

Retreats July to October 2020

July

5 night Sunday 5 – Friday 10	Optimum Wellbeing
2 night Friday 10 – Sunday 12	Gwinganna Wellness Weekend
7 night Sunday 12 – Sunday 19	Gwinganna Winter Detox
5 night Sunday 19 – Friday 24	Optimum Wellbeing
2 night Friday 24 – Sunday 26	Gwinganna Wellness Weekend
4 night Sunday 26 – Thursday 30	Live Life Well
3 night Thursday 30 – Sunday 2 Aug	Winter Wellness

August

7 night Sunday 2 – Sunday 9	Gwinganna Winter Detox
5 night Sunday 9 – Friday 14	Optimum Wellbeing
2 night Friday 14 – Sunday 16	To be released
5 night Sunday 16 – Friday 21	Optimum Wellbeing
2 night Friday 21 – Sunday 23	Gwinganna Wellness Weekend
7 night Sunday 23 – Sunday 30	Gwinganna Spring Detox
4 night Sunday 30 – Thursday 3 Sept	'Triple S' – sleep, sugar, stress

September

3 night Thursday 3 – Sunday 6	Time Out Weekend
5 night Sunday 6 – Friday 11	Optimum Wellbeing
2 night Friday 11 – Sunday 13	Gwinganna Wellness Weekend
7 night Sunday 13 – Sunday 20	Gwinganna Spring Detox
5 night Sunday 20 – Friday 25	Optimum Wellbeing
2 night Friday 25 – Sunday 27	Gwinganna Wellness Weekend
4 night Sunday 27 – Thursday 1 Oct	Women's Discovery – The Next Chapter

October

3 night Thursday 1 – Sunday 4	Organic Living
7 night Sunday 4 – Sunday 11	Gwinganna Spring Detox
5 night Sunday 11 – Friday 16	Optimum Wellbeing
2 night Friday 16 – Sunday 18	Gwinganna Wellness Weekend

Retreats October 2020 to February 2021

October

5 night Sunday 18 – Friday 23	Optimum Wellbeing
2 night Friday 23 – Sunday 25	Gwinganna Wellness Weekend
7 night Sunday 25 – Sunday 1 Nov	Gwinganna Spring Detox

November

4 night Sunday 1 – Thursday 5	Triple S – Sleep, Sugar, Stress
3 night Thursday 5 – Sunday 8	Yoga Retreat
5 night Sunday 8 – Friday 13	Optimum Wellbeing
2 night Friday 13 – Sunday 15	Wellness Weekend
7 night Sunday 15 – Sunday 22	Gwinganna Spring Detox
5 night Sunday 22 – Friday 27	Optimum Wellbeing
2 night Friday 27 – Sunday 29	Wellness Weekend
4 night Sunday 29 – Thursday 3	Live, Life, Well

December

3 night Thursday 3 – Sunday 6	Time Out
7 night Sunday 6 – Sunday 13	Gwinganna Detox

Sunday 13 December – Sunday 27 December – Summer Break closed

7 night Sunday 27 – Sunday 3	Gwinganna New Year Detox
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January

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 New Year Detox
4 night Sunday 24 – Friday 28	Triple S – Sleep, Sugar, Stress
3 night Friday 28 – Sunday 31	Time Out Weekend
5 night Sunday 31 – Friday 5	Optimum Wellbeing

February

2 night Friday 5 – Sunday 7	Gwinganna Wellness Weekend
7 night Sunday 7 – Sunday 14	Gwinganna New Year Detox
5 night Sunday 14 – Friday 19	Optimum Wellbeing
2 night Friday 19 – Sunday 21	Wellness Weekend

Retreats February to March 2021

February

4 night Sunday 21– Thursday 25	Live Life Well
3 night Thursday 25 – Sunday 28	To Be Released
7 night Sunday 28 – Sunday March 7	Genes for Health

March

5 night Sunday 7 – Friday 12	Optimum Wellbeing
2 night Friday 12 – Sunday 14	Gwinganna Wellness Weekend
7 night Sunday 14 – Sunday 21	Gwinganna Detox
5 night Sunday 21 – Friday 26	Optimum Wellbeing
2 night Friday 26 – Sunday 28	Gwinganna Wellness Weekend
4 night Sunday 28– Thursday 1 April	Triple S – Sleep, Sugar, Stress