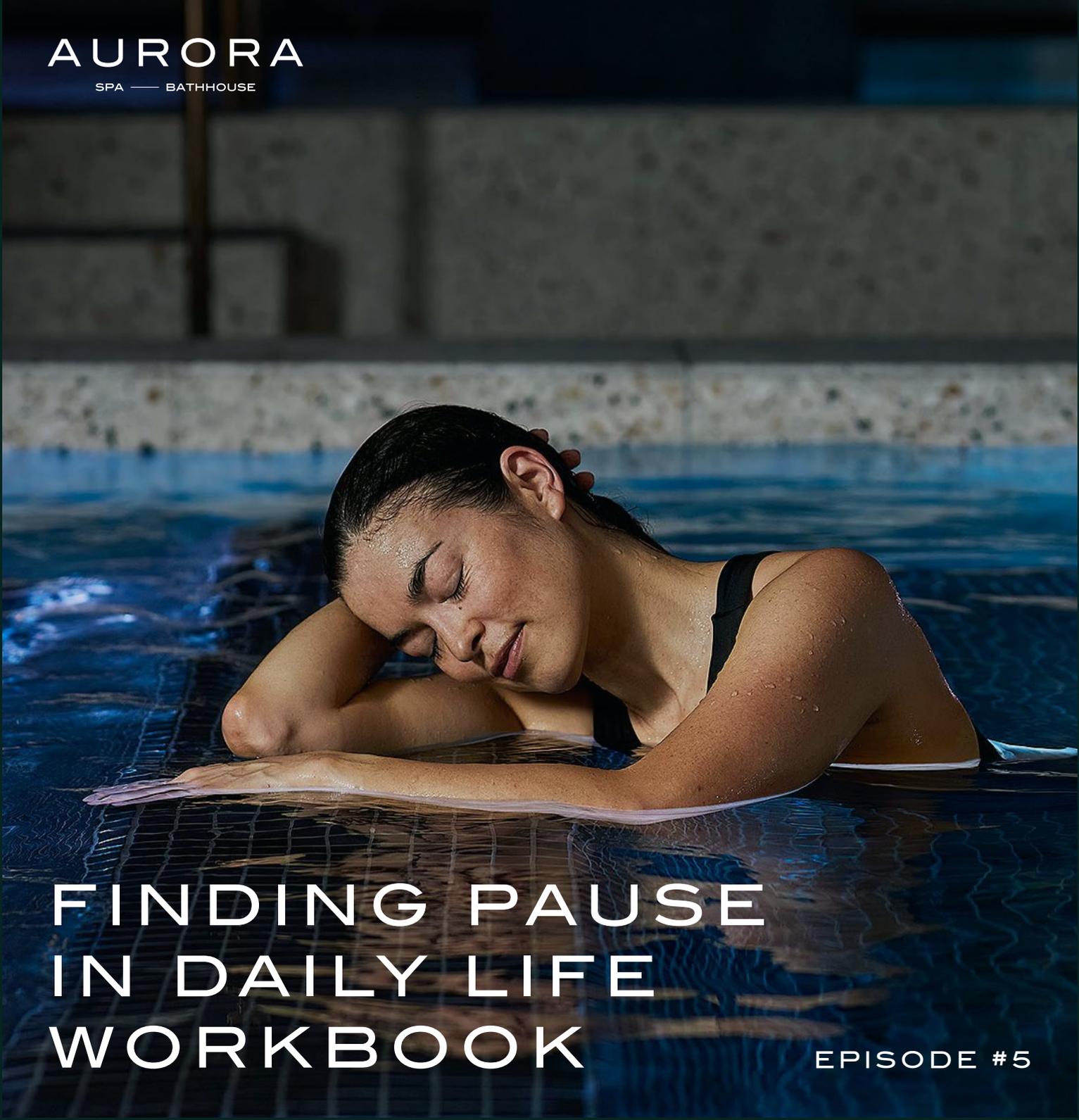


# AURORA

SPA — BATHHOUSE



## FINDING PAUSE IN DAILY LIFE WORKBOOK

EPISODE #5

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 5: FINDING PAUSE IN DAILY LIFE

This session reveals how ordinary moments can become opportunities for mindfulness and restoration. Whether it's your morning coffee ritual, a midday reset, or evening wind-down, you'll discover how small pauses throughout your day can create profound shifts in your wellbeing.

