



world wellness weekend 2019

saturday 21st and sunday 22nd september

We are delighted to celebrate World Wellness Weekend again at the hot springs. Immerse yourself in a unique program which enhance your geothermal mineral bathing experience. We have a variety of activities which are complimentary with **Bath House bathing** or book one of our **wellness activities**.

date	time	activity	location	
Saturday 21st September	8:00am–8:30am	Morning meditation	Amphitheatre bathing area	
	10:00am–11:00am	Sound bathing	Amphitheatre bathing area	
	10.30am–11.15am	Hamam workshop	Bath House Hamam	
	11:30am–12:15pm		Mat Pilates	Wellness Centre
			Body Clay	Clay Ridge
	12:30pm–1:15pm	Fire and ice	Fire and ice area	
	12:30pm–1:00pm	Hot springs yoga	Amphitheatre bathing area	
	1:00pm–3:00pm	Musical performance	Roving Bath House bathing gully	
	1.30pm–2.15pm	Tea workshop	Dome near fire and ice area	
	1:30pm–2:15pm	Body clay	Clay Ridge	
	2:30pm–3:30pm	Ice plunge challenge	Fire and ice area	
	4:00pm–5:00pm	Sound bathing	Amphitheatre bathing area	
	7:00pm–9:00pm	Bathe in cinema	Amphitheatre bathing area	
Sunday 22nd September	8:00am–8:30am	Morning meditation	Amphitheatre bathing area	
	10:00am–10:45am	Yoga	Wellness Centre	
	11:00am–11:30pm	Food story talk	Dome near fire and ice area	
	11:30am–12:15pm		Aerial yoga	Wellness Centre
			Body clay	Clay Ridge
	12.00pm–12.45pm	Tea workshop	Dome near fire and ice area	
	12:30pm–1:15pm	Fire and ice	Fire and ice area	
	12:30pm–1:00pm	Hot springs yoga	Amphitheatre bathing area	
	1:30pm–2:15pm	Musical performance	Amphitheatre bathing area	
	1:30pm–2:15pm	Body clay	Clay Ridge	
	2:00pm–5:00pm	Live music	Bath House café	
	3:00pm–3:30pm	Hot talk – Benefits of Bathing	Amphitheatre bathing area	
	3:00pm–3:45pm	Musical performance	Roving Bath House bathing gully	
	6:00pm–7:00pm	Sound bathing	Amphitheatre bathing area	