



# world bathing day



**WORLD BATHING DAY**  
**22 JUNE 2022**

Peninsula Hot Springs invites you to participate in our World Bathing Day celebrations – an international celebration of water and the diverse rituals and cultural traditions associated with the act of bathing, cleansing and connecting with nature and each other.

experience		live music	
TIME	DETAILS	TIME	DETAILS
9.15am – 9.45am	Hot Springs Yoga (FREE) <i>Amphitheatre</i>	7.36am	Sunrise ceremony Shane Charles – yidaki meditation
9.30am	Fire & Ice <i>Amphitheatre bathing area – \$15pp</i>	10.00–10.40am	Shane Charles – yidaki sound meditation (FREE) <i>Amphitheatre</i>
10.30am	Body Clay Experience <i>Clay Ridge – \$15pp</i>	11.00–11.45pm	Spud Thompson (FREE) <i>Amphitheatre</i>
12 noon	Fire & Ice <i>Amphitheatre bathing area – \$15pp</i>	12.30–1.15pm	IKSRE – sound healing music (FREE) <i>Amphitheatre</i>
12.30pm–1.15pm	Tea Ceremony Workshop <i>Sensory Dome – \$15pp</i>	2.30pm–3.30pm	Tenzin Choegyial (FREE) <i>Amphitheatre stage</i>
1.00pm	Body Clay Experience <i>Clay Ridge – \$15pp</i>		
2.00pm	Fire & Ice <i>Amphitheatre bathing area – \$15pp</i>		
3.00pm	Body Clay Experience <i>Clay Ridge – \$15pp</i>		
4.00pm & 5.00pm	Fire & Ice (Glampers exclusive) <i>Amphitheatre bathing area – \$15pp</i>		





## sunrise ceremony

Be immersed in our iconic hilltop pool as Boonwurrung Elder Uncle Shane Charles and nephew Dylan Charles welcome the sun and perform the official opening ceremony of World Bathing Day with the healing sounds of their hypnotic yidakis (didgeridoos).

## body clay ritual

Experience the healing powers and cooling effects of clay with our signature body clay ritual. We have carefully selected a series of detoxifying clays from around Australia, each with their own unique therapeutic benefits. During this 45 minute workshop, our hosts will share benefits as you enjoy connecting with nature.

## hot springs yoga

Held in our Amphitheatre, join friends and fellow bathers in our custom-designed pools for a yoga class like no other. The class combines the benefits of geothermal bathing with stretching, strengthening and balancing yoga poses.

## turkish hamam

Built into the side of a hill, the Turkish hamam is a type of steam bath to help rid the body of toxins and opens pores in readiness for traditional cleansing.

## sound bathing meditation

Be immersed in our hot springs Amphitheatre pools and their underwater speakers, where you will experience several different musical sound bath performances across the day.

## fire & ice workshops

Be invigorated by the powers of hot and cold therapy in our state-of-the-art saunas and ice plunge. Flow between our hot saunas, our ice plunge, cold plunge pools and geothermal hot springs. You will learn and experience the key health benefits of this popular science under the guidance of trained instructors during the 45 minute workshops.

## reflexology walk

Enjoy this sensory experience inspired by ancient Eastern healing therapies. Traipse across the 10 different stones of our reflexology walk, which stimulate various acupressure points in your feet and enliven your wellbeing.