



Retreats May to July 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.

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

June

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 Winter Detox
4 night Sunday 19 – Thursday 23	Live. Life. Well.
3 night Thursday 23 – Sunday 26	Condition Your Calm
7 night Sunday 26 – Sunday 3 July	Gwinganna Winter Detox

July

5 night Sunday 3 – Friday 8	Optimum Wellbeing
2 night Friday 8 – Sunday 10	Gwinganna Wellness Weekend
7 night Sunday 10 – Sunday 17	Gwinganna Winter Detox
4 night Sunday 17 – Thursday 21	Triple S – sleep, sugar, stress
3 night Thursday 21 – Sunday 24	Winter Wellness
5 night Sunday 24 – Friday 29	Optimum Wellbeing
2 night Friday 29 – Sunday 31	Gwinganna Wellness Weekend

August

7 night Sunday 31 July – Sunday 7	Gwinganna Winter Detox
5 night Sunday 7 – Friday 12	Optimum Wellbeing program
2 night Friday 12 – Sunday 14	Gwinganna Wellness Weekend
4 night Sunday 14 – Thursday 18	Live. Life. Well.
3 night Thursday 18 – Sunday 21	Winter Wellness
7 night Sunday 21 – Sunday 28	Gwinganna Detox
5 night Sunday 28 – Friday 2 Sept	Optimum Wellbeing



Retreats September 2022 to January 2023

September

2 night Friday 2 – Sunday 4	Gwinganna Wellness Weekend
5 night Sunday 4 – Friday 9	Optimum Wellbeing
2 night Friday 9 – Sunday 11	Gwinganna Wellness Weekend
7 night Sunday 11 – Sunday 18	Gwinganna Spring Detox
4 night Sunday 18 – Thursday 22	Triple S – sleep, sugar, stress
3 night Thursday 22 – Sunday 25	The Yoga Retreat
7 night Sunday 25 – Sunday 2 Oct	Gwinganna Spring Detox

October

5 night Sunday 2 – Friday 7	Optimum Wellbeing
2 night Friday 7 – Sunday 9	Gwinganna Wellness Weekend
7 night Sunday 9 – Sunday 16	Gwinganna Spring Detox
4 night Sunday 16 – Thursday 20	Live. Life. Well.
3 night Thursday 20 – Sunday 23	Organic living
5 night Sunday 23 – Friday 28	Optimum Wellbeing
2 night Friday 28 – Sunday 30	Gwinganna Wellness Weekend
7 night Sunday 30 – Sunday 6 Nov	Gwinganna Spring Detox

November

5 night Sunday 6 – Friday 11	Optimum Wellbeing
2 night Friday 11 – Sunday 13	Gwinganna Wellness Weekend
7 night Sunday 13 – Sunday 20	Gwinganna Detox
4 night Sunday 20 – Thursday 24	Triple S – sleep, sugar, stress
3 night Thursday 24 – Sunday 27	Time out Weekend
7 night Sunday 27 – Sunday 4 Dec	Gwinganna Detox

December

5 night Sunday 4 – Friday 9	Optimum Wellbeing
2 night Friday 9 – Sunday 11	Gwinganna Wellness Weekend
5 night Sunday 11 – Friday 16	Optimum Wellbeing
Summer Break Friday 16 – Monday 26 December	
7 night Tuesday 27 – Tuesday 3 Jan	Gwinganna New Year Detox

January

7 night Tuesday 3 – Tuesday 10	Gwinganna New Year Detox
5 night Tuesday 10 – Sunday 15	Optimum Wellbeing