



## Retreats January to April 2021

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.

### January

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

### 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

### April

7 night Thursday 1 – Thursday 8	Gwinganna Detox
3 night Thursday 8 – Sunday 11	<b>NEW!</b> The Equine Retreat
5 night Sunday 11 – Friday 16	Optimum Wellbeing
2 night Friday 16 – Sunday 18	Gwinganna Wellness Weekend
7 night Sunday 18 – Sunday 25	Gwinganna Detox
5 night Sunday 25 – Friday 30	Optimum Wellbeing
2 night Friday 30 – Sunday 2 May	Gwinganna Wellness Weekend



## Retreats May to August 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

### July

3 night Thursday 1 – Sunday 4  
5 night Sunday 4 – Friday 9  
2 night Friday 9 – Sunday 11  
7 night Sunday 11 – Sunday 18  
5 night Sunday 18 – Friday 23  
2 night Friday 23 – Sunday 25  
5 night Sunday 25 – Friday 30  
2 night Friday 30 – Sunday 1

Winter Wellness  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Winter Detox  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Optimum Wellbeing  
Gwinganna Wellness Weekend

### August

7 night Sunday 1 – Sunday 8  
4 night Sunday 8 – Thursday 12  
3 night Thursday 12 – Sunday 15  
5 night Sunday 15 – Friday 20  
2 night Friday 20 – Sunday 22  
7 night Sunday 22 – Sunday 29  
5 night Sunday 29 – Friday 3 Sept

Gwinganna Winter Detox  
Women's Discovery  
Winter Wellness  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Detox  
Optimum Wellbeing



## Retreats September 2021

### September

2 night Friday 3 – Sunday 5	Gwinganna Wellness Weekend
5 night Sunday 5 – Friday 10	Optimum Wellbeing
2 night Friday 10– Sunday 12	Gwinganna Wellness Weekend
7 night Sunday 12 – Sunday 19	Gwinganna Spring Detox
4 night Sunday 19 – Thursday 23	'Triple S' – sleep, sugar, stress
3 night Thursday 23 – Sunday 26	The Yoga Retreat
5 night Sunday 26 – Friday 1 Oct	Optimum Wellbeing