



## 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*  
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General Manager

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Lifestyle Retreat

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# Sleep Discovery

**Sunday 13 – Thursday 17 December 2009**

**Sunday 17 – Thursday 21 January**

**Sunday 23 – Thursday 27 May**

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.



*“A restorative experience. It was great to be introduced to nutrition and organic food – a lifetime change.” Joyce Marks*

## 4 night stay Sleep Discovery

### Heritage

|        |        |
|--------|--------|
| double | \$1660 |
| single | \$1890 |

### Peel House

|        |        |
|--------|--------|
| double | \$1995 |
| single | \$2375 |

### Orchard Suites

|                    |        |
|--------------------|--------|
| twin/double        | \$2080 |
| single east        | \$2200 |
| single west        | \$2335 |
| deluxe twin/double | \$2300 |
| deluxe single      | \$2540 |

### 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 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.

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