



Retreats November 2021 to January 2022

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.

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
3 night Sunday 12– Wednesday 15	The Yoga Retreat
2 night Wednesday 15 – Friday 17	Wellness Weekend - Summer Joy NEW

Saturday 18 December – Sunday 26 December Closed for Summer Break

December continued

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



Retreats February to May 2022

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	Condition Your Calm
5 night Sunday 20 – Friday 25	Optimum Wellbeing
2 night Friday 25 – Sunday 27	Gwinganna Wellness Weekend
7 night Sunday 27 - Sunday 6	Gwinganna Detox

March

5 night Sunday 6 – Friday 11	Optimum Wellbeing
2 night Friday 11– Sunday 13	Gwinganna Wellness Weekend
4 night Sunday 13 – Thursday 17	Live. Life. Well.
3 night Thursday 17 – Sunday 20	The Yoga Retreat
7 night Sunday 20 – Sunday 27	Gwinganna Detox
5 night Sunday 27– Friday 1 April	Optimum Wellbeing

April

2 night Friday 1– Sunday 3	Gwinganna Wellness Weekend
7 night Sunday 3 – Sunday 10	Gwinganna Detox
4 night Sunday 10 – Thursday 14	Triple S – sleep, sugar, stress
7 night Thursday 14 – Thursday 21	Gwinganna Detox
3 night Thursday 21 – Sunday 24	To be released
5 night Sunday 24– Friday 29	Optimum Wellbeing
2 night Friday 29 – Sunday 1 May	Gwinganna Wellness Weekend

May

7 night Sunday 1 – Sunday 8	Gwinganna Detox
4 night Sunday 8 – Thursday 12	Women's Discovery
3 night Thursday 12 – Sunday 15	The Yoga Retreat
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 June	Optimum Wellbeing



Retreats June to July 2022

June

2 night Friday 3– Sunday 5

5 night Sunday 5 – Friday 10

2 night Friday 10 – Sunday 12

7 night Sunday 12 – Sunday 19

4 night Sunday 19 – Thursday 23

3 night Thursday 23 – Sunday 26

7 night Sunday 26 – Sunday 3

Gwinganna Wellness Weekend

Optimum Wellbeing

Gwinganna Wellness Weekend

Gwinganna Winter Detox

Live. Life. Well.

Condition Your Calm

Gwinganna Winter Detox

July

5 night Sunday 3 – Friday 8

2 night Friday 8 – Sunday 10

7 night Sunday 10 – Sunday 17

4 night Sunday 17 – Thursday 21

3 night Thursday 21 – Sunday 24

5 night Sunday 24 – Friday 29

2 night Friday 29 – Sunday 31

Optimum Wellbeing

Gwinganna Wellness Weekend

Gwinganna Winter Detox

Triple S – sleep, sugar, stress

Winter Wellness

Optimum Wellbeing

Gwinganna Wellness Weekend