



For the Love of Food

Join this new specialty program for everything you need to eat well and stay well during the season. For the first time, hear Gwinganna's nutritionist Caroline Scott together with resident chef, Hermann Schafellner in this three day retreat combining new cooking sessions with a not to be missed seminar on boosting your immune system through food.

Sharon Kolkka
General Manager

Gwinganna
Lifestyle Retreat

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

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This new three day program offers you sessions with both nutrition and cooking elements, plus an inspiring seminar with nutritionist Caroline Scott. You will learn about the seasonal use of food, the importance of eating organic, take home recipes and ideas plus enjoy all the regular components of a Gwinganna stay. With specialty sessions, all activities and afternoons of Dreamtime to spa and relax, this is an exceptional fully inclusive short break.



3 nights stay Nourish

Heritage

double	\$1280
single	\$1460

Peel House

double	\$1605
single	\$1835

Orchard Suites

twin/double	\$1605
single east	\$1705
single west	\$1805
deluxe twin/double	\$1775
deluxe single	\$2000

Package includes

- 3 nights accommodation
- All organic meals and snacks daily
- 2 classic massages
- Key sessions
- 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 effective 29 May 2011 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.

"This is my third stay at Gwinganna and you've taught me balance in life, nurturing myself and on a nutritional level – food is medicine."
Sammy F, Sydney

A typical day

Tai Chi • Walk/Hike • Breakfast • Physical activity • Morning Tea • Key sessions
• Lunch • Dreamtime • Afternoon Tea • Dinner • Early night



Caroline Scott BHS(N&D) *Nutritionist*

With a background in holistic health encompassing Western herbal medicine and naturopathy, Caroline is a dynamic and passionate practitioner who will inspire you to make healthier choices every day. Her extensive knowledge and infectious energy have seen her present across Australia and she is regularly quoted in the media. Caroline is a strong advocate for whole foods and the Slow Food movement. Caroline presents sessions for guests each week at Gwinganna, including private consultations and various specialty programs.



Hermann Schafellner *Resident Organic Chef*

Hermann has an extensive background in restaurants around the world and has been Resident Organic Chef at Gwinganna since its opening. His philosophy is to use quality produce and not to overwork it, but to enhance it with simple techniques and delicious combinations. He has inspired his team to understand they are not just providing food but are giving guests a nourishing experience for body, mind and soul, and ideas to take home and use every day. His popular organic cooking demonstrations feature on most programs at Gwinganna.

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