# FINDING PAUSE IN DAILY LIFE

---

## 01 Daily Mindful Moments

Transform everyday tasks into opportunities for presence and restoration. Choose three daily activities (e.g. making coffee, walking to your car, answering emails, etc.). Think about how you can transform them into mindful moments by simply being present.

Task	How to Make it Mindful	Focus Points
Task 1 E.g. Morning coffee	Notice the aroma, feel the warmth of the cup, observe the steam rising	"I'll pause to appreciate each sip, feeling the warmth and noticing the subtle flavours"
Task 2 E.g. Walking outside	Notice the feeling of your feet on the ground, the movement of your body, the sounds around you	"I'll pay attention to the sounds of birds, the air on my skin, and the rhythm of my steps."
Task 3 E.g. Having lunch	Savour each bite of food, noticing the taste, texture, and smell	"I'll chew slowly, appreciating the flavours and textures of my food."

## 02 Set aside three times during the day for a mindful breathing practice.

These could be small breaks in your day to reconnect with your breath and reduce stress.

Time	Situation	Number of breaths	Notes
Morning	E.g. Right after waking	E.g. 5 deep breaths	E.g. Focus on feeling grounded and calm before starting the day.
Midday	E.g. Before lunch or a meeting	E.g. 5 deep breaths	E.g. Clear your mind and reset before transitioning to the next task.
Evening	E.g. Before bedtime	E.g. 5 deep breaths	E.g. Release any tension from the day and prepare your body for rest.

# FINDING PAUSE IN DAILY LIFE

---

## 03 Hand-Washing Reset Practice

Transform a necessary task into a moment of mindful pause. Use the hand-washing practice mentioned in the episode as a mindful reset.

Time	Frequency	Mindful Actions	Personal Notes
Morning	E.g. 2 times (before breakfast, after waking up)	E.g. Pump soap, massage hands, 3 diaphragmatic breaths	E.g. Begin the day feeling refreshed and calm
Midday	E.g. 3 times (before lunch, after working on a task, etc.)	E.g. Emulsify soap, focus on the scent, 3 deep breaths	E.g. Reset your energy after a task or busy moment
Evening	E.g. 5 times (after work, before dinner, before bed)	E.g. Rinse with intention, take 3 slow breaths	E.g. Ground yourself for restful sleep

## 04 Final Reflection

At the end of the week, take a moment to consider how these mindful pauses have influenced your day-to-day life.

• What moments felt the most grounding?

---

• How did your stress levels change after incorporating mindfulness?

---

• What new mindful moment will you introduce next week?

---

## CONTINUE YOUR JOURNEY

---

This workbook is part of Beyond the Bathhouse, a wellness series brought to you by Aurora Spa & Bathhouse. Each session builds upon the last, offering practical ways to enhance your daily wellbeing practices.

Watch all episodes on our YouTube channel or listen via Apple Podcasts — search 'Beyond the Bathhouse' on Apple Podcasts and @AuroraSpaBathhouse on YouTube

## YOUR COASTAL SANCTUARY

---

At Aurora Spa & Bathhouse Sorrento, we've pioneered urban wellness for over two decades, weaving time-tested practices with the restorative power of our coastal setting. In our subterranean bathhouse and treatment spaces, expert guidance meets tranquil sophistication, creating moments where time slows and restoration flows.

BOOK YOUR VISIT AT [AURORASPA.COM.AU](https://auroraspa.com.au)  
OR CALL (03) 5935 1222

---

Created by Lyndall Mitchell  
Founder, Aurora Spa & Bathhouse

The Continental Sorrento  
23 Constitution Hill Road  
Sorrento, Victoria, 3943