



Peninsula Hot Springs wellness activities

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

TIME	DAYS	ACTIVITY	LOCATION
7:30am	Daily	Yoga	Wellness Centre Studio
9.15am	Daily	Hot Springs Yoga	Amphitheatre area
10.30am	Daily	Sauna Infusion	Fire & Ice area
10.30am	Thurs	Body Clay	Clay Ridge
12.00pm*	Daily	Body Clay	Clay Ridge
12.00pm	Thurs - Sun	Cacao Circle	Tea House
1.00pm	Mon, Thurs, Fri	Fire & Ice	Fire & Ice area
2.00pm	Daily	Body Clay	Clay Ridge
3.00pm	Thurs - Mon	Body Clay	Clay Ridge
4.00pm	Thurs - Sun	Fire & Ice	Fire & Ice area
5.00pm	Daily	Fire & Ice	Fire & Ice area

Bookings are essential

peninsulahotsprings.com

* Workshop during school holidays. Wednesday to Sunday is a family-friendly workshop