



Sleep Discovery

Learn how to promote deep restful sleep and how to avoid daily elements that interrupt your sleep. Quality sleep is a vital ingredient to optimal wellness and this 4 night specialty retreat features the expertise of key presenters who will provide a wealth of information and ideas to help you sleep well. In his book, *The Promise of Sleep*, Stanford University's sleep laboratory founder Dr. William Dement, says that "Healthful sleep has been empirically proven to be the single most important factor in predicting longevity, more influential than diet, exercise or heredity."

Join us as we explore the science, nutrition and essentials behind sleeping well.

Sharon
Sharon Kolkka
General Manager

Gwinganna
Lifestyle Retreat

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Sleep Discovery

Sunday 14 – Thursday 18 November 2010

By discovering the science of sleep you will gain essential knowledge on how to improve your sleeping patterns, regain hormonal balance, learn what food will assist you, and the benefits of rituals, herbs and supplements. Daily key seminars combined with diverse activities, delicious organic cuisine and afternoons of rest at the spectacular Spa Sanctuary. You will leave knowing how to promote a deep and peaceful sleep; your nights will never be the same again.



“A restorative experience. It was great to be introduced to nutrition and organic food – a lifetime change.” Joyce Marks

4 night stay Sleep Discovery

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.

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