



## A Feast of Nutrition

Learn about true nourishment, real food and optimal nutrition on this essential specialty program. Invaluable seminars throughout the four days will help you understand your relationship with food, including emotional drivers, stress and the body's hormonal responses to food choices. An organic cooking demonstration with the Chef will help provide simple solutions to eating well every day and nourishing your body for optimal energy, happiness and body composition. A new perspective on nutrition awaits you!

*Sharon*

Sharon Kolkka  
General Manager

*Gwinganna*  
Lifestyle Retreat

Toll free: 1800 219 272 Phone: +61 7 5589 5000  
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# A Feast of Nutrition

Sunday 11 - Thursday 15 April 2010

Sunday 11 - Thursday 15 July 2010

In this inspiring specialty retreat, you will experience invaluable seminars to help you make sense of the huge amount of nutritional information that floods our everyday lives. Seminars feature nutritionist Caroline Scott and lifestyle specialist Sharon Kolkka plus an organic cooking demonstration. Each day there is also a diverse range of activities to choose from and afternoon Dreamtime to relax and enjoy the Gwinganna Spa Sanctuary.



## 4 nights stay A Feast of Nutrition

### 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
- Cooking demonstration
- 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.



### Caroline Scott

BHSc(N&D)

A graduate of Newcastle University NSW, Caroline is a qualified dietitian and came to Gwinganna direct from the UK where she spent the previous 2 years studying with a UK based nutritionist, working in the area of whole foods. With a background in holistic health encompassing Western herbal medicine and naturopathy, Caroline is a dynamic, well rounded practitioner with years of experience in private practice here in Australia. A session with Caroline will help you to develop an eating plan that works for you, whether you need to manage your weight, energy levels, moods and emotions during the day or just ensure you are on track for good long term healthy eating. With a focus on holistic health management, Caroline will not just look at the foods you are eating but your lifestyle and the relationship you have with the foods you choose on a daily basis.

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