

# daily wellness activities



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
w/c January 23							<b>Meditation</b> with Heather Braithwaite
w/c January 30	<b>Sound Healing</b> with Naomi Ballinger	<b>Yoga</b> with Julia Wolfram	<b>Forest Bathing</b> with Jo Byers	<b>Hot Springs Yoga</b> with Rhonda James	<b>Creative Wellness</b> with Sarah Foley	<b>Pilates</b> with Reannon Conduit	<b>Meditation</b> with Heather Braithwaite
w/c February 6	<b>Sound Healing</b> with Naomi Ballinger	<b>Yoga</b> with Julia Wolfram	<b>Forest Bathing</b> with Jo Byers	<b>Hot Springs Yoga</b> with Rhonda James	<b>Creative Wellness</b> with Sarah Foley	<b>Pilates</b> with Reannon Conduit	<b>Meditation</b> with Heather Braithwaite
w/c February 13	<b>Sound Healing</b> with Naomi Ballinger	<i>Valentines Day</i> <b>Yoga</b> with Julia Wolfram	<b>Forest Bathing</b> with Jo Byers	<b>Hot Springs Yoga</b> with Rhonda James	<b>Move &amp; Flow</b> Caz Sandeman	<b>Pilates</b> with Reannon Conduit	<b>Meditation</b> with Heather Braithwaite
w/c February 20	<b>Sound Healing</b> with Naomi Ballinger	<b>Yoga</b> with Julia Wolfram	<b>Forest Bathing</b> with Jo Byers	<b>Hot Springs Yoga</b> with Rhonda James	<b>Yoga</b> with Julia Wolfram	<b>Pilates</b> with Reannon Conduit	<b>Meditation</b> with Heather Braithwaite
w/c February 27	<b>Sound Healing</b> with Naomi Ballinger	<b>Yoga</b> with Julia Wolfram					

## bathing guests

Activity time: **8.30am**  
Activity cost: **\$15**

Bathing guests are able to book into the wellness activity of the day on arrival at reception as an add on. Spaces are limited and are subject to availability.

## glamping guests

Activity time: **7.30am**  
Activity cost: **Complimentary**

We offer daily complimentary classes to our glamping guests.