

Join us for World Wellness Weekend

We are delighted to share our World Wellness Weekend program for 2021 with you and invite you to participate in a series of engaging virtual workshops and performances.

Hosted on Saturday 18th and Sunday 19th September, this year's program will be available online again and free for our whole community and we encourage you to get involved. We have aligned our 2021 offering with seven

core wellbeing pillars: **connect, move, unwind, inspire, nourish, grow** and **rest**. A series of workshops and performances from us to you, will be hosted by many talented friends of the Springs. Whether you get involved for one

activity or all of them, all sessions can be done from the comfort of your own home. Discover more information about our activities below and tune into our social media channels at the scheduled times to get involved.

Saturday 18th September

6.16am	<p><i>Sunrise Yidaki Meditation with Uncle Lionel Lauch from Living Culture (30 mins)</i></p> <p>Rise with the sun and immerse yourself in a live stream guided Yidaki (didgeridoo) sound healing meditation. Allow the powerful sound vibrations of the Yidaki to bring you into a deep and grounded state of relaxation that will carry you into the weekend.</p>	2pm	<p><i>Yin Yoga, Taoism and the Harmonising Power of Journaling with Jane Hone of Magic Space Yoga (90 mins)</i></p> <p>Learn about the ancient Chinese philosophy of Taoism while practicing yin yoga poses that balance your energetic pathways (meridians) and release muscular tension. We will dive deeper into the concepts of the Tao, yin and yang and what it means to harmonise with nature and its seasons, and then conclude with some introspective journal prompts to further cultivate yin energy. This session will invite you to reflect on both the physical and the spiritual.</p>
10.30am	<p><i>Sweat Session and Meditation with Nat Diconza (45 mins)</i></p> <p>A sweat session to boost your heart rate, improve cardiovascular fitness and build strength at home. Nat will guide you through a full-body workout, focusing on joint stability, coordination, and lactic threshold. Nat will then lead you through a cool down, including a mini meditation that will focus on simple breathwork and visualisation.</p>	3.30pm	<p><i>Ayurvedic practices for longevity with Sarada, Organic India (30 mins)</i></p> <p>Sarada will guide you through a 30-minute workshop centring on the sacred, spiritual, and restorative nature of yoga and tulsi tea. Prepare a cup of your favourite blend of soothing ORGANIC INDIA Tulsi Tea or herbal tea of your choice as you begin to wind down for the evening. Sarada will provide you with a series of nurturing and nourishing yogic and Ayurvedic practices that you can take away and incorporate into your daily routine.</p>
12pm	<p><i>Mental Resilience Workshop with Nat Diconza (30 mins)</i></p> <p>After a quick break, guests are welcome to re-join Nat for a live and empowering resilience workshop via Zoom, where he will support you to reconnect, realign your values and rediscover your driving force.</p>	5pm	<p><i>Artist in Residence – Sianna Lee (30 mins)</i></p> <p>During her week-long on-site residency, Sianna will be returning to the song form and experimenting with synthesisers in the creation of brand new musical works. For World Wellness Weekend she will perform a short live set of new material from her home studio.</p>

To join the live events on Facebook click here, bit.ly/worldwellnessweekendevent2021



