

# what's on in september – spring 2023



## cello, restorative yoga

Saturday 2 September 4:30pm  
Wellness Centre



## bathe in cinema

Every Thursday 6:30pm  
See separate program for full details.  
Amphitheatre Stage



## showcase performance

The Dili Allstars 2 September  
Stephen Cousins 15 September  
6pm – 7pm  
Amphitheatre Stage



## national quiet day

Enjoy sanctuary in silence. We are asking guests to refrain from using phones and to be mindful of noise.  
Wednesday 13 September



## LIOR in concert

Ticketed event  
Saturday 23 September, Glasshouse



## R U OK? Day

Thursday 14 September  
See separate program  
for full details



## world wellness weekend

16 – 18 September  
See separate program for full details



## sunday sessions

Live performances every Sunday  
2pm – 5pm  
Bath House café stage



## school holidays

21 September - 6 October  
See separate program for full details



## bathing barrels

Friday to Monday 11am – 6pm  
Hilltop Bath



## deep listening bathing ritual

Friday – Monday 1pm  
Hilltop Bath

## daily wellness

### yoga\*

Daily 7.30am  
Wellness Centre Studio

## hot springs yoga

Daily 9.15am  
Amphitheatre Stage

## sauna infusion\*

Daily 9:30am, Fire & Ice area

## body clay\*

Daily 10:30am & 1pm  
Clay Ridge

## fire and ice\*

Daily 10.30am, 12pm & 2pm  
4pm & 5pm  
Fire & Ice area

## discovery tour\*

Daily 11:45am, Food Bowl

## tea ceremony\*

Daily 3pm, Sensory Dome

\* Bookings required and subject to availability

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

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



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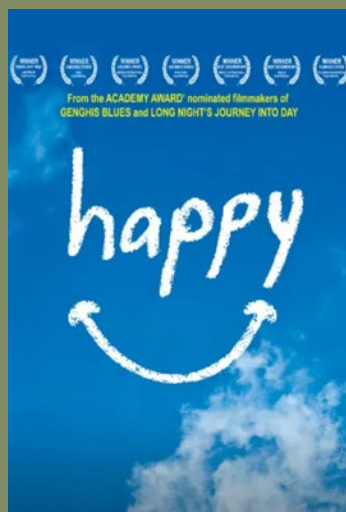
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# bathe in cinema

Screening every Thursday in September 6:30pm



September 7



September 14  
Special Screening  
for R U OK Day?



September 21  
Special School  
Holiday Screening



September 28  
Special School  
Holiday Screening

For more information or to book visit [peninsulahotsprings.com](http://peninsulahotsprings.com)

Please note the movie will be cancelled in the event of heavy rain.





# relax, listen and share in supporting R U OK?Day

**Thursday 14 September**

Our purpose is to create experiences where people relax in nature while connecting with themselves and each other. RUOK? Day is a reminder to pause, check in and have meaningful conversations with the people around us. In the spirit of this day, we've programmed some special music, art and healing experiences to help empower our community to come together, listen and share.

## **MUSIC**

Paul Dillon  
Live music  
11am - 12pm & 2 - 3pm  
Amphitheatre Stage

## **ART**

Mandy Nelson  
Natural Weaving  
Workshop  
10.30am - 1pm  
Fire & Ice Dome

## **HEALING**

Dan Byrne  
Sound Healing  
4 - 5pm  
Food Bowl  
Glasshouse

If you need professional support, please contact your doctor, local health centre, Lifeline on 13 11 14, Beyond Blue on 1300 22 4636 or Suicide Call Back Service on 1300 659 467.

Family and friends can also call upon these services for advice and assistance on how to support someone who is struggling with life.

If you are having suicidal thoughts, please seek assistance by contacting your trusted healthcare professional or calling Lifeline on 13 11 14 .

If you are concerned for your safety or the safety of others, seek immediate assistance by calling Triple Zero (000).



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