

# 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 HIDE
TUESDAY	LIQUID BODY - MOVE LIKE WATER THE HIDE
WEDNESDAY	BREATH WORK & MEDITATION THE HIDE
THURSDAY	SAUNA IMMERSION THE HEMISPHERE
FRIDAY	NERVOUS SYSTEM RESET THE HIDE

