

Weekend Itinerary

Embark on a journey of wellness at Hepburn Bathhouse & Spa. This weekend is your invitation to unwind, recharge, and indulge in rejuvenating experiences that harmonise your mind, body, and spirit. Join us for a blissful escape into tranquility.

DAY ONE - SATURDAY 23 MARCH 2024

9:30am	Welcome Ceremony <i>at the Pavilion</i>
10:00am	Wellness Workshop Ayurvedic Seminar <i>at the Pavilion</i>
11:30am	Yoga <i>at the Pavilion & Mineral Springs Reserve</i>
12:30pm	Lunch <i>at the Pavilion</i>
1:30pm	Sound Bath Healing & Meditation <i>at the Pavilion & Mineral Springs Reserve</i>
3:00pm	Mineral Bathing <i>at the Bathhouse</i>
4:00pm	Spa Treatments <i>at the Bathhouse</i>
6:30pm	Dinner <i>at the Pavilion & Mineral Springs Pethouse</i>

DAY TWO - SUNDAY 24 MARCH 2024

8:00am	Breakfast <i>delivered to your villa</i>
9:00am	Introduction to Meditation & Yoga Nidra <i>at the Pavilion & Mineral Springs Reserve</i>
10:00am	Qi Gong <i>at the Pavilion & Mineral Springs Reserve</i>
11:30am	Self-guided walk around the grounds <i>Mineral Springs Reserve</i>
12:30pm	Lunch <i>at the Pavilion</i>
1:30pm	Spa Treatments <i>at the Bathhouse</i>
2:30pm	Mineral Bathing <i>at the Bathhouse</i>
4:00pm	Farewell Sage Ceremony <i>at the Pavilion</i>