



Retreats August to November 2020

Please note, there may be changes to the current retreat schedule due to government restrictions. We will update this as soon as we can. Please contact our Retreat Advisors on info@gwinganna.com for more details or specific queries.

Thank you for your patience.

August

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| 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

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| 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

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| 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 |
| 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

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| 4 night Sunday 1 – Thursday 5 | Triple S – Sleep, Sugar, Stress |
| 3 night Thursday 5 – Sunday 8 | The Yoga Retreat |
| 5 night Sunday 8 – Friday 13 | Optimum Wellbeing |
| 2 night Friday 13 – Sunday 15 | Gwinganna 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 | Gwinganna Wellness Weekend |
| 4 night Sunday 29 – Thursday 3 Dec | Live, Life, Well |



Retreats December 2020 to March 2021

December

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| 3 night Thursday 3 – Sunday 6 | Time Out Weekend |
| 7 night Sunday 6 – Sunday 13 | Gwinganna Detox |
| 4 night Sunday 13 - Thursday 17 | Triple S – Sleep, Sugar, Stress |
| 3 night Thursday 17 - Sunday 20 | Time Out Weekend |
| Sunday 20 December – Sunday 27 December – Summer Break closed | |
| 7 night Sunday 27 – Sunday 3 | Gwinganna New Year Detox |

January

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| 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

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| 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 | Gwinganna Wellness Weekend |
| 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

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| 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 |