

# what's on in november – spring 2022



## NEW food bowl discovery tour

Mondays & Fridays 10.30am  
Food Bowl



## NEW nourish workshop

Mondays & Fridays 8.30am  
Food Bowl



## sunday session Nota Bene Duo

Sunday 6 November 2pm – 5pm  
Amphitheatre Stage



## sunday session Pete Miller

Sunday 13 November 2pm – 5pm  
Bath House café stage



SOAKEMBER — SATURDAY 12 NOVEMBER

## global bathing journey Spud Thompson

8.30am bookings essentials  
complimentary activity  
(subject to availability)  
Fire & Ice Area

6pm – 7pm  
Amphitheatre



## Millington

Sunday 20 November 2pm – 5pm  
Bath House café stage



## sunday session Heidi-Louise Luckhurst

Sunday 27 November 2pm – 5pm  
Bath House café stage



PENINSULA  
HOT SPRINGS

artist in residence

PROGRAM

We are delighted to be hosting leading Victorian contemporary music artists in a series of seven day immersive experiences.



## artist in residence Nicky Bomba

Thursday 17 November 7pm – 8pm  
Amphitheatre



## hot springs yoga

Available daily 9.15am  
(subject to availability)  
Amphitheatre



## fire and ice

Available daily 9.30am, 12pm, 2pm  
Glamping guests only 4pm, 5pm  
(subject to availability)  
Fire & Ice area



## daily guest movement class

Yoga or Mat Pilates  
Daily 7.30am  
Wellness Centre Studio



## body clay

Available daily  
10.30am, 1pm and 3pm  
(subject to availability)  
Clay Ridge

For further information please contact our reservations team on 5950 8777 or email [info@peninsulahotspings.com](mailto:info@peninsulahotspings.com)

[peninsulahotspings.com](http://peninsulahotspings.com)



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