

September 2010 - March 2011

September

5 night Sunday 29 Aug – Friday 3	Optimum Wellbeing
2 night Friday 3 – Sunday 5	Gwinganna Spa Weekend
5 night Sunday 5 – Friday 10	Optimum Wellbeing
2 night Friday 10 – Sunday 12	Gwinganna Spa Weekend
4 night Sunday 12 – Thursday 16	Optimal Qi – Energy for Life
3 night Thursday 16 – Sunday 19	The Men's Retreat NEW
7 night Sunday 19 – Sunday 26	Gwinganna Detox
5 night Sunday 26 – Friday 1 Oct	Optimum Wellbeing

October

2 night Friday 1 – Sunday 3	Gwinganna Spa Weekend
5 night Sunday 3 – Friday 8	Optimum Wellbeing
3 night Friday 8 – Monday 11	Womens Discovery
6 night Monday 11 – Sunday 17	Optimum Wellbeing PLUS
5 night Sunday 17 – Friday 22	Optimum Wellbeing
2 night Friday 22 – Sunday 24	Gwinganna Spa Weekend
7 night Sunday 24 – Sunday 31	Gwinganna Detox

November

5 night Sunday 31 – Friday 5	Optimum Wellbeing
2 night Friday 5 – Sunday 7	Gwinganna Spa and Cuisine Weekend
7 night Sunday 7 – Sunday 14	Gwinganna Detox
4 night Sunday 14 – Thursday 18	Sleep Discovery
3 night Thursday 18 – Sunday 21	Feast of Nutrition
5 night Sunday 21 – Friday 26	Optimum Wellbeing
2 night Friday 26 – Sunday 28	Mondo Organics at Gwinganna Weekend NEW

December

7 night Sunday 28 Nov – Sunday 5	Gwinganna Detox
5 night Sunday 5 – Friday 10	Optimum Wellbeing
2 night Friday 10 – Sunday 12	Gwinganna Spa and Cuisine Weekend

Sunday 12- Monday 27 Dec

Summer Break - Closed

January 2011

7 night Tuesday 28 Dec – Tuesday 4	Gwinganna Detox
5 night Tuesday 4 – Sunday 9	Optimum Wellbeing
7 night Sunday 9 – Sunday 16	Gwinganna Detox
5 night Sunday 16 – Friday 21	Optimum Wellbeing
2 night Friday 21 – Sunday 23	Gwinganna Spa weekend
4 night Sunday 23 – Thursday 27	Optimal Qi – Energy for Life
3 night Thursday 27 – Sunday 30	Womens Discovery

February

5 night Sunday 30 Jan – Friday 4	Optimum Wellbeing
2 night Friday 4 – Sunday 6	Gwinganna Spa Weekend
7 night Sunday 6 – Sunday 13	Gwinganna Detox
5 night Sunday 13 – Friday 18	Optimum Wellbeing
3 night Friday 18 – Monday 21	TBA
6 night Monday 21 – Sunday 27	Optimum Wellbeing PLUS

March

5 night Sunday 27 Feb – Friday 4	Optimum Wellbeing
2 night Friday 4 – Sunday 6	Gwinganna Spa Weekend
7 night Sunday 6 – Sunday 13	Gwinganna Detox
5 night Sunday 13 – Friday 18	Optimum Wellbeing
2 night Friday 18 – Sunday 20	Gwinganna Spa Weekend
5 night Sunday 20 – Friday 25	Optimum Wellbeing
2 night Friday 25 – Sunday 27	Gwinganna Spa Weekend
7 night Sunday 27 – Sunday 3 Apr	Gwinganna Detox

Gwinganna
Lifestyle Retreat

