



## Retreats November to February 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](mailto:info@gwinganna.com) for more details or specific queries. Thank you for your patience.

### November

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

### December

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
<b>Sunday 20 December – Sunday 27 December – Summer Break closed</b>	
7 night Sunday 27 – Sunday 3 Jan	Gwinganna New Year Detox

### 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 – Thursday 28	'Triple S' – sleep, sugar, stress
3 night Thursday 28 – Sunday 31	Time Out Weekend
5 night Sunday 31 – Friday 5 Feb	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	Gwinganna Wellness Weekend
4 night Sunday 21 – Thursday 25	Live, Life, Well
3 night Thursday 25 – Sunday 28	Condition Your Calm
7 night Sunday 28 – Sunday 7 March	Genes for Health



## Retreats March 2021 to June 2021

### March

5 night Sunday 7 – Friday 12  
2 night Friday 12 – Sunday 14  
7 night Sunday 14 – Sunday 21  
5 night Sunday 21 – Friday 26  
2 night Friday 26 – Sunday 28  
4 night Sunday 28– Thursday 1 April

Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Detox  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
'Triple S' – sleep, sugar, stress

### April

7 night Thursday 1 – Thursday 8  
3 night Thursday 8 – Sunday 11  
5 night Sunday 11 – Friday 16  
2 night Friday 16 – Sunday 18  
7 night Sunday 18 – Sunday 25  
5 night Sunday 25 – Friday 30  
2 night Friday 30 – Sunday 2 May

Gwinganna Detox  
**NEW!** The Equine Retreat  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Detox  
Optimum Wellbeing  
Gwinganna Wellness Weekend

### May

4 night Sunday 2 – Thursday 6  
3 night Thursday 6 – Sunday 9  
5 night Sunday 9 – Friday 14  
2 night Friday 14 – Sunday 16  
7 night Sunday 16– Sunday 23  
5 night Sunday 23 – Friday 28  
2 night Friday 28 – Sunday 30  
4 night Sunday 30 – Thursday 3 Jun

'Triple S' – sleep, sugar, stress  
Time Out Weekend  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Detox  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Live, Life, Well

### June

3 night Thursday 3 – Sunday 6  
5 night Sunday 6 – Friday 11  
2 night Friday 11 – Sunday 13  
5 night Sunday 13 – Friday 18  
2 night Friday 18 – Sunday 20  
7 night Sunday 20 – Sunday 27  
4 night Sunday 27 – Thursday 1 Jul

The Yoga Retreat  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Winter Detox  
'Triple S' – sleep, sugar, stress