

what's on in september – spring 2024



bathe in cinema

Every Thursday
6:30pm
Amphitheatre Stage



Father's Day special The Calmer Miles

Sunday 1 September
2pm - 5pm
Bath House Café Stage



showcase performance Parker

Friday 6 September
6pm - 7pm
Amphitheatre Stage



World Wellness Weekend special sound healing with Lionel Lauch & Dan Byrne

20 September, 5:30pm

Bookings are essential



sunday sessions various artists

Every Sunday
2pm - 5pm
Bath House Café Stage
See separate program



apothecary workshop & bathe

Saturday 7 September, 11am
Food Bowl



Potting Workshop

12 & 20 - 22 September
10am
Food Bowl



r u okay? special Paul Dillon

Thursday 12 September
11am - 12pm & 2pm - 3pm
Amphitheatre Stage



r u okay? special weaving workshop

Thursday 12 September
11am - 2pm
Fire & Ice Dome



sunset yoga

12 & 20 - 22 September
6:00pm
Amphitheatre Stage



Spring school holidays

20 September - 7 October
See the separate program



bathing barrels^{*†}

Friday to Saturday
10:15am - 4:15pm,
Sunday 10:15am - 1pm
Hilltop Bathing Barrels



sauna infusion^{*}

Available daily 12pm
Fire & Ice Area



tea ceremony^{*}

Available daily 12pm
Tea House



yoga^{*}

Available daily 7.30am
Wellness Centre
Studio



hot springs yoga

Available daily 9.15am
Amphitheatre Stage



fire and ice^{*†}

Available daily
9.30am, 10.30am,
2pm, 4pm & 5pm
Fire & Ice Area



body clay^{*}

Available daily
10.30am, 1pm & 3pm
Clay Ridge

** Bookings required and subject to availability † For guests 16 & over*

For further information please contact our reservations team
on 5950 8777 or email info@peninsulahotsprings.com

peninsulahotsprings.com



PENINSULA
HOT SPRINGS



PENINSULA
HOT SPRINGS

bathe in cinema

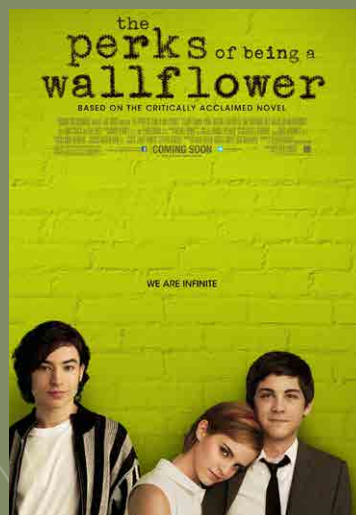
Every Thursday from 6:30pm, Amphitheatre Stage



September 5
Women's Health
Week Special



September 12
R U Okay? Special



September 19
World Wellness
Weekend Special



September 26
School Holiday
Special

For more information or to book visit 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 12 September

Our purpose is to create experiences where people relax in nature while connecting with themselves and each other. R U OK? 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.

LEARN

Potting Workshop
10am
Food Bowl

MUSIC

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

ART

Mandy Nelson
Natural Weaving
Workshop
11am - 2pm
Fire & Ice Dome

YOGA

Sunset Yoga
6pm
Amphitheatre Stage

VIEWING

Bathe in Cinema
Screening of
"Greatest Days"
6:30pm
Amphitheatre Stage

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).



PENINSULA
HOT SPRINGS

peninsulahotsprings.com | 03 5950 8777

R U OK?

Peninsula Hot Springs celebrates

world wellness weekend

20 – 22 september, 2024



World Wellness Weekend aims to encourage and empower individuals to participate in meaningful wellness activities. At Peninsula Hot Springs we are committed to enhancing the health and wellbeing of our communities and staff.

our wellness pillars



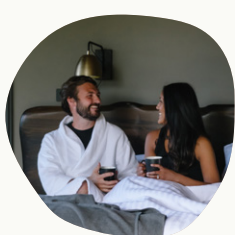
relaxation



movement



nutrition



sleep



mindfulness



education



creativity

Wellness begins with connection... with ourselves, our community and the environment around us.

These Seven Pillars of Wellness work together to ensure that you are living in optimum health with a balanced physical, mental and emotional state. In support of World Wellness Weekend, we encourage you to incorporate at least one or all of the our Pillars of Wellness into your daily life.

