



AURORA

SPA — BATHHOUSE

MORNING BOOKENDS WORKBOOK

EPISODE #6

WELCOME TO YOUR BEYOND THE
BATHHOUSE COMPANION WORKBOOK FOR
EPISODE 6: MORNING BOOKENDS

This session explores how to transform your morning routine into a foundation for wellbeing. By creating intentional practices at the start of your day, you'll discover how small rituals can shape lasting positive change.

INSTRUCTIONS

01 Set Your Intention for the Day

- What is the one word or phrase that will guide you today?
(e.g. Calm, Joy, Focus, Patience)
-

- Visualise how you'll embody this intention throughout the day.
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02 Mindful Movement

- What type of movement feels best for your body this morning?
(e.g. walk, yoga, stretching, strength training)
-

- How will you stay present with your body as you move?
(e.g. focus on your breath, sensations, etc.)
-

03 Mindful Shower

- How can you make your shower a mindful ritual?
(e.g. choose an essential oil body wash, focus on the sensory experience, practice deep breathing)
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- What do you want to focus on during your shower?
(e.g. relaxation, gratitude, stress release)
-

This episode focused on grounding yourself in the morning with intention, mindful movement, and a mindful shower. Remember, you control how your day begins, and with these morning habits, you can set a peaceful tone that supports your overall wellness.

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

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