

Peninsula Hot Springs celebrates World Wellness Weekend 2022

16 – 18 September

World Wellness Weekend aims to encourage and empower individuals to participate in meaningful wellness activities. At Peninsula Hot Springs we are committed to enhancing the health and wellbeing of our communities and staff.

our wellness pillars



relaxation



movement



nutrition



sleep



mindfulness



education



creativity

Wellness begins with connection... with ourselves, our community and the environment around us.

These Seven Pillars of Wellness work together to ensure that you are living in optimum health with a balanced physical, mental and emotional state. In support of World Wellness Weekend, we encourage you to incorporate at least one or all of the our Pillars of Wellness into your daily life.

friday 16 september

TIME	ACTIVITY
7.30am	Vinyasa Flow Yoga Wellness Centre Studio
10.30am	Tea Ceremony Sensory Dome
11am	Nourish Workshop with Resident Nutritionist Freya Lawler Amphitheatre Dome
12 noon	Tea Ceremony Sensory Dome
5pm	Showcase Performance with Tom Williams Amphitheatre

saturday 17 september

TIME	ACTIVITY
7:30am	Hatha Yoga Wellness Centre Studio
5:30pm	Sunset Hot Springs Yoga Amphitheatre Pools
6.30pm	Bathe in Cinema – Biggest Little Farm Amphitheatre Pools

sunday 18 september

TIME	ACTIVITY
7.30am	Slow Flow Yoga Wellness Centre Studio
2pm	Pete Miller Musician Bathhouse Café
5.30pm	Sunset Hot Springs Yoga Amphitheatre
6.30pm	Bathe in Cinema – Biggest Little Farm Amphitheatre Pools

daily activities

Hot Springs Yoga

Amphitheatre Pools 9.15am

Fire & Ice*

Fire & Ice area 9:30am, 12 noon, 2pm

Body Clay workshop*

Clay Ridge 10.30am, 1pm, 3pm

* bookings required

For further information please contact our team
on 5950 8777 or email info@peninsulahotsprings.com



Freya Lawler

Freya is our Resident Naturopath and Nutritionist at Peninsula Hot Springs. She is also a 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 hormones health.



Yvonne Pert

Yvonne is 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.



Dan Byrne

Dan is a Sound Journey Musician based on the Mornington Peninsula who creates and holds a safe, open space for guests to connect with their inner self. Dan has been a regular performer at Peninsula Hot Springs over the last few years, creating healing sonic meditations and soundscapes with his hand pans and crystal harp.



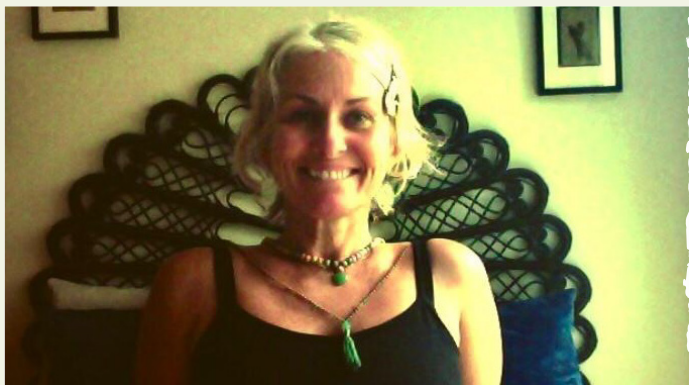
Tom Williams

Tom Williams was the creative director of the Peninsula Hot Springs foundational album "WATER-AN AUSTRALIAN STORY" and has been singing and performing as a multi-Instrumentalist in venues around the world from a young age. A reputable songwriter, composer and musical director, Tom continues to be a passionate advocate of creative expression, pure melody, Intelligent lyrics, and of songs that stimulate the human spirit. Join him for a sunset showcase performance on Friday on the Amphitheatre stage.



Pete Miller

Peninsula for many years, and is back by popular demand bringing his chilled and relaxed R&B acoustic tunes gathered from many years of igging to share with us at Peninsula Hot Springs Bath House Café Stage on Sunday afternoon.



Sharyn Hosking

Sharyn is professional yoga teacher who specialises in hatha, restorative, yin and vinyasa flow yoga. Through intention, mediation, asana and pranayama, Sharyn aims to help every guest leave feeling refreshed and renewed.

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