



## Retreats July to October 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.

### July

2 night Friday 9 – Sunday 11	Gwinganna Wellness Weekend
7 night Sunday 11 – Sunday 18	Gwinganna Winter Detox
5 night Sunday 18 – Friday 23	Optimum Wellbeing
2 night Friday 23 – Sunday 25	Gwinganna Wellness Weekend
5 night Sunday 25 – Friday 30	Optimum Wellbeing
2 night Friday 30 – Sunday 1	Gwinganna Wellness Weekend

### August

7 night Sunday 1 – Sunday 8	Gwinganna Winter Detox
4 night Sunday 8 – Thursday 12	Women's Discovery
3 night Thursday 12 – Sunday 15	Winter Wellness
5 night Sunday 15 – Friday 20	Optimum Wellbeing
2 night Friday 20 – Sunday 22	Gwinganna Wellness Weekend
7 night Sunday 22 – Sunday 29	Gwinganna Detox
5 night Sunday 29 – Friday 3 Sept	Optimum Wellbeing

### 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

### October

2 night Friday 1 – Sunday 3	Gwinganna Wellness Weekend
7 night Sunday 3 – Sunday 10	Gwinganna Spring Detox
5 night Sunday 10 – Friday 15	Optimum Wellbeing
2 night Friday 15 – Sunday 17	Gwinganna Wellness Weekend
4 night Sunday 17 – Thursday 21	Live. Life. Well.
3 night Thursday 21 – Sunday 24	Organic Living
7 night Sunday 24 – Sunday 31	Gwinganna Spring Detox
5 night Sunday 31 – Friday 5 Nov	Optimum Wellbeing



## Retreats November 2021 to February 2022

### November

2 night Friday 5– Sunday 7	Gwinganna Wellness Weekend
7 night Sunday 7 – Sunday 14	Gwinganna Spring Detox
5 night Sunday 14 – Friday 19	Optimum Wellbeing
2 night Friday 19 – Sunday 21	Gwinganna Wellness Weekend
7 night Sunday 21 – Sunday 28	Gwinganna Detox
4 night Sunday 28 – Thursday 2 Dec	Triple S – sleep, sugar, stress

### December

3 night Thursday 2 – Sunday 5	Time Out Weekend
5 night Sunday 5 – Friday 10	Optimum Wellbeing
2 night Friday 10– Sunday 12	Gwinganna Wellness Weekend

### **Monday 13 December – Sunday 26 December - Summer Break Closed**

7 night Monday 27 – Monday 3 Jan	Gwinganna New Year Detox
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### January

7 night Monday 3 – Monday 10	Gwinganna New Year Detox
4 night Monday 10 – Friday 14	Live. Life. Well.
2 night Friday 14 – Sunday 16	Gwinganna Wellness Weekend
7 night Sunday 16 – Sunday 23	Gwinganna New Year Detox
5 night Sunday 23 – Friday 28	Optimum Wellbeing
2 night Friday 28 – Sunday 30	Gwinganna Wellness Weekend
5 night Sunday 30 – Friday 4 Feb	Optimum Wellbeing

### February

2 night Friday 4 – Sunday 6	Gwinganna Wellness Weekend
7 night Sunday 6 – Sunday 13	Gwinganna New Year Detox
4 night Sunday 13 – Thursday 17	Triple S – sleep, sugar, stress
3 night Thursday 17 – Sunday 20	The Yoga Retreat
5 night Sunday 20 – Friday 25	Optimum Wellbeing
2 night Friday 25 – Sunday 27	Gwinganna Wellness Weekend