

## June 2011 - November 2011

### June

5 night Sunday 29 May – Friday 3 June	Optimum Wellbeing
2 night Friday 3 – Sunday 5	Gwinganna Spa Weekend
5 night Sunday 5 – Friday 10	Optimum Wellbeing
3 night Friday 10 – Monday 13	Nourish for Winter
6 night Monday 13 – Sunday 19	Optimum Wellbeing PLUS
5 night Sunday 19 – Friday 24	Optimum Wellbeing
2 night Friday 24 – Sunday 26	Gwinganna Spa Weekend
7 night Sunday 26 – Sunday July 3	Gwinganna Detox

### July

5 night Sunday 3 – Friday 8	Optimum Wellbeing
2 night Friday 8 – Sunday 10	Gwinganna Spa Weekend
5 night Sunday 10 – Friday 15	Optimum Wellbeing
2 night Friday 15 – Sunday 17	Gwinganna Spa and Cuisine Weekend
4 night Sunday 17 – Thursday 21	Sleep Discovery
3 night Thursday 21 – Sunday 24	Feast of Nutrition
7 night Sunday 24 – Sunday 31	Gwinganna Detox
5 night Sunday 31 – Friday 5 August	Optimum Wellbeing

### August

2 night Friday 5 – Sunday 7	Gwinganna Spa Weekend
5 night Sunday 7 – Friday 12	Optimum Wellbeing
3 night Friday 12 – Monday 15	Women's Discovery
6 night Monday 15 – Sunday 21	Optimum Wellbeing PLUS
5 night Sunday 21 – Friday 26	Optimum Wellbeing
2 night Friday 26 – Sunday 28	Gwinganna Spa Weekend
7 night Sunday – 28 Sunday 4 Sept	Gwinganna Detox

### September

5 night Sunday 4 – Friday 9	Optimum Wellbeing
2 night Friday 9 – Sunday 11	Gwinganna Spa Weekend
5 night Sunday 11 – Friday 16	Optimum Wellbeing
2 night Friday 16 – Sunday 18	Gwinganna Spa Weekend
7 night Sunday 18 – Sunday 25	Gwinganna Detox
4 night Sunday 25 – Thursday 29	Optimal Qi – Energy for Life
3 night Thursday 29 – Sunday 2 Oct	Nourish for Spring

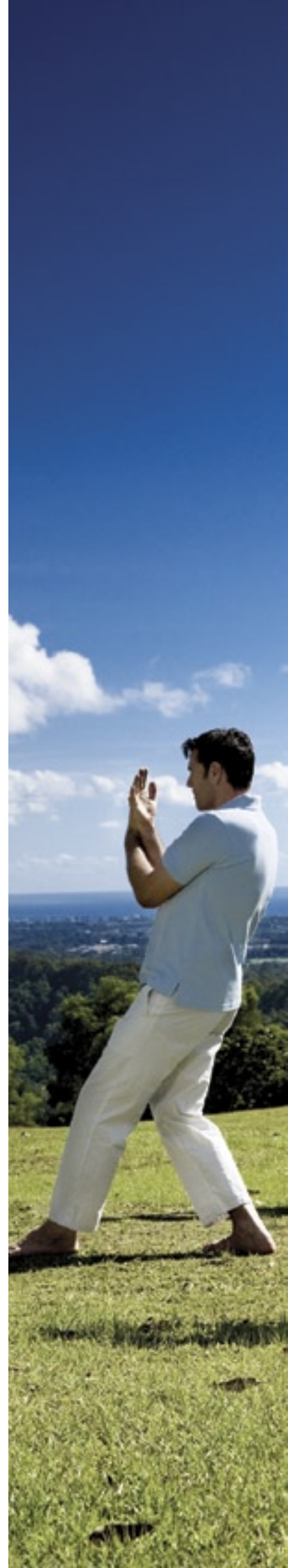
### October

5 night Sunday 2 – Friday 7	Optimum Wellbeing
2 night Friday 7 – Sunday 9	Gwinganna Spa Weekend
5 night Sunday 9 – Friday 14	Optimum Wellbeing
2 night Friday 14 – Sunday 16	Gwinganna Spa Weekend
7 night Sunday 16 – Sunday 23	Gwinganna Detox
5 night Sunday 23 – Friday 28	Optimum Wellbeing
2 night Friday 28 – Sunday 30	Gwinganna Spa Weekend
5 night Sunday 30 – Friday 4	Optimum Wellbeing

