

## June - December 2010

### June

5 night Sunday 6 – Friday 11	Optimum Wellbeing
3 night Friday 11 – Monday 14	Nourish for Winter <b>NEW</b>
6 night Monday 14 – Sunday 20	Optimum Wellbeing PLUS
5 night Sunday 20 – Friday 25	Optimum Wellbeing
2 night Friday 25 – Sunday 27	Gwinganna Spa Weekend
7 night Sunday 27 – Sunday 4 Jul	Gwinganna Detox

### July

5 night Sunday 4 – Friday 9	Optimum Wellbeing
2 night Friday 9 – Sunday 11	Gwinganna Spa Weekend
4 night Sunday 11 – Thursday 15	Feast of Nutrition
3 night Thursday 15 – Sunday 18	Organic Living
5 night Sunday 18 – Friday 23	Optimum Wellbeing
2 night Friday 23 – Sunday 25	Gwinganna Spa Weekend
7 night Sunday 25 – Sunday 1 Aug	Gwinganna Detox

### August

5 night Sunday 1 – Friday 6	Optimum Wellbeing
2 night Friday 6 – Sunday 8	Gwinganna Spa Weekend
5 night Sunday 8 – Friday 13	Optimum Wellbeing
3 night Friday 13 – Monday 16	Womens Discovery
6 night Monday 16 – Sunday 22	Optimum Wellbeing PLUS
7 night Sunday 22 – Sunday 29	Gwinganna Detox
5 night Sunday 29 – Friday 3 Sep	Optimum Wellbeing

### September

2 night Friday 3 – Sunday 5	Gwinganna Spa Weekend
5 night Sunday 5 – Friday 10	Optimum Wellbeing
2 night Friday 10 – Sunday 12	Gwinganna Spa Weekend
4 night Sunday 12 – Thursday 16	Optimal Qi – Energy for Life
3 night Thursday 16 – Sunday 19	The Men's Retreat <b>NEW</b>
7 night Sunday 19 – Sunday 26	Gwinganna Detox
5 night Sunday 26 – Friday 1 Oct	Optimum Wellbeing

### October

2 night Friday 1 – Sunday 3	Gwinganna Spa Weekend
5 night Sunday 3 – Friday 8	Optimum Wellbeing
3 night Friday 8 – Monday 11	Womens Discovery
6 night Monday 11 – Sunday 17	Optimum Wellbeing PLUS
5 night Sunday 17 – Friday 22	Optimum Wellbeing
2 night Friday 22 – Sunday 24	Gwinganna Spa Weekend
7 night Sunday 24 – Sunday 31	Gwinganna Detox

### November

5 night Sunday 31 – Friday 5	Optimum Wellbeing
2 night Friday 5 – Sunday 7	Gwinganna Spa and Cuisine Weekend
7 night Sunday 7 – Sunday 14	Gwinganna Detox
4 night Sunday 14 – Thursday 18	Sleep Discovery
3 night Thursday 18 – Sunday 21	Feast of Nutrition
5 night Sunday 21 – Friday 26	Optimum Wellbeing
2 night Friday 26 – Sunday 28	Mondo Organics at Gwinganna Weekend <b>NEW</b>

### December

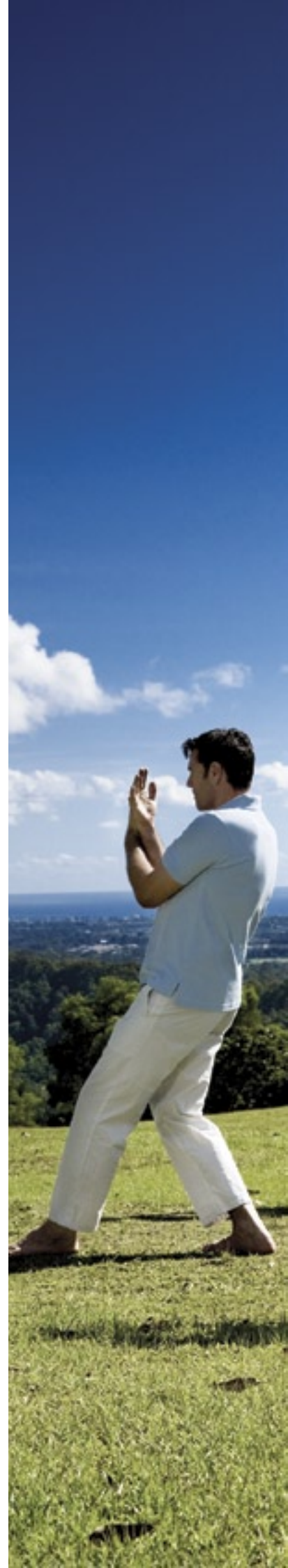
7 night Sunday 28 Nov – Sunday 5 Dec	Gwinganna Detox
5 night Sunday 5 – Friday 10	Optimum Wellbeing
2 night Friday 10 – Sunday 12	Gwinganna Spa and Cuisine Weekend

