

# WEEKDAY WELLBEING

We invite you to join our wellness activities at 11.00am each weekday. These activities are complimentary with bathing and are available on a 'first in' basis.

MONDAY	GENTLE STRETCHING THE FALLS
TUESDAY	HOT & COLD IMMERSION THE HEMISPHERE
WEDNESDAY	BREATH WORK & MEDITATION THE FALLS
THURSDAY	SAUNA IMMERSION THE HEMISPHERE
FRIDAY	NERVOUS SYSTEM RESET THE FALLS

