



THE
GOLDEN DOOR
AT
Elysia



3 NIGHT SLEEP FOR LIFE SPECIALTY RETREAT

October 16-19 2012

HOSTED BY DR DAVID CUNNINGTON
THE GOLDEN DOOR HEALTH RETREAT ELYSIA

Join Dr David Cunnington and Kris Pierce for this 3 night retreat aimed to provide you with the knowledge and skills to break the cycle of poor sleep, giving you a greater sense of control over your sleep. Sleep for Life retreat offers an integrated program to help improve sleep which includes education about how sleep works, reviewing and changing behaviour around sleep and changing the way we think about sleep.

Sleep for Life Package Inclusions:

- 3 nights accommodation in a luxury villa
 - Gourmet spa cuisine (all meals)
 - Full use of all the retreat facilities
- A diverse range of fitness, health, education and relaxation classes
 - Day spa treatment and wellness consultation
- PLUS the combined 7.5 hours over 3 days exclusively with Dr Cunnington

Prices start from \$1715* per person for this all inclusive 3 day retreat

Contact The Golden Door Health Retreat Elysia for further information or to secure your place in this specialty retreat on 1800 212 011.

www.goldendoor.com.au/elysia

*per person, twin share

