

# daily wellness activities

Combine our healing waters with a selection of activities to create the ultimate wellness experience.

TIME	DURATION	ACTIVITY	LOCATION
<b>7.30am</b>	<i>45 mins</i>	<b>Yoga*</b>	Wellness Centre Studio
<b>9.15am</b>	<i>25 mins</i>	<b>Hot Springs Yoga</b>	Amphitheatre Pools
<b>9.30am</b>	<i>45 mins</i>	<b>Fire &amp; Ice*</b>	Fire & Ice area
<b>10.30am</b>	<i>45 mins</i>	<b>Body Clay*</b>	Clay Ridge
<b>10.30am</b>	<i>45 mins</i>	<b>Fire &amp; Ice*</b>	Fire & Ice area
<b>12.00pm</b>	<i>45 mins</i>	<b>Fire &amp; Ice*</b>	Fire & Ice area
<b>12.00pm</b>	<i>45 mins</i>	<b>Body Clay*</b> <i>(Friday, Saturday &amp; Sunday only)</i>	Clay Ridge
<b>1.00pm</b>	<i>45 mins</i>	<b>Body Clay*</b>	Clay Ridge
<b>2.00pm</b>	<i>45 mins</i>	<b>Fire &amp; Ice*</b>	Fire & Ice area
<b>3.00pm</b>	<i>45 mins</i>	<b>Body Clay*</b>	Clay Ridge
<b>4.00pm</b>	<i>45 mins</i>	<b>Fire &amp; Ice*</b>	Fire & Ice area
<b>5.00pm</b>	<i>45 mins</i>	<b>Fire &amp; Ice*</b>	Fire & Ice area

Please book at reception or call the reservations team on **(03) 5950 8777** | [peninsulahotsprings.com](https://peninsulahotsprings.com)

*\*This experience requires a booking*

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## yoga\*

\$20 (45 mins)

Suitable for all levels of strength and flexibility. Be guided through a Yoga Flow with an experienced facilitator and find balance as you flow between various poses modified to differing levels of skill, before submerging in our geothermal baths to ease active muscles and leave feeling rejuvenated and relaxed.

*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.*

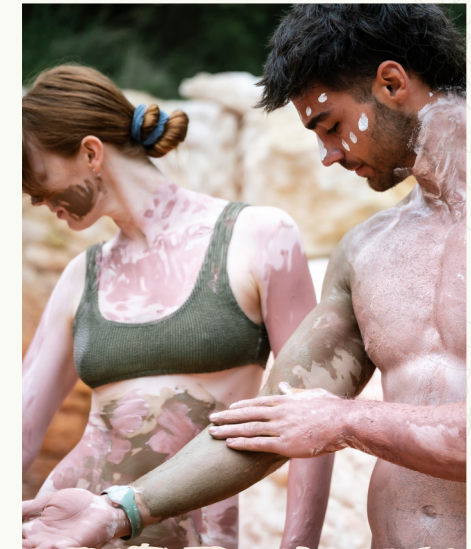


## fire & ice\*

\$20 (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\*

\$20 (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.*