Sunday 19th September

<p>6.15am</p>	<p><i>Sunrise Handpan Meditation with Dan Byrne (30 mins)</i></p> <p>Be immersed in the hypnotic sounds of Dan Byrne from D2Soul 's handpans and crystal harp, as he welcomes the sun live streamed from his beautiful backyard.</p>	<p>2pm</p>	<p><i>How nutrition affects your gut, brain and wellbeing with Resident Naturopath and Nutritionist Freya Lawler (60 mins)</i></p> <p>Explore how the gut and mind are intimately linked and what we can do in our own kitchens to optimise our gut x brain connection to enhance resilience and support immunity. Connect the dots between how best to support and nourish ourselves during lockdown and beyond. Follow along as Freya makes a nutritious, quick and easy gut healing smoothie.</p>
<p>7.30am</p>	<p><i>The Art of Qigong with Dan Woodley (30 mins)</i></p> <p>Find balance through movement as you mindfully explore a series of grounding & powerful postures that can help set the flow for your day ahead. Suitable for all levels as variations and modifications of the poses are offered in every class.</p>	<p>4pm</p>	<p><i>Mantra and Meditation with Nataraj Chaitanya (60 mins)</i></p> <p>An immersive experience into the heart of sacred sound. Through Sanskrit mantra, yogic philosophy, and meditation, Nataraj will guide participants into an uplifted state of consciousness. The devotional practice of kirtan, call and response chanting, is an ecstatic way to calm the mind and open the heart and will be accompanied by classical Indian instruments, played by Nataraj and the kirtan band.</p>
<p>10.30am</p>	<p><i>Slow Flow Yoga Class with Yvonne Pert (45 mins)</i></p> <p>Explore the wisdom of yoga through a gentle flow as experienced teacher Yvonne guides you through a mindful, physical practice and provides you with simple breathing and meditation techniques to calm and steady the mind. This class will leave you feeling open, focused, and relaxed.</p>	<p>5pm</p>	<p><i>Ambient Sound Journey with Spud Thompson (30 mins)</i></p> <p>Ambient soundscapes are inspired by Spud's upbringing in rural Victoria surrounded by beaches and bush. His live streamed set from his home studio will close our celebrations.</p>

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our wellness educators



Uncle Lionel Lauch

A Gunditjmara Kirrae Wurrung – Bundjalung man, from the Mornington Peninsula. Passionate about his cultural heritage and people, Lionel embraces the opportunity to share his knowledge of the land and educate others about his culture.



Nat Diconza

A qualified personal trainer, paramedic, Lululemon ambassador and mindfulness coach specialising in high-intensity interval training, functional fitness, mental wellbeing, and resilience training. Nat is passionate about working with communities to improve physical, mental and social health holistically.



Freya Lawler

A Melbourne based naturopath, nutritionist, and natural fertility educator specialising in holistic wellness and functional nutrition for optimal wellbeing. Using a combination of pathology and clinical symptomology, Freya is particularly passionate about working with women's health, gut, skin and hormonal health.



Dan Byrne

Dan Byrne from D2Soul has been a regular performer at Peninsula Hot Springs over the last couple of years. He creates healing sonic meditations and soundscapes with his handpans and crystal harp.



Jane Hone

A freelance writer and yoga teacher (specialising in yin yoga) who has trained in both India and Australia – including with yin yoga pioneer Sarah Powers. She's deeply interested in philosophy and in questions about how we can live slower, more awakened lives.



Spud Thompson

Mornington Peninsula local musical creator Spud Thompson is a multi-instrumentalist, songwriter and emotive vocalist whose work runs the whole gamut of human emotions; improvised sonic soundscapes painted with more familiar ballad, folk roots and synthesized electronica colours and textures.



Dan Woodley

A skilled facilitator who promotes health and vitality for mind, body, and spirit. He specialises in the transformative power of meditation, hot and cold immersion therapy, and the ancient art of Qigong, having trained with the White Tiger School of Qigong in Chiang Mai. Dan is a dynamic wellness host and advocate who guides guests through a range of signature wellness activities at Peninsula Hot Springs.



Yvonne Pert

A highly experienced yoga and meditation teacher who specialises in hatha and vinyasa flow yoga. She has a grounding, nurturing style that leaves you feeling calm, supported, and aligned. Yvonne is a passionate wellness host and advocate who guides guests through a range of signature wellness activities at Peninsula Hot Springs.



Nataraj Chaitanya

Nataraj has immersed himself in the teachings of yoga and tantra since he was 13 years old and has since gone on to lead yoga and meditation retreats, workshops, kirtan and teacher trainings all over the world. He has inspired countless seekers to take up a spiritual practice and has dedicated his life to bringing the wisdom of yoga to everyday life.



Sianna Lee

Peninsula Hot Springs Artist in Residence, Sianna Lee, is a singer, songwriter, guitarist and soundscape composer from Balnarring on the Mornington Peninsula. Her musical style is raw and elemental, while her songwriting explores notions of self doubt, desire and the contingent moments of life, loss and love.



Sarada

Sarada (Sally Martin) is a naturopath, herbalist, yoga teacher & mum currently travelling around Australia with her family. She works for Organic India Aus and is passionate about healthy, conscious living. Download a copy of Organic India's Tulsi and Yoga e-book here [organicindia.com.au/tulsi-yoga](https://www.organicindia.com.au/tulsi-yoga)

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