



Mondo Organics at Gwinganna

For the first time, we invite you to experience Brisbane's popular Mondo Organics at Gwinganna Lifestyle Retreat for an exclusive weekend of cooking and inspiration. Mondo restaurant, catering and cooking school was inspired by a concern about the increasing use of chemical pesticides, preservatives and genetically-modified additives in everyday foods. There will be two fantastic sessions by Mondo together with cuisine from Gwinganna's resident Organic Chef Hermann Schafellner.

Sharon Kolkka
General Manager

Gwinganna
Lifestyle Retreat

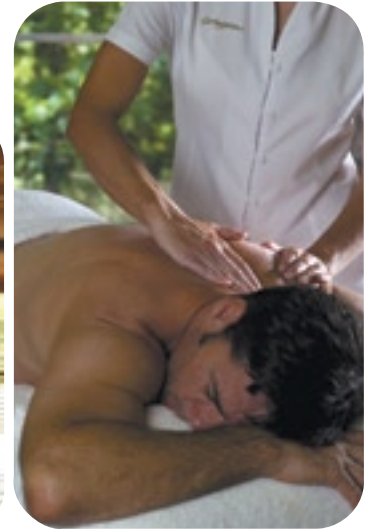
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Mondo Organics at Gwinganna

Friday 26 – Sunday 28 November 2010

Aligned with Gwinganna's strong commitment to organic produce and education, Mondo Organics at Gwinganna is the ideal weekend to discover food and recipes that will benefit you and your family's wellbeing. The weekend will include sessions with the Mondo Organics team, Gwinganna's delicious organic cuisine, and the opportunity to enjoy superb facilities and activities, stylish accommodation and exceptional spa treatments.

Book early to reserve your place at this very special weekend.



2 nights stay Mondo Organics retreat

Heritage

double \$ 980
single \$1095

Peel House

double \$1100
single \$1285

Orchard Suites

twin/double \$1140
single east \$1195
single west \$1265
deluxe twin/double \$1245
deluxe single \$1360

Package includes:

- 2 nights stylish eco luxury accommodation
- \$250 spa credit per person
- All organic meals and snacks, morning coffee, teas and evening glass of wine
- Access to all facilities and scheduled activities such as yoga and bushwalking
- Educational walks with resident botanist
- Courtesy transfers from Gold Coast Airport at set times

Rates for 'The Villas' are also available. For more information please call our Retreat Advisors on 1800 219 272

All rates are per person, in Australian dollars and include GST. Rates are effective until 28 August 2010 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.



A typical day

Hike • Breakfast • Activities • Morning Tea
Seminar • Lunch • Dreamtime • Afternoon Tea
Dinner • After dinner discussions or early night

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