



Retreats October to December 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.

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



Retreats January 2021 to April 2021

January

7 night Sunday 3 – Sunday 10
5 night Sunday 10 – Friday 15
2 night Friday 15 – Sunday 17
7 night Sunday 17 – Sunday 24
4 night Sunday 24 – Thursday 28
3 night Thursday 28 – Sunday 31
5 night Sunday 31 – Friday 5 Feb

Gwinganna New Year Detox
Optimum Wellbeing
Gwinganna Wellness Weekend
Gwinganna New Year Detox
'Triple S' – sleep, sugar, stress
Time Out Weekend
Optimum Wellbeing

February

2 night Friday 5 – Sunday 7
7 night Sunday 7 – Sunday 14
5 night Sunday 14 – Friday 19
2 night Friday 19 – Sunday 21
4 night Sunday 21 – Thursday 25
3 night Thursday 25 – Sunday 28
7 night Sunday 28 – Sunday 7 March

Gwinganna Wellness Weekend
Gwinganna New Year Detox
Optimum Wellbeing
Gwinganna Wellness Weekend
Live, Life, Well
Condition Your Calm
Genes for Health

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



Retreats May 2021 to June 2021

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