



World Bathing Day program - Monday 22<sup>nd</sup> June, 2020



## Celebrate World Bathing Day at Peninsula Hot Springs

Join us in celebrating the third annual World Bathing Day on Monday, 22nd June 2020. An initiative of the [Bathe the World Foundation](#), [World Bathing Day](#) is an global celebration of water and the diverse rituals and cultural traditions associated with the act of bathing and cleansing. The day will commence with our iconic sunrise music performance at Hilltop pool and flow throughout the day with a program of hot springs yoga, aquatic therapy demonstrations and live music in our Bath House Amphitheatre.

Activity	Time	Overview	Location
Sunrise music performance	From 7:40am	Post a bathing photo (preferably at sunrise) on Instagram with the hashtag #worldbathingday. We will be taking our photo at Sunrise from our Hilltop pool.	Hilltop pool
Hot springs yoga with Jane Hone	9am – 9:30am	Try something new with an early morning yoga in our pools, a class like no other. The session combines the benefits of geothermal bathing with stretching, strengthening and balancing yoga poses.	Bath House Amphitheatre
Live music with Megan Smithies & Anthony McGarrigle	11am – 11:45am	Enjoy the tranquil sounds of Peninsula Chamber Musicians Megan Smithies on cello and Anthony McGarrigle on classical guitar.*	Bath House Amphitheatre stage
Aquatic therapy demonstrations with Rebecca Czapnik	11:30am – 12noon 1pm – 1:30pm 2:30pm – 3pm	Watch Rebecca as she provides three Aquatic Therapy demonstrations. Aquatic Therapy is a warm water healing modality where you are floated, stretched, massaged and moved through water. Rebecca Czapnik is trained in numerous Aquatic Therapy modalities including Watsu®, WaterDance™, Fluid Presence® and Aquatic Integration™.	Aqua therapy pool
Live music with Tim Stout	1pm – 2pm	Local Singer & Songwriter Tim Stout will entertain you with soothing and earthy tones.*	Bath House Amphitheatre stage
Hot springs yoga with Sonja Kyra-Bleau	3:30pm – 4pm	Try something new with afternoon yoga in our pools, a class like no other. The class combines the benefits of geothermal bathing with stretching, strengthening and balancing yoga poses.	Bath House Amphitheatre

\* All live music performances will also played via our underwater speakers



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22 JUNE 2020