



Awaken



AWAKEN PROGRAM – 26 MARCH 2023

food bowl		sensory dome		amphitheatre*	
TIME	DETAILS	TIME	DETAILS	TIME	DETAILS
8:45 - 9:00am	Welcome to Country				
9:00 - 10:00am	Simone Callahan – Power Flow A dynamic practice through a series of postures that promote balance, strength and flexibility			9:00 - 10:00am	Fire & Ice Exclusive[#] Experience the power of hot and cold therapies from our hot sauna to ice pool and our signature ice cave. Facilitated by Dr Marc Cohen.
10:15 - 11:15am	William Wong – Purpose & Poise Experience fluid motion with creative sequencing			10:00 - 12:00pm	Dj Loqi Ambient meditations and sacred downtempo beats
11:15 - 11:30am	Edo Khan Sacred mantras	10:00 - 11:00am	Uma Neave Spender – Journey into the Shadows Guided Meditation and pranayama		
11:30 - 12:30pm	Shiva Rea – Rhythm + Prana Flow Find your center in collective rhythm and flow	11:15 - 12:30pm	Sian Pascale Experience the embodiment of the Divine Feminine		
12:30 - 1:30pm	LUNCH BREAK	12:30 - 1:30pm	LUNCH BREAK	12:15 - 1:30pm	Perolas Contemporary electric harp ensemble
1:45 - 2:45pm	Bruce Lipton <i>The Biology of Belief</i>	2:00 - 3:00pm	Freya Lawler – Holistic Wellness & Naturopathy Exploring detoxification: a holistic perspective	2:00 - 3:00pm	Sonja Kyra-Bleu Flow style yoga session
3:00 - 4:30pm	Wellness Panel <i>Sustaining True Wellness</i> Featuring Charles Davidson, Bharat Mitra, Farida Irani, Katherine Droga, Marc Cohen	3:15 - 4:30pm	Edo Khan – Mantrafy Vedic Sound Bath and healing vibrations	3:15 - 4:30pm	Jem Stone – Wayapa Wuurk Reconnecting back to Mother Earth, to ourselves and to each other
5:00 - 6:00pm	Kyle Lionhart	5:00 - 6:00pm	Stan Rodski – The Neuroscience of Mindfulness	4:45 - 5:45pm	Maggie Carr – Ocean Flow
6:30 - 7:30pm	Garrett Kato	6:30 - 8:00pm	Spud Thompson Ambient Sound Bath Session	6:00 - 7:00pm	Yuval and Sarita Middle Eastern and Indian fusion
8:00 - 9:00pm	Mama Kin Spender and the Macapella Choir	<p>All day activities include: Wellness Village featuring massage and healing modalities, craft vendors, food stalls, open networking and conversation zones and many other thermal bathing and wellness activations.</p> <p>* An Awaken plus bathing pass is required to participate in this part of the program</p> <p>* Bookings through Groups Department – groups@peninsulahotsprings.com</p>			
9:00pm	Closing Ceremony				

Contact us at info@peninsulahotsprings.com or +61 03 5950 8777



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26 MARCH 2023

AUSTRALIA'S FIRST HOT SPRINGS WELLNESS GATHERING

BE INSPIRED, EMPOWERED AND UPLIFTED



PENINSULA
HOT SPRINGS

CONNECT WITH WELLNESS INSPIRATIONS AND YOGA WITH

SHIVA REA • DR BRUCE LIPTON • WILLIAM WONG
SIMONE CALLAHAN • DR MARC COHEN
JEM STONE (WAYAPA WELLNESS) • MAGGIE CARR
UMA NEAVE SPENDER • SONJA KYRA-BLEAU

IMMERSE IN MUSIC WITH

MAMA KIN SPENDER (with the Macapella Choir)
GARRETT KATO • KYLE LIONHART • EDO KHAN
and many more....

OTHER HIGHLIGHTS INCLUDE:

WELLNESS DOME VILLAGE,
MASSAGE AND HEALING SPACE,
WANDERLUST & YOGA AUSTRALIA DEDICATED
DOMES, SOUND HEALING, SCENIC CAMPING CLOSE BY
AND MUCH MORE!

• TICKETS ARE LIMITED •

AWAKEN PASS - \$110

AWAKEN PASS PLUS BATHING - \$180

Tickets includes classes, workshops and music. Wellness activities, treatments and enhancements to your visit can be booked at an additional charge, please see website for details.



SCAN ME

[AWAKEN.NET.AU](https://awaken.net.au)



WANDERLUST
PURE ACTIVE SUPPLEMENTS



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AUSTRALIA



SoulAdvisor



WellBeing



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Magazine



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ONE
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YogaHive



THE
LIGHT
COLLECTIVE



a
sound
life



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GET
YOGA



LovEarth
YOGA RATS



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collective



SPIRIT OF THE
PENINSULA



LOVEFEST



PENINSULA
WELLNESS HUB

CELEBRATING CONNECTION & CO-CREATION