TIME	DAILY ACTIVITIES
7.30am	Yoga* Wellness Centre Studio
9:15am	Hot Springs Yoga Amphitheatre Stage
9:30am, 10:30am, 2pm, 4pm & 5pm	Fire & Ice Experience* Fire & Ice Area
Fri to Sat 10:15am - 4:15pm, Sunday 10:15am - 1pm	Bathing Barrels* Hilltip Bathing Barrels
10:30am, 1pm & 3pm	Body Clay Workshop* Clay Ridge
12pm	Sauna Infusion* Fire & Ice Area
12pm	Tea Ceremony* Sensory Dome

* bookings required

TIME	SPECIAL EVENTS
Thursday 19 6pm	Bathe in Cinema - The Perks of Being a Wallflower , Amphitheatre Stage
20 - 22 Sept 10am	Potting Workshop Food Bowl
20 - 22 Sept 6pm	Sunset Hot Springs Yoga Amphitheatre Pool
Sunday 22 2pm	Sunday Session - Peter Miller Bath House Cafe

sound healing
Lionel Lauch & Dan Byrne*
Friday 20, 5:30pm



For further information please contact our team on 5950 8777 or email info@peninsulahotsprings.com





join us for live music every Sunday

2pm – 5pm,
Bath House café stage



The Calmer
Miles

Sunday 1 September



Mijo Biscan

Sunday 8 September



Tig

Sunday 15 September



Peter Miller

Sunday 22 September



The Warrains

Sunday 29 September

Local talent performing live every Sunday

For further information please contact our team
on 5950 8777 or email info@peninsulahotsprings.com

spring 2024

sept	w/c Monday 2	w/c Monday 9	w/c Monday 16	w/c Monday 22	w/c Monday 30
		R U OK? Day (12)	World Wellness Weekend (20-22) Spring School Holidays (20-7 Oct) World Gratitude Day (21) Spring Equinox (22)	AFL Grand Final Long Weekend (27)	Daylight Saving (1) International Coffee Day (1) Seniors Week/Month Celebrations Mental Health Awareness (6-12)
oct	w/c Monday 7	w/c Monday 13	w/c Monday 20	w/c Monday 28	
	World Habitat Day (7) World Mental Health Day (10)	National Nutrition Week (16-22) Wear It Pink Day (18)			
nov	w/c Monday 4	w/c Monday 11	w/c Monday 18	w/c Monday 25	
	Melbourne Cup (5) Soakember (9)		International Men's Day (19)		

summer 2024/25

dec	w/c Monday 2	w/c Monday 9	w/c Monday 16	w/c Monday 23	
	Summer School hols (1 Dec - Jan 29) Carols (TBC)			Christmas Day (25) Boxing Day (26) New Years Day (1)	
jan	w/c Monday 6	w/c Monday 13	w/c Monday 20	w/c Monday 28	
	Peninsula Summer Music Festival (7-8)		Long weekend (26)	Lunar New Year (29)	
feb	w/c Monday 3	w/c Monday 10	w/c Monday 17	w/c Monday 24	
		Valentine's Day (14) Ride for Relief 6-day tour (16-22)	Ride for Relief One-day Ride (22) Ride for Relief 10km walk (23)	Ride for Relief One-day Ride & 10km walk (25)	

autumn 2025

mar	w/c Monday 3	w/c Monday 10	w/c Monday 17	w/c Monday 24	w/c Monday 31
	National Carer's Week (4-9) International Women's Day (8)	Labour Day Long Weekend (11) World Sleep Day (15)	International Day of Happiness (20) Earth Hour (8.30pm, 23) Cultural Diversity & Harmony Week (18-24)	Autumn School Holidays (28-15 Apr) Easter (29-1 Apr)	
apr	w/c Monday 7	w/c Monday 14	w/c Monday 21	w/c Monday 28	
	Daylight Saving Ends (7) World Health Day (7)		World Creativity and Innovation Day (21) Earth Day (22) Anzac Day (25)	Mindful in May (1-31 May)	
may	w/c Monday 5	w/c Monday 12	w/c Monday 19	w/c Monday 26	
		Mother's Day (12)	International Tea Day (21) World Meditation Day (21) Coastrek (24)		

winter 2025

jun	w/c Monday 3	w/c Monday 10	w/c Monday 17	w/c Monday 24	
	Global Wellness Day (8)	Kings Birthday (10) Men's Health Week (10-16)	International Day of Yoga (21) World Bathing Day (22)	Winter Solstice (24) Peninsula Hot Springs Birthday (28) Winter School Holidays (28-15 Jul)	
jul	w/c Monday 1	w/c Monday 8	w/c Monday 22	w/c Monday 29	
	"Global Partnerships" Celebration : Japan (tbc) NAIDOC Week (7-14)			Greek Festival (1-10)	
aug	w/c Monday 5	w/c Monday 12	w/c Monday 19	w/c Monday 26	
	International Day of the World's Indigenous People (9)			Father's Day (1 Sept)	