



# world bathing day



**WORLD BATHING DAY**  
**22 JUNE 2023**

Peninsula Hot Springs invites you to participate in our World Bathing Day celebrations – an international celebration of water and the diverse rituals and cultural traditions associated with the act of bathing, cleansing and connecting with nature and each other. Share your bathing experience #worldbathingday

experience			
TIME	DETAILS	TIME	DETAILS
7:30am	Movement class* Wellness Centre Studio	2:00 – 3:00pm	Sound Healing with Dan Byrne Food Bowl Glasshouse
9.15 – 9.40am	Hot Springs yoga Fire & Ice Area	3.00pm	'I love Yu: The world of Japanese bathing' <b>HOT TALK</b> Fire & Ice Dome
9:30am	 Sauna Infusion* Fire & Ice	3:00pm	Tea Ceremony* Sensory Dome
10:00 – 5:00pm	 Bathing Barrels Experience* Bathing Barrels (45min sessions)	live music	
10:30 – 11:30am	Breathwork with Uma Neave-Spender Food Bowl Glasshouse		
11.00am	'We like it hot: The worlds of sauna' <b>HOT TALK</b> Fire & Ice Dome	7.36am	Sunrise Ceremony Hilltop Pool
11:00am	Nourish Workshop* Food Bowl	12.00 – 1.00pm	Pérolas Amphitheatre
11:45am	Discovery Tour* Food Bowl	4.00pm – 5.00pm	Spud Thompson – Global SoundBath Live Sunset Winter Solstice Ceremony Amphitheatre
1.00pm	'We like it hot: The worlds of sauna' <b>HOT TALK</b> Fire & Ice Dome	6:30pm	 Bathe In Cinema: My Octopus Teacher Amphitheatre
1:00pm	Body Clay Ritual* Clay Ridge		

\* Bookings required and subject to availability

\* Complimentary sessions – bookings required and subject to availability



PENINSULA  
HOT SPRINGS

GLOBAL  
**SOUND BATH**  
LIVE



## daily wellness activities

### 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.**

### sauna infusion\*

**\$15 (45 mins)**

Our newest wellness experience, a guided heat therapy workshop that demonstrates the power of sauna bathing. Sauna bathing is an ancient tradition that is gaining global popularity as a lifestyle practice due to its ability to invigorate and rejuvenate the body and mind.

**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.**

### tea ceremony\*

**\$15 (45 mins)**

Centre yourself with a tea ceremony 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.

**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.

### hot talk

**(30 mins)**

**We Like it Hot:**

#### The Worlds of Sauna

Come take a sweat-soaked journey from Melbourne to Japan via Scandinavia and the Baltic states. From our Wellness Host Cam.

#### I Love Yu: The World of Japanese Bathing

Come on a journey to discover the bathhouses, hot spring towns, ryokan hotels, and super-sentos all across Japan. From our Wellness Host Cam.

### bathing barrels experience\*

**(45 mins)**

Relax in nature in a social bathing environment. Submerge in your own barrel filled with geothermal water adjustable to your perfect temperature. Available complimentary in celebration of World Bathing Day on the hour between 10am and 5pm.

**Available to guests  
16 years and over.**

Please book at reception or call the groups team on 5950 8712 | [peninsulahotsprings.com](https://peninsulahotsprings.com)

\* Bookings required and subject to availability