

# Retreats Nov 23 - Jun 24



## November 2023

2 night Friday 3 – Sunday 5  
7 night Sunday 5 – Sunday 12  
5 night Sunday 12 – Friday 17  
2 night Friday 17 – Sunday 19  
5 night Sunday 19 – Friday 24  
2 night Friday 24 – Sunday 26  
5 night Sunday 26 – Friday 1 Dec

Gwinganna Wellness Weekend  
Gwinganna Detox  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Optimum Wellbeing

## December 2023

2 night Friday 1 – Sunday 3  
4 night Sunday 3 – Thursday 7  
3 night Thursday 7 – Sunday 10  
5 night Sunday 10 – Friday 15  
15 – 26 December  
7 night Wed 27 – Wed 3 Jan 2024

Gwinganna Wellness Weekend  
Live. Life. Well  
The Wellness Cooking Retreat  
Optimum Wellbeing  
SUMMER BREAK  
Gwinganna New Year Detox\*

## January 2024

7 night Wed 3 – Wed 10  
4 night Wed 10 – Sunday 14  
5 night Sunday 14 – Friday 19  
2 night Friday 19 – Sunday 21  
4 night Sunday 21 – Thursday 25  
3 night Thursday 25 – Sunday 28  
7 night Sunday 28 – Sunday 4 Feb

Gwinganna New Year Detox\*  
Gwinganna Healthy Escape\*  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
The Longevity Project  
Time Out Weekend  
Gwinganna New Year Detox

# Retreats Feb - Apr 24



## February 2024

5 night Sunday 4 – Friday 9  
2 night Friday 9 – Sunday 11  
5 night Sunday 11 – Friday 16  
2 night Friday 16 – Sunday 18  
7 night Sunday 18 – Sunday 25  
4 night Sunday 25 – Thursday 29  
3 night Thursday 29 – Sunday 3 Mar

Triple S – sleep, sugar, stress  
Gwinganna Wellness Weekend  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna New Year Detox  
Live. Life. Well.  
Time Out Weekend

## March 2024

5 night Sunday 3 – Friday 8  
2 night Friday 8 – Sunday 10  
4 night Sunday 10 – Friday 14  
3 night Friday 14 – Sunday 17  
5 night Sunday 17 – Friday 22  
2 night Friday 22 – Sunday 24  
7 night Sunday 24 – Sunday 31

Optimum Wellbeing  
Gwinganna Wellness Weekend  
Healthy Escape  
Elevate Your Wellbeing\*\*  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Detox Program\*

## April 2024

4 night Sunday 31 Mar – Thursday 4  
3 night Thursday 4 – Sunday 7  
5 night Sunday 7 – Friday 12  
2 night Friday 12 – Sunday 14  
7 night Sunday 14 – Sunday 21  
4 night Sunday 21 – Thursday 25  
3 night Thursday 25 – Sunday 28  
5 night Sunday 28 – Friday 3 May

Sustainable Peak Performance\*\*  
The Wellness Cooking Retreat  
Optimum Wellbeing  
Gwinganna Wellness Weekend  
Gwinganna Detox  
Private Retreat  
Yoga & Mindful Living Retreat  
Optimum Wellbeing

# Retreats May - June 24



## May 2024

2 night Friday 3 – Sunday 5	Gwinganna Wellness Weekend
7 night Sunday 5 – Sunday 12	Gwinganna Detox
5 night Sunday 12 – Friday 17	Optimum Wellbeing
2 night Friday 17 – Sunday 19	Gwinganna Wellness Weekend
4 night Sunday 19 – Thursday 23	Live Life Well
3 night Thursday 23 – Sunday 26	Time Out Weekend
5 night Sunday 26 – Friday 31	Optimum Wellbeing

## June 2024

2 night Friday 31 May - Sunday 2	Gwinganna Wellness Weekend
7 night Sunday 2 - Sunday 9	Gwinganna Detox
5 night Sunday 9 - Friday 14	Optimum Wellbeing
2 night Friday 14 - Sunday 16	Gwinganna Wellness Weekend
4 night Sunday 16 - Thursday 20	TBA
3 night Thursday 20 - Sunday 23	Healthy Escape
5 night Sunday 23 - Friday 28	Optimum Wellbeing
2 night Friday 28 - Sunday 30	Gwinganna Wellness Weekend

\*Please note a peak season surcharge applies

\*\* Please note an additional supplement applies to this specialty retreat program.