



# WELLBEING WEDNESDAY

We invite you to join our wellness activities at 10.00am, 2.00pm and 3.00pm each Wednesday. In partnership with Studio Paradise, we will be offering activities including sauna infusion, breath work & meditation, gentle stretching, and gua sha workshop in our spa. These activities are complimentary with bathing and are available on a 'first in' basis.

	10.00am Session	2.00 pm Session	3.00 pm Session
9 October	Sauna Infusion	Gua Sha Workshop	Gentle Stretching
16 October	Sauna Infusion	Gua Sha Workshop	Breath Work & Meditation
23 October	Sauna Infusion	Gua Sha Workshop	Gentle Stretching
30 October	Sauna Infusion	Gua Sha Workshop	Breath Work & Meditation

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**Sauna Infusion** Join our host for a self-guided sauna infusion in The Hemisphere. Rub salt over your body in the steam room then head to the plunge pool for two minutes; return to the dry sauna for five minutes, and then back to the plunge pool for two minutes, followed by five minutes in a hot pool. Enjoy an exfoliating scrub before rinsing in the shower.

**Breath Work & Meditation** Relearn the sacred art of breathing and some simple yet powerful techniques you can use in your everyday life to instantly relieve stress and anxiety. After this transformative breath work, you will be guided through a soothing meditation designed to create a true sense of connection between body, mind and soul.

**Gentle Stretching** Nourish your body and spirit as you are guided through some gentle flowing movements. Loosen up your body and deepen your awareness and connection to self. This will leave you feeling relaxed and grounded.

**Qi Gong** Based on ancient Chinese medicinal and energetical wisdom, Qi (Chi) Gong is a healing practise designed to cultivate the Qi circulating through every cell of your body and increase your overall vitality and joy. You will be guided gently through graceful movements and stillness to increase energy and bloodflow, whilst restoring balance and well-being to the whole body.

**Wayapa Wuurk** Wayapa® is an earth connection practice that is based on ancient Indigenous wisdom that focuses on taking care of the Earth as the starting point for creating Earth Mind Body Spirit well-being.

**Gua Sha Workshop** Learn ancient gua sha techniques to sculpt facial muscles, stimulate circulation and collagen production, and decrease puffiness and fine lines.

These experiences are complimentary and are available to guests on a 'first in' basis. Guests are encouraged to leave their name at reception on arrival as spaces are limited. These sessions are suitable for all guests, no experience is necessary. Please advise your instructor if you are pregnant or experiencing any heart conditions.