

## Retreats December 2018 to March 2019

### December

#### Sunday 9 – Thursday 27

7 night Thursday 27 – Thursday 3 Jan

### Summer break – closed

Gwinganna New Year Detox

### January

7 night Thursday 3 – Thursday 10

Gwinganna New Year Detox

3 night Thursday 10 – Sunday 13

Time Out Weekend

7 night Sunday 13 – Sunday 20

Gwinganna New Year Detox

5 night Sunday 20 – Friday 25

Optimum Wellbeing 50 Plus

2 night Friday 25 – Sunday 27

Gwinganna Wellness Weekend

4 night Sunday 27 – Thursday 31

'Triple S' – sleep, sugar, stress

3 night Thursday 31 – Sunday 3 Feb

Women's Discovery

### February

7 night Sunday 3 – Sunday 10

Gwinganna New Year Detox

5 night Sunday 10 – Friday 15

Optimum Wellbeing

2 night Friday 15 – Sunday 17

Gwinganna Wellness Weekend

7 night Sunday 17 – Sunday 24

Gwinganna Detox

4 night Sunday 24 – Thursday 28

Journey to Inner Freedom **NEW**

3 night Thursday 28 – Sunday 3 Mar

Time Out Weekend

### March

5 night Sunday 3 – Friday 8

Optimum Wellbeing

2 night Friday 8 – Sunday 10

Gwinganna Wellness Weekend

7 night Sunday 10 – Sunday 17

Gwinganna Detox

5 night Sunday 17 – Friday 22

Optimum Wellbeing

2 night Friday 22 – Sunday 24

Gwinganna Wellness Weekend

4 night Sunday 24 – Thursday 28

Nourishing You

3 night Thursday 28 – Sunday 31

The Yoga Retreat **NEW**

5 night Sunday 31 – Friday 5 Apr

Optimum Wellbeing

## Retreats April to July 2019

### April

2 night Friday 5 – Sunday 7	Gwinganna Wellness Weekend
7 night Sunday 7 – Sunday 14	Gwinganna Detox
4 night Sunday 14 – Thursday 18	'Triple S' – sleep, sugar, stress
7 night Thursday 18 – Thursday 25	Gwinganna Detox
3 night Thursday 25 – Sunday 28	Life in Balance
5 night Sunday 28 – Friday 3 May	Optimum Wellbeing

### May

2 night Friday 3 – Sunday 5	Gwinganna Wellness Weekend
7 night Sunday 5 – Sunday 12	Gwinganna Detox
5 night Sunday 12 – Friday 17	Optimum Wellbeing
2 night Friday 17 – Sunday 19	Gwinganna Wellness Weekend
4 night Sunday 19 – Thursday 23	'Triple S' – sleep, sugar, stress
3 night Thursday 23 – Sunday 26	Organic Living
5 night Sunday 26 – Friday 31	Optimum Wellbeing
2 night Friday 31 – Sunday 2 Jun	Gwinganna Wellness Weekend

### June

5 night Sunday 2 – Friday 7	Optimum Wellbeing
2 night Friday 7 – Sunday 9	Gwinganna Wellness Weekend
7 night Sunday 9 – Sunday 16	Gwinganna Winter Detox
5 night Sunday 16 – Friday 21	Optimum Wellbeing
2 night Friday 21 – Sunday 23	Gwinganna Wellness Weekend
5 night Sunday 23 – Friday 28	Optimum Wellbeing
2 night Friday 28 – Sunday 30	Gwinganna Wellness Weekend
7 night Sunday 30 – Sunday 7 Jul	Gwinganna Winter Detox

### July

4 night Sunday 7 – Thursday 11	'Triple S' – sleep, sugar, stress
3 night Thursday 11 – Sunday 14	Winter Wellness
5 night Sunday 14 – Friday 19	Optimum Wellbeing
2 night Friday 19 – Sunday 21	Gwinganna Wellness Weekend
7 night Sunday 21 – Sunday 28	Gwinganna Winter Detox
5 night Sunday 28 – Friday 2 Aug	Optimum Wellbeing

## Retreats August 2019

### August

2 night Friday 2 – Sunday 4	Gwinganna Wellness Weekend
5 night Sunday 4 – Friday 9	Optimum Wellbeing
2 night Friday 9 – Sunday 11	Gwinganna Wellness Weekend
7 night Sunday 11 – Sunday 18	Gwinganna Winter Detox
4 night Sunday 18 – Thursday 22	Nourishing You
3 night Thursday 22 – Sunday 25	Time Out Weekend
7 night Sunday 25 – Sunday 1 Sept	To be released