

# 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>	45 mins	Yoga*	Wellness Centre Studio
<b>9.15am</b>	25 mins	Hot Springs Yoga	Amphitheatre Pools
<b>9.30am</b>	45 mins	Fire & Ice*	Fire & Ice area
<b>10.30am</b>	45 mins	Body Clay*	Clay Ridge
<b>10.30am</b>	45 mins	Fire & Ice*	Fire & Ice area
<b>12.00pm</b>	45 mins	Tea ceremony*	Tea Tent
<b>12.00pm</b>	45 mins	Sauna Infusion*	Fire & Ice area
<b>1.00pm</b>	45 mins	Body Clay*	Clay Ridge
<b>2.00pm</b>	45 mins	Fire & Ice*	Fire & Ice area
<b>3.00pm</b>	45 mins	Body Clay*	Clay Ridge
<b>4.00pm</b>	45 mins	Fire & Ice*	Fire & Ice area
<b>5.00pm</b>	45 mins	Fire & Ice*	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.*



## 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.*



## 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.*



## sauna infusion\* (45 mins)

Taking place in the Fire and Ice area of our Bath House, begin with heat therapy in our traditional dry sauna before cooling down in the cold plunge pool. After a moment of breathwork and meditation, enter the wet sauna with steam infused with essential oils to stimulate the senses. To finish, rest and reset.

*Available to guests over the age of 16.*



## 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.*



## tea ceremony\* (45 mins)

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. Begin with a cup of stress relieving and immune strengthening Tulsi Tea, before moving onto breathwork and meditation session.

*Available to guests over the age of 16.*