

daily wellness activities

Combine our healing waters with a selection of activities to create the ultimate wellness experience.

TIME	DURATION	ACTIVITY	LOCATION
7.30am	45 mins	Movement Class*	Wellness Centre Studio
9.15am	25 mins	Hot Springs Yoga	Amphitheatre Pools
9.30am	45 mins	Fire & Ice*	Fire & Ice area
10.30am	45 mins	Body Clay*	Clay Ridge
10.30am	45 mins	Tea Ceremony* – Fridays only	Sensory Dome
12.00pm	45 mins	Fire & Ice*	Fire & Ice area
12.00pm	45 mins	Body Clay* – Saturday only	Clay Ridge
12.00pm	45 mins	Tea Ceremony* – Fridays only	Sensory Dome
1.00pm	45 mins	Body Clay*	Clay Ridge
2.00pm	45 mins	Fire & Ice*	Fire & Ice area
3.00pm	45 mins	Body Clay*	Clay Ridge
4.00pm	45 mins	Fire & Ice* – Glampers exclusive	Fire & Ice area
5.00pm	45 mins	Fire & Ice* – Glampers exclusive	Fire & Ice area

Please book at reception or call the groups team on **5950 8712** | peninsulahotspings.com

*This experience requires a booking.



movement class (45 mins) \$15

Develop mobility, flexibility and improve strength with physical movement in this daily class of either yoga or mat Pilates. Guided by an experienced teacher, this class will leave you feeling open and relaxed to perfectly complement your day of geothermal bathing.

Available to guests 16 years and over.



body clay (45 mins) \$15

Experiences the healing powers and cooling effects of clay with our signature body clay ritual, perfect for friends and groups of all ages. We have carefully selected a series of detoxifying clays from around Australia, each with their own unique therapeutic benefits.

Available to guests 12 years and over.



hot springs yoga (25 mins)

This unique yoga class combines the benefits of geothermal bathing with stretching, strengthening and balancing yoga poses. Held in our Amphitheatre's custom-designed pools with a Peninsula Hot Springs yoga instructor, enjoy a yoga class like no other.

Complimentary with Revitalise bathing and open to all levels.



tea ceremony (45 mins) \$15

Centre yourself with a tea ceremony workshop that will turn your tea break into a meditative self-care ritual. Starting with a cup of stress relieving and immune strengthening Tulsi tea, this relaxing and nourishing session will reveal the history and traditional use of Tulsi and the benefits that this ancient healing herb has in modern life.



fire & ice (45 mins) \$15

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

Available to guests 16 years and over.

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