

Retreats Aug - Oct 2023



August 2023

2 night Friday 4 – Sunday 6	Gwinganna Wellness Weekend
7 night Sunday 6 – Sunday 13	Gwinganna Winter Detox
5 night Sunday 13 – Friday 18	Triple S – sleep, sugar, stress
2 night Friday 18 – Sunday 20	Gwinganna Wellness Weekend
7 night Sunday 20 – Sunday 27	Gwinganna Detox
4 night Sunday 27– Thursday 31	The Longevity Project NEW
3 night Thursday 31 – Sunday 3 Sep	The Yoga Retreat

September 2023

7 night Sunday 3 – Sunday 10	Gwinganna Spring Detox
5 night Sunday 10 – Friday 15	Optimum Wellbeing
2 night Friday 15 – Sunday 17	Gwinganna Wellness Weekend
7 night Sunday 17 – Sunday 24	Gwinganna Spring Detox
5 night Sunday 24 – Friday 29	Optimum Wellbeing
2 night Friday 29 – Sunday 1 Oct	Gwinganna Wellness Weekend

October 2023

4 night Sunday 1 – Thursday 5	Women's Discovery**
3 night Thursday 5 – Sunday 8	Time Out Weekend
5 night Sunday 8 – Friday 13	Optimum Wellbeing
2 night Friday 13 – Sunday 15	Gwinganna Wellness Weekend
7 night Sunday 15 – Sunday 22	Gwinganna Spring Detox
5 night Sunday 22 – Friday 27	Optimum Wellbeing
2 night Friday 27 – Sunday 29	Gwinganna Wellness Weekend
5 night Sunday 29 – Friday 3 Nov	Triple S – sleep, sugar, stress

Retreats Nov 2023 - Jan 2024



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 2024



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.
The Yoga Retreat

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
To be released
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

To be released
The Wellness Cooking Retreat
Optimum Wellbeing
Gwinganna Wellness Weekend
Gwinganna Detox
Private retreat
Time Out Weekend
Optimum Wellbeing

*Please note a peak season surcharge applies

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