

April - October 2010

April

5 night Sunday 4 – Friday 9	Optimum Wellbeing
2 night Friday 9 – Sunday 11	Gwinganna Spa Weekend
4 night Sunday 11 – Thursday 15	Feast of Nutrition
3 night Thursday 15 – Sunday 18	Organic Living
5 night Sunday 18 – Friday 23	Optimum Wellbeing
2 night Friday 23 – Sunday 25	Gwinganna Spa Weekend
5 night Sunday 25 – Friday 30	Optimum Wellbeing
2 night Friday 30 – Sunday 2 May	Gwinganna Spa Weekend

May

7 night Sunday 2 – Sunday 9	Gwinganna Detox
5 night Sunday 9 – Friday 14	Optimum Wellbeing
2 night Friday 14 – Sunday 16	Gwinganna Spa Weekend
5 night Sunday 16 – Friday 21	Optimum Wellbeing
2 night Friday 21 – Sunday 23	Gwinganna Spa Weekend
4 night Sunday 23 – Thursday 27	Sleep Discovery
3 night Thursday 27 – Sunday 30	Womens Discovery
7 night Sunday 30 – Sunday 6 Jun	Gwinganna Detox

June

5 night Sunday 6 – Friday 11	Optimum Wellbeing
3 night Friday 11 – Monday 14	Nourish for Winter NEW
6 night Monday 14 – Sunday 20	Optimum Wellbeing PLUS
5 night Sunday 20 – Friday 25	Optimum Wellbeing
2 night Friday 25 – Sunday 27	Gwinganna Spa Weekend
7 night Sunday 27 – Sunday 4 Jul	Gwinganna Detox

July

5 night Sunday 4 – Friday 9	Optimum Wellbeing
2 night Friday 9 – Sunday 11	Gwinganna Spa Weekend
4 night Sunday 11 – Thursday 15	Feast of Nutrition
3 night Thursday 15 – Sunday 18	Organic Living
5 night Sunday 18 – Friday 23	Optimum Wellbeing
2 night Friday 23 – Sunday 25	Gwinganna Spa Weekend
7 night Sunday 25 – Sunday 1 Aug	Gwinganna Detox

August

5 night Sunday 1 – Friday 6	Optimum Wellbeing
2 night Friday 6 – Sunday 8	Gwinganna Spa Weekend
5 night Sunday 8 – Friday 13	Optimum Wellbeing
3 night Friday 13 – Monday 16	Womens Discovery
6 night Monday 16 – Sunday 22	Optimum Wellbeing PLUS
7 night Sunday 22 – Sunday 29	Gwinganna Detox
5 night Sunday 29 – Friday 3 Sep	Optimum Wellbeing

September

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

Gwinganna
Lifestyle Retreat

Gwinganna Lifestyle Retreat, 192 Syndicate Rd, Tallebudgera Valley QLD 4228
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