



KENT HOLIDAYS

your world starts here

Gwinganna
Lifestyle Retreat

4 NIGHT STAY - "CULTIVATING ENERGY"

A lifestyle retreat that allows you to focus on integrating a healthy regime into your busy lifestyle, you may want to begin exercising again or take your existing health and fitness regime to the next level. Experience a variety of movement options either gentle or dynamic using mediums that are both ancient and modern. Be inspired by 3 lifestyle workshops, enlighten your senses and nourish your body with organic cuisine, enjoy 3 sensational spa treatments.

ROOM TYPE	FULL PACKAGE		LAND ONLY	
	SINGLE	TWIN	SINGLE	TWIN
HERITAGE	S\$3398	S\$2878	S\$2698	S\$2178
ORCHARD SUITES	S\$3638	S\$3228	S\$2938	S\$2528
ORCHARD DELUXE STUDIO	S\$3978	S\$3508	S\$3278	S\$2808

RETREAT PACKAGE INCLUDES

- ✓ Return Airfare Singapore- Brisbane-Singapore by Etihad Airlines 'L' Class
- ✓ Return airport transfers from Brisbane airport
- ✓ All organic meals and snacks
- ✓ 1 classic massage
- ✓ 1 facial
- ✓ \$100 wellness therapy credit
- ✓ Key lifestyle seminars
- ✓ Cooking demonstration
- ✓ Access to all facilities and scheduled activities

DEPARTURE DATES

4 Night Stay 'Cultivating Energy'

July 09	Sunday 5 – Thursday 9 'Sleep Discovery'
September 09	Wednesday 9 – Sunday 13 Sleep Discovery
October 09	Sunday 18 – Thursday 22 Specialty retreat to be advised

All Rates Quoted Are In Singapore Dollars And Are Subject To Change Without Notice. Package Excludes Fuel Surcharge, Airport Taxes And Travel Insurance

Updated : WHT - 030609

101 Upper Cross Street #B1-23, People's Park Centre, Singapore 058357

Tel: 6534 1033/6438 1677, Fax: 6534 5632, Email: kentppc@singnet.com.sg, Website: www.kentholidays.com