



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

### January

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	Time Out Weekend
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	<b>NEW</b> Heart. Mind. Wellness.
5 night Sunday 24– Friday 29	Optimum Wellbeing
2 night Friday 29 – Sunday 1 May	Gwinganna Wellness Weekend



## Retreats May to July 2022

### May

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 June

Gwinganna Detox  
Women's Discovery  
The Yoga Retreat  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Detox  
Optimum Wellbeing

### 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