



## Retreats August to December 2019

### August

3 night Thursday 22 – Sunday 25

Time Out Weekend

7 night Sunday 25 – Sunday 1 Sept

Genes for Health **NEW**

### September

5 night Sunday 1 – Friday 6

Optimum Wellbeing

2 night Friday 6 – Sunday 8

Gwinganna Wellness Weekend

5 night Sunday 8 – Friday 13

Optimum Wellbeing

2 night Friday 13 – Sunday 15

Gwinganna Wellness Weekend

4 night Sunday 15 – Thursday 19

Triple S – sleep, sugar, stress

3 night Thursday 19 – Sunday 22

The Secret Life of Food **NEW**

5 night Sunday 22 – Friday 27

Optimum Wellbeing

2 night Friday 27 – Sunday 29

Gwinganna Wellness Weekend

7 night Sunday 29 – Sunday 6 Oct

Gwinganna Spring Detox

### October

5 night Sunday 6 – Friday 11

Optimum Wellbeing

2 night Friday 11 – Sunday 13

Gwinganna Wellness Weekend

5 night Sunday 13 – Friday 18

Optimum Wellbeing

2 night Friday 18 – Sunday 20

Gwinganna Wellness Weekend

7 night Sunday 20 – Sunday 27

Gwinganna Spring Detox

5 night Sunday 27 – Friday 1 Nov

Optimum Wellbeing

### November

2 night Friday 1 – Sunday 3

Gwinganna Wellness Weekend

4 night Sunday 3 – Thursday 7

Women's Discovery – The Next Chapter

3 night Thursday 7 – Sunday 10

Time Out Weekend

5 night Sunday 10 – Friday 15

Optimum Wellbeing

2 night Friday 15 – Sunday 17

Specialty Weekend – Heart, Brain, Health

7 night Sunday 17 – Sunday 24

Gwinganna Spring Detox

5 night Sunday 24 – Friday 29

Optimum Wellbeing

2 night Friday 29 – Sunday 1 Dec

Gwinganna Wellness Weekend

### December

7 night Sunday 1 – Sunday 8

Gwinganna Detox

3 night Sunday 8 – Wednesday 11

The Yoga Retreat

**Wednesday 11 – Friday 27**

**Summer break – closed**

7 night Friday 27 Dec – Friday 3 Jan

Gwinganna New Year Detox

# Retreats January to April 2020

## January

7 night Friday 3 – Friday 10	Gwinganna New Year Detox
2 night Friday 10 – Sunday 12	Gwinganna Wellness Weekend
7 night Sunday 12 – Sunday 19	Gwinganna New Year Detox
4 night Sunday 19 – Thursday 23	'Triple S' – sleep, sugar, stress
3 night Thursday 23 – Sunday 26	Time Out Weekend
5 Night Sunday 26 – Friday 31	Optimum Wellbeing 50 Plus
2 night Friday 31 – Sunday 2 Feb	Gwinganna Wellness Weekend

## February

5 night Sunday 2 – Friday 7	Optimum Wellbeing
2 night Friday 7 – Sunday 9	Gwinganna Wellness Weekend
7 night Sunday 9 – Sunday 16	Gwinganna New Year Detox
5 night Sunday 16 – Friday 21	Journey to Inner Freedom
2 night Friday 21 – Sunday 23	Gwinganna Wellness Weekend
7 night Sunday 23 – Sunday 1 Mar	Gwinganna Detox

## March

5 night Sunday 1 – Friday 6	Optimum Wellbeing
2 night Friday 6 – Sunday 8	Gwinganna Wellness Weekend
4 night Sunday 8 – Thursday 12	Nourishing You
3 night Thursday 12 – Sunday 15	Condition Your Calm <b>NEW</b>
5 night Sunday 15 – Friday 20	Optimum Wellbeing
2 night Friday 20 – Sunday 22	Gwinganna Wellness Weekend
7 night Sunday 22 – Sunday 29	Gwinganna Detox
5 night Sunday 29 – Friday 3 Apr	Optimum Wellbeing

## April

2 night Friday 3 – Sunday 5	Gwinganna Wellness Weekend
4 night Sunday 5 – Thursday 9	'Triple S' – sleep, sugar, stress
7 night Thursday 9 – Thursday 16	Gwinganna Detox
3 night Thursday 16 – Sunday 19	Time Out Weekend
5 night Sunday 19 – Friday 24	Optimum Wellbeing
2 night Friday 24 – Sunday 26	Gwinganna Wellness Weekend
7 night Sunday 26 – Sunday 3 May	Gwinganna Detox