

# Retreats



## 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.

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## 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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## December 2024

4 night Sunday 1 - Thursday 5  
3 night Thursday 5 - Sunday 8  
5 night Sunday 8 - Friday 13

Live Life Well  
The Wellness Cooking Retreat  
Optimum Wellbeing

### **Summer Break - 13- 27 December**

7 night Friday 27 Dec - Friday 3 Jan

New Year Ultimate Wellness\*

## January 2025

7 night Friday 3 - Friday 10  
2 night Friday 10 - Sunday 12  
5 night Sunday 12 - Friday 17  
2 night Friday 17 - Sunday 19  
7 night Sunday 19 - Sunday 26  
4 night Sunday 26 - Thursday 30  
3 night Thursday 30 - Sunday 2

New Year Ultimate Wellness \*  
Wellness Weekend  
Optimum Wellbeing  
Wellness Weekend  
New Year Ultimate Wellness  
Longevity project  
Time Out Weekend

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