

# Gwinganna Lifestyle Retreat

In a world of busy the need to switch off and disconnect has become increasingly important to your long term health. Gwinganna has custom designed a haven dedicated to improving the health and wellbeing of every guest. We provide the tools and knowledge for lasting health benefits, inspiring you to make your health a priority.

## Our tips for Pressing Pause

When people ask how are you, do you reply with something like this? I'm exhausted or I'm tired? For many of us, this response seems to be more common. Being exhausted every day is not living, it is existing. By pressing pause, you can reflect on your life. You can look at where you can create some more space, some more quiet. It's vital you remember that you can be busy but be relaxed; you can be productive and not be stressed. If your current life story is becoming many words without any punctuation, the text will not make sense and neither will your life. Pressing pause is about creating paragraphs, spaces and chapters in your life story so it has a purpose. Try:

- ✧ Relaxed belly breathing where ever possible. Do this often
- ✧ Have quality time with yourself. Do the things that you love and that 'balance' you
- ✧ Be in nature as often as you can, whether it's the beach or a park
- ✧ Identify that you are not your thoughts and emotions
- ✧ Have gratitude for what you have, rather than wanting what you do not have.

## Experience Specialty Retreats

**Thursday 26—Sunday 29 September**

### **Stress Resilience. Exclusive to Gwinganna**

Featuring internationally recognised thought leader Dr Daniel Friedland, MD from the US, learn how much of the stress you experience is driven by underlying fears, uncertainty and self-doubt. [Click here for details.](#)

**Sunday 11—Thursday 15 August**

### **'Triple S' - sleep, sugar, stress.**

Understand these three essential elements, when unbalanced, will prevent you responding to situations effectively. This is an opportunity to break the unhealthy cycle of insomnia, stress and reaching for sugary foods and restore much needed balance back into your daily routine. [Click here for details.](#)

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Lifestyle Retreat

visit [www.gwinganna.com](http://www.gwinganna.com)