Sunday 12- Monday 27 Dec

Summer Break - Closed

*Gwinganna*  
Lifestyle Retreat

Gwinganna Lifestyle Retreat, 192 Syndicate Rd, Tallebudgera Valley QLD 4228  
www.gwinganna.com • toll free 1800 219 272 • phone +61 7 5589 5000



## January - March 2011

### January

7 night Tuesday 28 Dec – Tuesday 4  
5 night Tuesday 4 – Sunday 9  
7 night Sunday 9 – Sunday 16  
5 night Sunday 16 – Friday 21  
2 night Friday 21 – Sunday 23  
4 night Sunday 23 – Thursday 27  
3 night Thursday 27 – Sunday 30

Gwinganna Detox  
Optimum Wellbeing  
Gwinganna Detox  
Optimum Wellbeing  
Gwinganna Spa weekend  
Optimal Qi – Energy for Life  
Womens Discovery

### February

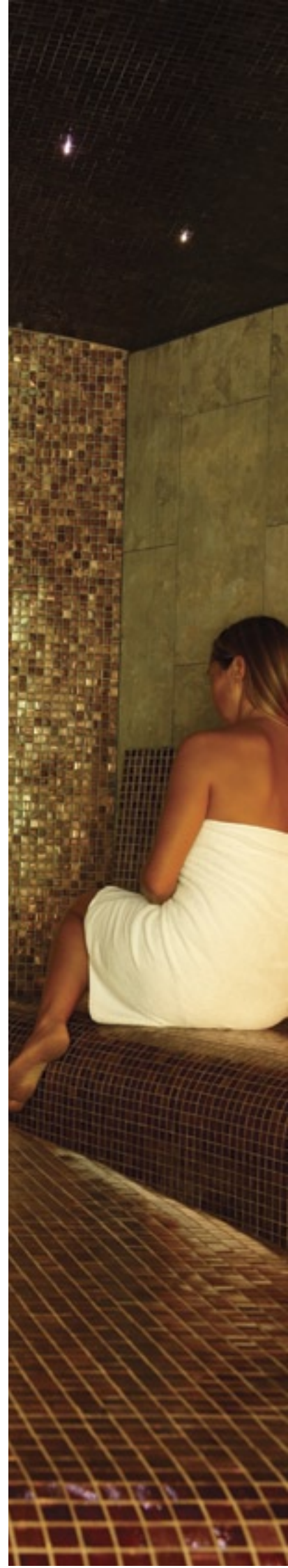
5 night Sunday 30 Jan – Friday 4  
2 night Friday 4 – Sunday 6  
7 night Sunday 6 – Sunday 13  
5 night Sunday 13 – Friday 18  
3 night Friday 18 – Monday 21  
6 night Monday 21 – Sunday 27

Optimum Wellbeing  
Gwinganna Spa Weekend  
Gwinganna Detox  
Optimum Wellbeing  
TBA  
Optimum Wellbeing PLUS

### March

5 night Sunday 27 Feb – Friday 4  
2 night Friday 4 – Sunday 6  
7 night Sunday 6 – Sunday 13  
5 night Sunday 13 – Friday 18  
2 night Friday 18 – Sunday 20  
5 night Sunday 20 – Friday 25  
2 night Friday 25 – Sunday 27  
7 night Sunday 27 – Sunday 3 Apr

Optimum Wellbeing  
Gwinganna Spa Weekend  
Gwinganna Detox  
Optimum Wellbeing  
Gwinganna Spa Weekend  
Optimum Wellbeing  
Gwinganna Spa Weekend  
Gwinganna Detox



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