibility, the maturity of the approach, the multi faceted nature of the program and the warmth and generosity of all staff."
Miriam S, NSW

"As a teacher it makes me realise how we ignore educating our children in these aspects of life at humanity's peril."
Jenni A, Victoria

4 night stay Sleep Discovery

Heritage

double	\$1710
single	\$1945

Peel House

double	\$2145
single	\$2450

Orchard Suites

twin/double	\$2145
single east	\$2270
single west	\$2410
deluxe twin/double	\$2370
deluxe single	\$2670

Package includes

4 nights accommodation • All organic meals and snacks
1 classic massage and 1 facial • \$100 wellness therapy credit • 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 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.

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