

## Retreats February 2019 to May 2019

### 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 <b>NEW</b>
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 <b>NEW</b>
5 night Sunday 31 – Friday 5 Apr	Optimum Wellbeing

### 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

## Retreats June to August 2019

### 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	Graceful Ageing <b>NEW</b>
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

### 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