



## *Optimal Qi - Energy for Life*

Emotional Intelligence is what everyone needs to survive in the modern world. Learn how to deal effectively with stress both in and out of the workplace. Isolate what drains your Qi (life force) and find what it is that rebalances your essence permanently. The relationship you have with 'yourself' is the most important relationship that you have in this world and affects every other relationship in your life. Learn the ability to mature gracefully but still embrace all that life has to offer.

Experience a deeper sense of wisdom that has the power to improve all levels of your being, physical, emotional, mental and spiritual wellness. This is a program that will change your perceptions and your life.

Sharon Kolkka, General Manager  
Gwinganna Lifestyle Retreat

# Optimal Qi - Energy for life

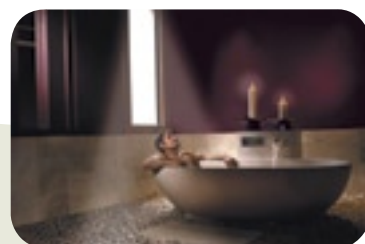


Sunday 14 – Thursday 18 February 2010

Sunday 12 – Thursday 16 September 2010

Sunday 23 - Thursday 27 January 2011

By understanding what your thoughts create in your life, you will gain a greater insight as to how your habits and regular patterns of behaviour unfold on a daily basis. Through daily seminars, popular presenters Linda Franke and Neale Svenson will draw from ancient wisdoms and modern insight to create greater understanding of how you can improve your Qi and be happier. Daily activities will reflect and support the wisdom of the seminars allowing you to integrate the knowledge into your physiology. Along the way enjoy delicious organic cuisine aligned with the philosophy of Chinese Medicine and afternoons of rest in the spectacular Spa Sanctuary. Self discovery provides us with the ability to move forward and embrace life with joy and wellbeing.



## 4 nights stay Optimal Qi - Energy for life

### Heritage

double \$1660  
single \$1890

### Peel House

double \$1995  
single \$2375

### Orchard Suites

twin/double \$2080  
single east \$2200  
single west \$2335  
deluxe twin/double \$2300  
deluxe single \$2540

### Package includes

- 4 nights accommodation
- All organic meals and snacks
- 1 classic massage and 1 facial
- \$100 wellness therapy credit
- 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 until 28 August 2010 and are subject to change without prior notice. Retreats are subject to availability. Package inclusions vary on special promotional offers. Please check with our Retreat Advisors.



### Linda Franke

(Professional Counsellor Somatic Psychotherapist, Grad, Prof Member Aust Conselling Assoc)

With her commitment to transforming lives, Linda is able to spark awareness in her clients, creating a safe space to process deeper feelings. A professional counsellor and body oriented

psychotherapist, Linda's interaction with many different people from all walks of life, has allowed her to use these experiences to help others free their spirit. Linda's compassionate and knowledgeable approach to her work can result in a life changing experience.



### Neale Svenson

(Lic Ac D Ac MBAcC)

An expert Chinese Health practitioner with over 25 years experience, Neale is able to address a core range of challenges that many busy people face daily in the modern world and guide them to better health and wellbeing. By

reading the body's energies, utilising acupuncture, addressing diet and using Qi healing, Neale can help to release blocks that hold people back from living a centred and wholesome life. The simple, yet highly effective techniques used by Neale enable people to reconnect and reclaim that much needed balance back into their life.

*"I attended Optimal Qi and just wanted to let you know how much I loved it. It was absolutely the best thing I have ever done for me. Linda and Neale were incredible and the information given was life changing. Thank you for an amazing 4 days."*

Melanie Cordony

**Gwinganna**  
Lifestyle Retreat

Toll free: 1800 219 272 Phone: +61 7 5589 5000  
info@gwinganna.com www.gwinganna.com