



Nourishing You

In this exciting four day program we will explore how to nourish yourself on every level and learn which foods will feed your soul, your heart and your brain.

Invaluable seminars and an organic cooking demonstration with the Chef will help provide simple solutions to eating well every day and nourishing your body for optimal energy and happiness. Nourish yourself.

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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In this practical and inspiring program Caroline will help you understand the connections between body fat, liver function and caffeine and also the connection between the '3pm snack' and your brain health. Using the most up to date biochemical information we will explore how cholesterol is your friend and where food really comes from. Each day there is a also a diverse range of activities to choose from and afternoon Dreamtime to relax and enjoy the Gwinganna Spa Sanctuary.



4 night stay Nourishing You

Heritage

double	\$1710
single	\$1945

Peel House

double	\$2145
single	\$2450

Orchard Suites

twin/double	\$2145
single east	\$2270
single west	\$2410
deluxe twin/double	\$2370
deluxe single	\$2670

Package includes

4 nights accommodation • All organic meals and snacks
• 1 classic massage and 1 facial • \$100 wellness therapy credit • Key lifestyle seminars • 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.



Caroline Scott

BHSc(N&D)

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.

"Caroline's presentations are absolutely fabulous and life changing. It was great that the Chef supported the philosophy and reinforced the talks with fabulous food."
Robyn M, Victoria

"Caroline is an incredibly passionate and dynamic as a presenter and gives you a lot of information in a clear way without forcing her beliefs upon you, this was a great life changing experience."
Melissa J, Victoria

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