



journey within

a two-day immersive retreat

immerse in
nature's tranquillity

Ground yourself in the
pristine beauty of our natural
coastal environment.

find conscious
connection

Rediscover your authentic
self through the heart space,
igniting empowerment
and profound wellbeing.

bathe in the
healing hot springs

Allow the healing energies of
geothermal hot springs bathing
to provide deep renewal.



RETREATS



Womindjika / Welcome. Peninsula Hot Springs acknowledges and pays respect to the Boonwurrung peoples of the Kulin Nation and their living cultural connections to the land and waters of the Mornington Peninsula through their Elders past, present and emerging. Our region is a place of healing where different types of water (fresh, salt and geothermal) come together, along with peoples of many different cultures, to be and to dream in harmony with nature.





Our intention is to guide you on a journey of self-discovery

Ground yourself in an idyllic coastal setting while engaging your senses. *Journey Within* offers the opportunity to retreat from the outside world into the deep well of your being. Enjoy a holistic program of daily hot springs bathing, nutritious meals, yoga and sound healing, wellness masterclasses and healing spa treatments. Through both stillness and movement, you will be guided to venture into your heart space.

The retreat will unfold across our stunning natural landscape, where participants can cultivate inner awareness and connect with their deepest selves through the doorway of the senses. Join us for an enriching experience that invites you to pause and recognise what truly serves your wellbeing.



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Over two transformative days you will experience the best of Peninsula Hot Springs.



Yoga in Nature

Discover inner balance with exclusive yoga and embodiment practices amidst the serenity of our natural surroundings.



Fire & Ice Workshop

Awaken the senses with our signature hot-cold contrast therapy workshop, that will leave you feeling invigorated.



Sound Healing

Reconnect with your inner self and harmonise your being through breath and sacred sound.



Hot Spring Bathing

Bathe in warm and healing geothermal waters to soothe tension and uplift the spirit.



Nourishing Meals

Co created by our head chef and resident nutritionist, providing paddock -to-plate, wholesome nourishment.



Heart-Centred Healing

Rejuvenation through spa treatments designed to heal and nurture.



Nutrition Masterclass

Optimise hormone health with insights from our Resident Nutritionist and Naturopath Freya Lawler.



Wellbeing Presentation

Anxiety & burn-out management and emotional transformation techniques with Dr Michelle Woolhouse.



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your journey within itinerary

Day 1 – Friday 1 December, 2023	
8am	Check in at the <i>Wellness Centre</i>
9.30am	Welcome Circle with light refreshments served in the <i>Wellness Centre Studio</i>
11am	Wellness Masterclass 'Navigating the language of the body – how to lower anxiety and prevent and support burn-out' with Dr Michelle Woolhouse in the <i>Moroccan Pavilion</i>
12.45pm	Replenish wellness lunch served in the <i>Moroccan Pavilion</i>
2pm	Check into Glamping accommodation
2.30pm	Time to enjoy all site hot springs thermal bathing with access to both our <i>Bath House</i> and <i>Spa Dreaming Centre</i>
4pm	Wellness Experience Fire & Ice workshop or Deep Listening Bathing Ritual
5.30pm	Embodiment Practice Sunset Yoga – Breath & Sacred Sound with Max and Sonja in the <i>Wellness Centre Studio</i>
7pm	Signature retreat dinner served in the <i>Spa Dreaming Centre Restaurant</i>
9pm	Time for rest in Glamping tents or bathing under the stars

Day 2 – Saturday 2 December, 2023	
6.30am	Sunrise Yoga Flow with Sonja in the <i>Food Bowl, Pink Fairies Glasshouse</i>
8am	Nourishing breakfast served in the <i>Spa Dreaming Centre Restaurant</i>
9.30am	Wellness Masterclass 'Optimising hormone health – restoring the body's natural rhythms' with Freya Lawler in the <i>Wellness Centre Studio</i>
11am	Checkout at the <i>Wellness Centre</i>
12pm	Spa treatments commence in the <i>Spa Dreaming Centre</i>
1pm	Collect Picnic Hamper from <i>Bath House Café</i>
3pm	Wellness Experience Fire & Ice workshop or Deep Listening Bathing Ritual
4.30pm	Retreat Closing Circle in the <i>Cultural Meeting Space</i>

Retreat inclusions

- 1 night Glamping accommodation
- 2 days all site Hot Springs bathing
- Access to all facilities
- Chef prepared nourishing meals
- Daily yoga
- Yoga mat and props
- Sound healing
- Intention setting and journaling
- 2 wellness masterclasses
- Choice of 60 minute treatments
- Take home gift bag with signature products
- Reusable water bottle



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your journey within facilitators

Passionate about creating empowering experiences, your facilitators will help guide and support you.

Dr Michelle Woolhouse

Integrative Health GP and Author

Dr. Michelle Woolhouse is an integrative doctor with 23+ years of experience, specialising in holistic wisdom, mental health, mind-body medicine, and the neuroscience of healing. Michelle is an expert in anxiety, burn-out management, emotional transformation techniques, and mental health support alongside physical disease. She holds post-graduate qualifications in various fields and fellowships with prestigious medical institutions. Michelle is also the host of the Fx Medicine Podcast, Co-founder of Enliven Retreats, and Medical Director of www.vively.com.au. Her book, 'The Wonder Within,' is available now.

theholisticgp.com.au



Sonja Kyra Bleau

Yoga Teacher

With over a decade of experience as a yoga and meditation instructor and more than 25 years as a dedicated yoga practitioner, Sonja Kyra Bleau has developed a unique style that seamlessly blends nature into her classes. Her background and training in jazz ballet, combined with expertise in vinyasa, and ashtanga yoga, serves as the foundation for her classes. Sonja is renowned for her warm and soothing teaching style and ensures a safe experience for all levels. Sonja is a Legacy Lululemon Ambassador, and has featured in media outlets like Channel 9, Endota Retreats, Mindful Mums, and various wellness brands.

honestlyyoga.com.au



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your journey within facilitators



Freya Lawler

Resident Naturopath and Nutritionist

Freya Lawler is a BHSc Naturopath, Nutritionist, & Natural Fertility Educator and embraces a simplified and practical approach to modern wellness. With a passion for evidence-based methods, she specialises in women's health, hormones, and gastrointestinal issues, drawing from her personal journey. Freya uses safe and effective therapies like herbal medicine, clinical nutrition, and lifestyle counselling to address root causes of illness. Her goal is to empower individuals on their wellness journeys for a better, balanced life. Along with her own thriving practice, she also serves as the Resident Nutritionist at Peninsula Hot Springs.

freyalawler.com.au

Max Jared

Sound Healer

Max founded GoodVibe to share the transformative power of sound wellness, breathwork, and somatic embodiment. With 17 years of experience as a sacred song and sound facilitator, he uses acoustic and electronic instruments to create immersive sound journeys. From guitar and singing bowls to handpan and vocals, Max offers a sonic experience that connects body, mind, emotions, and spirit. Specialising in mantra chanting and sacred songs, he uses the voice to foster personal peace and embodiment. His mission is to make sound, breathwork, and embodiment practices as accessible as yoga and meditation.

[@maxjared](https://www.instagram.com/maxjared)



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one-on-one wellbeing sessions

If you would like to take a deeper dive into your health and wellbeing, you can book into a one-on-one wellbeing session during your stay and beyond.

Conducted by Peninsula Hot Springs Resident
Naturopath and Nutritionist Freya Lawler,
your personal transformation often begins here.



RETREATS





PENINSULA
HOT SPRINGS

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