



Awaken



PROGRAM – 16 MARCH 2024

food bowl	
TIME	DETAILS
8:45 - 9:00am	Welcome to Country <i>Jaeden Williams</i> Proud Yalukit-willam man and custodian of Boonwurrung land and waters
9:00 - 10:00am	Anisa Poonja <i>Open Heart, Open Mind and Open Body</i> A fusion of Somatic Awareness meditation, breath, Qi Gong & yoga, with live sound alchemy by Wakefield.
10:15 - 11:15am	William Wong <i>Fluid and Free</i> Experience fluid motion with creative sequencing.
11:30 - 12:30pm	Shiva Rea <i>Prana Flow</i> Find your center in collective rhythm and flow
1:00 - 2:00pm	Simone Callahan <i>Slow and Strengthening</i> Yoga session
2:15 - 3:15pm	Michelle Cassidy <i>Nurture Your Nature</i> Yin Yoga Session
3:30 - 4:30pm	Shiva Rea Trance Dance
4:30 - 6:00pm	Ecstatic Dance Session Temple Step and Madhu Honey and LoQi
6:00 - 8:00pm	Sunset Ambient DJ

amphitheatre	
TIME	DETAILS
10:00 - 11:00am	Rebecca Czapnik <i>Water Wisdom</i> Warm water healing Demonstration (<i>Watsu® / WaterDance™</i>)
11:15 - 12:15pm	Lance Schuler <i>Foundational Freedom</i> Yoga session
12:30 - 1:30pm	Vinod Prasanna Bansuri Flute Master
1:45 - 2:45pm	Wisdom from the Ancients Global wellness discussion with master traditional healers
3:15 - 4:15pm	Ana Forest and Jose Calarco <i>Ancestral Voices</i> A musical yoga hybrid
4:45 - 5:45pm	Kyle Lionhart
6:15 - 7:15pm	Christine Anu
7:45 - 9:00pm	Nicky Bomba and special guests

sensory dome	
TIME	DETAILS
10:00 - 11:00am	Uma Neave <i>Śakta meditation</i> Mantra, mudra & myth
11:15 - 12:15pm	Shivam Rath Sound Healing Session
1:45 - 3:00pm	Gary Gorrow Vedic Meditation
3:15 - 4:15pm	Uncle Lionel Lauch Yidaki Sound Healing
4:30 - 5:30pm	Jem Stone <i>Wayapa Wuurrk</i> Reconnecting back to Mother Earth, to ourselves and to each other
5:45 - 7:00pm	Avishai Barnartam Sound Healing Session

wellness centre meeting space	
TIME	DETAILS
11:00am - 4:45pm	Hot Talks Wellness conversations worth sharing, see program for details



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





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HOT TALKS – 16 MARCH 2024

Wellness conversations worth sharing

wellness centre meeting space

TIME	DETAILS
AN INTRODUCTION TO TRADITIONAL HEALING MODALITIES	
11.00am	Michelle Woolhouse <i>An introduction to traditional healing modalities</i> Introduction & facilitator
11.00am	Vicki Kotsirilos <i>Traditional Western medicine</i>
11.20am	Arama Mataora Toatoa <i>Traditional Maori medicine</i>
11.40am	Anne Warren <i>Traditional Aboriginal medicine</i>
12:00pm	Virginia Scarff <i>Traditional Chinese Medicine</i>
12.20pm	Dylan Smith <i>Traditional Indian Medicine (Ayurvedic)</i>
12:40pm	BREAK
WELLNESS PILLARS	
1:00pm	John Toomey Introduction & facilitator
1:00pm	Sharon Kolkka <i>Stress Less</i>
1:20pm	Freya Lawler <i>Achieving Total Wellness</i>
1.40pm	Stan Rodski <i>Introduction to Theta Sleep</i>
2:00pm	BREAK

TIME	DETAILS
WELLNESS COMMUNITIES	
2.30pm	Clive Dwyer Introduction & facilitator
2.30pm	John Toomey <i>Workplace Wellness</i>
3.15pm	Ben Anderson and Jamie Srubis <i>Urban Wellness Hotels</i>
3:45pm	Mohit Midha <i>Hoogly – A Digital platform changing communities</i>
4:05pm	Ben & Guy & Dan <i>Deep Well – Digital Wellness Community Platform</i>
4.25pm	Ben Bowler <i>Meeting the Dreaming – Mungo Man: exploring the nexus of land, water and community</i>
4:45pm	Josh Melnick <i>Revillaging Project – the story and vision of a local small scale Mornington Peninsula wellness community</i>



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Awaken



Enhance your Awaken experience by immersing yourself in the following activities



Cloud Hidden Tea Ceremonies

Immerse in special tea ceremonies facilitated by Cloud Hidden, who are inspired by the belief that tea offers a profound path to reconnect with our place in the world. We offer our tea ceremony as a practice of mindful presence and a conduit for forging meaningful connections with fellow travellers on this path. Sessions will take place at 9am, 11am, 1pm, 3pm in the *Tea House*.



Traditional Medicine Healing Domes

Delve into the wisdom of ancient healing traditions from around the world at our Global Healing Domes. This immersive offering features a series of treatments, talks and presentations by traditional healers from diverse cultures, including Maori, Chinese, Ayurveda and Australian Aboriginal. Explore healing modalities and insights into holistic wellness practices.



Wellness Village

A sanctuary for wellness enthusiasts with an array of rejuvenating spa products and more. Offering a range of experiences designed to nourish your body, mind and spirit, including our Peninsula Hot Spring Signature Products, Nunchi Aromatherapy, Synthesis Organics Skincare, L'arnwa Skincare, P40 Sunscreen and INU8 Apparel.



Hot Talks

Engage in thought-provoking discussions with wellness industry leaders in our *Wellness Centre Meeting Space*. Join leaders such as John Twomey as he explores the importance of *Workplace Wellness*; or our urban wellness hotel partner, the Kinson. These curated conversations offer a unique opportunity to delve deeper into key topics shaping the future of wellness and healing.



Glasshouse workshops

Experience transformative Apothecary workshops in our unique food bowl *Maroon Hoods Glasshouse*.

12pm: Mindful meditations, fostering tranquillity.

2pm: Rituals for creating calm and unlocking serenity through mindful practices.

4pm: Effective sleep support techniques for a restful and rejuvenating experience.



The Studio showcase

The Studio space can be utilised for wellness activities including meditation, mat yoga, mat and reformer pilates, ariel yoga, massage workshops, wellness programs and seminars for groups of up to 150 people.



Wellness Activities*

In addition to enjoying the baths, sauna's, steam rooms, reflexology walks and other facilities at Peninsula Hot Springs including:

Body Clay: Get in touch with the healing and cooling effects of clay – *Clay Ridge* at 10.30am, 12.00pm, 1pm & 3pm.



Wellness Activities*

Fire & Ice: Be invigorated by the powers of hot & cold therapy – *Fire & Ice area* at 9.30am, 10.30am, 12pm, 2pm, 4pm & 5pm.

Bathing Barrels: Immerse in a new bathing experience designed for you to connect and reflect in nature – *Hilltop Trail* at 11am, 11:45am, 12.30pm, 1:15pm, 2:00pm & 2:45pm.

* This experience requires a booking

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