### November

2 night Friday 4 – Sunday 6	Gwinganna Spa Weekend
4 night Sunday 6 – Thursday 10	Feast of Nutrition
3 night Thursday 10 – Sunday 13	The Men's Retreat
7 night Sunday 13 – Sunday 20	Gwinganna Detox
5 night Sunday 20 – Friday 25	Optimum Wellbeing
2 night Friday 25 – Sunday 27	Gwinganna Spa Weekend
5 night Sunday 27 – Friday 2 Dec	Optimum Wellbeing

*Gwinganna*  
Lifestyle Retreat



## December 2011 - March 2012

### December

2 night Friday 2 – Sunday 4 Gwinganna Spa Weekend  
7 night Sunday 4 – Sunday 11 Gwinganna Detox

Monday 12 - Monday 26 Dec Summer Break - Closed

### January

7 night Tuesday 27 – Tuesday 3 Jan Gwinganna Detox  
5 night Tuesday 3 – Sunday 8 Optimum Wellbeing  
7 night Sunday 8 – Sunday 15 Gwinganna Detox  
5 night Sunday 15 – Friday 20 Optimum Wellbeing  
2 night Friday 20 – Sunday 22 Gwinganna Spa Weekend  
5 night Sunday 22 – Friday 27 Optimum Wellbeing  
2 night Friday 27 – Sunday 29 Gwinganna Spa Weekend  
4 night Sunday 29 – Thursday 2 Feb Optimal Qi – Energy for Life

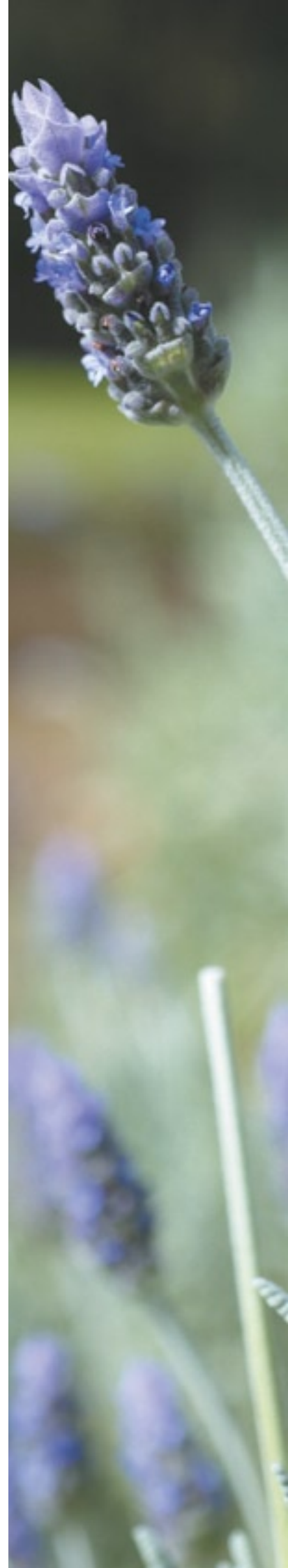
### February

3 night Thursday 2 – Sunday 5 Women's Discovery  
5 night Sunday 5 – Friday 10 Optimum Wellbeing  
2 night Friday 10 – Sunday 12 Gwinganna Spa Weekend  
7 night Sunday 12 – Sunday 19 Gwinganna Detox  
5 night Sunday 19 – Friday 24 Optimum Wellbeing  
2 night Friday 24 – Sunday 26 Gwinganna Spa Weekend

### March

4 night Sunday 26 – Thursday 1 Mar Sleep Discovery  
3 night Thursday 1 – Sunday 4 Organic Living  
5 night Sunday 4 – Friday 9 Optimum Wellbeing  
2 night Friday 9 – Sunday 11 Gwinganna Spa Weekend  
5 night Sunday 11 – Friday 16 Optimum Wellbeing  
3 night Friday 16 – Monday 19 Women's Discovery  
6 night Monday 19 – Sunday 25 Optimum Wellbeing PLUS  
7 night Sunday 25 – Sunday 1 Apr Gwinganna Detox

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Lifestyle Retreat

