

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	75 mins	Food Bowl Nourish Workshop*	Food Bowl Glasshouse
10.15am	45 mins	Food Bowl Discover Tour*	Food Bowl
10.30am	45 mins	Fire & Ice*	Fire & Ice area
10.30am	45 mins	Body Clay*	Clay Ridge
12.00pm	45 mins	Fire & Ice*	Fire & Ice area
12.00pm	45 mins	Body Clay*	Clay Ridge
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** | peninsulahotsprings.com

* This experience requires a booking.

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movement class*

\$15 (45 mins)

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.



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.



fire & ice*

\$15 (45 mins)

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.



body clay*

\$15 (45 mins)

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.



food bowl discovery tour*

\$15 (30 mins)

On this introductory guided tour with a member of our Land & Environment team, we will discuss the SLOW food philosophy and organic gardening principles, and how they inspired the development of our Food Bowl. Morning tea will be served afterwards in our state of the art glasshouse.



food bowl nourish workshop*

\$60 (75 mins)

Immerse yourself in a paddock to plate experience as you learn the importance of eating locally sourced and seasonal produce, general nutrition and the significance of mindful eating. Also enjoy a nourishing breakfast followed by a 30-minute guided tour of our Food Bowl.