



# Peninsula Hot Springs wellness activities

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

TIME	DAYS	ACTIVITY	LOCATION
<b>7:30am</b>	Daily	Yoga	Wellness Centre Studio
<b>9.15am</b>	Daily	Hot Springs Yoga	Amphitheatre area
<b>10.30am</b>	Daily	Sauna Infusion	Fire & Ice area
<b>12.00pm*</b>	Daily	Body Clay	Clay Ridge
<b>12.00pm</b>	Weekends	Cacao Circle	Tea House
<b>1.00pm</b>	Weekends	Fire & Ice	Fire & Ice area
<b>2.00pm</b>	Daily	Body Clay	Clay Ridge
<b>3.00pm</b>	Weekends	Body Clay	Clay Ridge
<b>4.00pm</b>	Daily	Fire & Ice	Fire & Ice area
<b>5.00pm</b>	Daily	Fire & Ice	Fire & Ice area

*Bookings are essential*

[peninsulahotsprings.com](http://peninsulahotsprings.com)

The 12 noon workshop during school holidays, Wednesday to Sunday is a family-friendly workshop