

Retreats



April 2024

4 night Sunday 31 Mar – Thursday 4	Sustainable Peak Performance**
3 night Thursday 4 – Sunday 7	The Wellness Cooking Retreat
5 night Sunday 7 – Friday 12	Optimum Wellbeing
2 night Friday 12 – Sunday 14	Wellness Weekend
7 night Sunday 14 – Sunday 21	Ultimate Wellness
4 night Sunday 21 – Thursday 25	Private Retreat
3 night Thursday 25 – Sunday 28	Yoga & Mindful Living Retreat
5 night Sunday 28 – Friday 3 May	Optimum Wellbeing

May 2024

2 night Friday 3 – Sunday 5	Wellness Weekend
7 night Sunday 5 – Sunday 12	Ultimate Wellness
5 night Sunday 12 – Friday 17	Optimum Wellbeing
2 night Friday 17 – Sunday 19	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	Wellness Weekend
7 night Sunday 2 – Sunday 9	Ultimate Wellness
5 night Sunday 9 – Friday 14	Optimum Wellbeing
2 night Friday 14 – Sunday 16	Wellness Weekend
4 night Sunday 16 – Thursday 20	Live Life Well
3 night Thursday 20 – Sunday 23	Healthy Escape
5 night Sunday 23 – Friday 28	Optimum Wellbeing
2 night Friday 28 – Sunday 30	Wellness Weekend

July 2024

5 night Sunday 30 June – Fri 5	Optimum Wellbeing
2 night Friday 5 – Sunday 7	Wellness Weekend
4 night Sunday 7 – Thursday 11	The Longevity Project
3 night Thursday 11 – Sunday 14	Condition Your Calm **
7 night Sunday 14 – Sunday 21	Ultimate Wellness
5 night Sunday 21 – Friday 26	Optimum Wellbeing
2 night Friday 26 – Sunday 28	Wellness Weekend

*Please note a peak season surcharge applies.

**Please note an additional supplement applies to this speciality retreat.

Retreats



August 2024

5 night Sunday 28 July - Friday 2	Optimum Wellbeing
2 night Friday 2 - Sunday 4	Wellness Weekend
7 night Sunday 4 - Sunday 11	Ultimate Wellness
5 night Sunday 11 - Sunday 16	Optimum Wellbeing
2 night Friday 16 - Sunday 18	Wellness Weekend
4 night Sunday 18 - Thursday 22	Mastering Menopause**
3 night Thursday 22 - Sunday 25	The Wellness Cooking Retreat
5 night Sunday 25 - Friday 30	Optimum Wellbeing

September 2024

2 night Friday 30 August - Sunday 1	Wellness Weekend
7 night Sunday 1 - Sunday 8	Ultimate Wellness
5 night Sunday 8 - Sunday 13	Optimum Wellbeing
2 night Friday 13 - Sunday 15	Wellness Weekend
5 night Sunday 15 - Friday 20	Optimum Wellbeing
2 night Friday 20 - Sunday 22	Wellness Weekend
7 night Sunday 22 - Sunday 29	Ultimate Wellness

October 2024

5 night Sunday 29 Sept - Friday 4	Optimum Wellbeing
2 night Friday 4 - Sunday 6	Wellness Weekend
4 night Sunday 6 - Thursday 10	TBA
3 night Thursday 10 - Sunday 13	Yoga & Mindful Living Retreat
7 night Sunday 13 - Sunday 20	Ultimate Wellness
5 night Sunday 20 - Friday 25	Optimum Wellbeing
2 night Friday 25 - Sunday 27	Wellness Weekend

November 2024

7 night Sunday 27 Oct - November 3	Ultimate Wellness
4 night Sunday 3 - Thursday 7	Sustainable Peak Performance **
3 night Thursday 7 - Sunday 10	Elevate Your Wellbeing **
5 night Sunday 10 - Friday 15	Optimum Wellbeing
2 night Friday 15 - Sunday 17	Wellness Weekend
5 night Sunday 17 - Friday 22	Optimum Wellbeing
2 night Friday 22 - Sunday 24	Wellness Weekend
7 night Sunday 24 - Sunday 1 Dec	Ultimate Wellness

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