



PENINSULA  
HOT SPRINGS



## wellness activity program 2019

We believe that wellness begins with connection — with ourselves, our community and the environment around us. We also believe it is best approached from a holistic perspective. Our unique program combines our healing waters with a range of movement and mindfulness practices to create the ultimate wellness experience.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30am	Warm Water exercise*		Warm Water exercise*		Warm Water exercise*		
8.30am						Mat Pilates	Mat Yoga
9.00am		Global Bathing Journey***	Global Bathing Journey***	Global Bathing Journey***			
9.30am							Indigenous Cultural Walk**
10.30am	Body Clay	Body Clay	Body Clay	Body Clay	Body Clay	Body Clay	Body Clay
11.30am						Fire and Ice	Fire and Ice
12.30pm						Hot Springs Yoga*	Hot Springs Yoga*
1.30pm						Body Clay	Body Clay
2.30pm		Hamam***	Hamam***	Hamam***		Fire and Ice	Fire and Ice
3.00pm		Global Bathing Journey***	Global Bathing Journey***	Global Bathing Journey***			
3.30pm						Mindful Walk	Mindful Walk

\* Free with Bath House bathing

\*\* Held monthly, please check website for dates

\*\*\* Available outside school and public holidays