



Women's Discovery

This program aims to raise awareness of key health issues facing women today. We will present alternatives to help you understand more about how our bodies work to reach optimal wellbeing.

Featuring the expertise of Dr Karen Coates, you will gain valuable information to help you make informed decisions and learn how to work in partnership with health care professionals for the benefit of the whole family.

Book early for this essential experience.

Sharon Kolkka
General Manager

Gwinganna
Lifestyle Retreat

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

Women's Discovery

Thursday 18 – Sunday 21 February 2010

Friday 12 – Monday 15 March 2010

Thursday 27 – Sunday 30 May 2010

Friday 13 – Monday 16 August 2010

Friday 8 – Monday 11 October 2010

This 3 night package will give you all the tools and ideas to feel better, stress less and understand more about your hormones and how they work. There are plenty of activities in the morning and daily key seminars with Dr Coates. In the afternoon, it is time to slow down during Dreamtime, where the focus is on relaxation.



"This was a fabulous experience and my first health spa experience! It truly was a lifesaver and I am looking forward to adopting some of the teachings." Lisa Creighton



Dr Karen Coates

Dr Karen Coates has been a practising Women's Health doctor for 20 years, with degrees in Medicine and Surgery, post graduate qualifications in Obstetrics and Gynaecology, Nutritional and Environmental Medicine. Her unique style seamlessly integrates natural therapies and alternative health practices with conventional pathways to health.

An advocate for self-responsibility in health, she has a passion for teaching and a gift for explaining complex health concepts in easy to understand terminology. Karen continually updates her knowledge base as scientific research becomes available. Living on the Gold Coast for the past ten years, she has authored 'Awaken the Warrior – Reclaiming Optimal Wellness: the Essential Guide for Women.'

3 nights stay Women's Discovery

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
- Key lifestyle seminars
- Access to all facilities and scheduled activities
- Courtesy transfers from Gold Coast Airport at set times

Rates for 'The Villas' are also available. For more information please call our Retreat Advisors on 1800 219 272

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.



Gwinganna

Lifestyle Retreat

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