

## Health Discovery

This exciting program offers you the expertise of Dr Karen Coates who provides a common sense approach to maintaining optimum health. Her Women's Discovery retreat is one of our most popular and now both men and women can join these specialty health workshops, along with a variety of activities and the opportunity to recharge during Dreamtime each afternoon. Don't miss it.

Sharon Kolkka  
General Manager

*Gwinganna*  
Lifestyle Retreat

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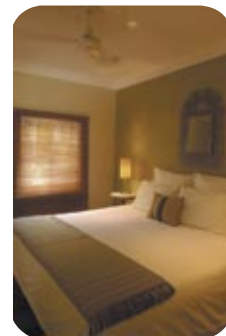
# Health Discovery

**Thursday 12 – Sunday 15 March 2009**

**Friday 29 May – Monday 1 June 2009**

**Thursday 9 – Sunday 12 July 2009**

During your 3 night stay in an ideal environment designed to assist you achieve wellbeing, you will join an outstanding educational program. Suitable for both men and women of all ages, it may just save your life. Learn how to work in partnership with your doctor and integrate both complementary and western medicine into your health care program. Morning activities are included and in the afternoons, relax and enjoy the spa during Dreamtime.



## 3 nights stay Health Discovery

### Heritage

double	\$1245
single	\$1415

### Peel House

double	\$1425
single	\$1695

### Orchard Suites

twin/double	\$1485
single east	\$1575
single west	\$1670
deluxe twin/double	\$1645
deluxe single	\$1815

### Package includes

3 nights accommodation • All organic meals and snacks daily • 2 classic massages • Key lifestyle seminars • Access to all facilities and scheduled activities • Courtesy transfers from Gold Coast Airport at set times

**Rates for The Villas also available, please contact our Retreat Advisors for details.**

All rates are per person, in Australian dollars and include GST. Rates are effective 29 March 2009 and are subject to change without prior notice. Retreats are subject to availability.



### Dr Karen Coates

Dr Karen Coates has been a practising doctor for 20 years, with degrees in Medicine and Surgery, post graduate qualifications in Obstetrics and Gynaecology, Nutritional and

Environmental Medicine. Her unique style seamlessly integrates natural therapies and alternative health practices with conventional pathways to health.

An advocate for self-responsibility in health, she has a passion for teaching and a gift for explaining complex health concepts in easy to understand terminology.

Karen continually updates her knowledge base as scientific research becomes available. Living on the Gold Coast for the past ten years, she has authored 'Awaken the Warrior – Reclaiming Optimal Wellness: the Essential Guide for Women.'



*"The most comprehensive retreat in the country, with elements never thought about to make this experience special."*

Michael Ryan

# Gwinganna

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