

# G3T

— 2017 —

## PROGRAM



### GLOBAL THERMAL THINK TANK USA

OCTOBER 2-7, 2017



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## Sunday October 1

Optional Day: Experience Glen Ivy Hot Springs

**6.30 pm** A family-style dinner at the GOCO House for those arriving on the Sunday



## Monday October 2

Optional Day: Experience Glen Ivy Hot Springs

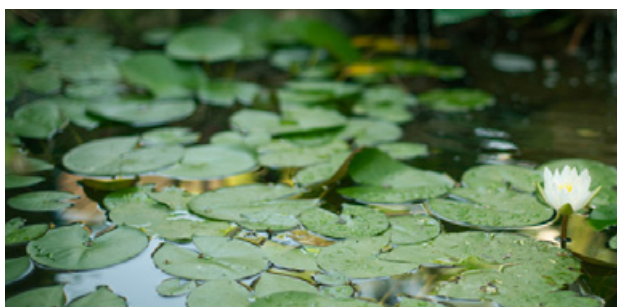
**Noon – 3 pm** There will be a rolling welcome buffet available. Guests are welcome to use the facilities in the afternoon.

**6.30 pm** The evening event commences with a California wine tasting

**7.15 pm** The 'Taste of California' welcome dinner. Guests can use the facilities after dinner at their leisure



## Tuesday October 3



**6:30 am – 7.15 am** Sunrise yoga (optional)

**7:30 am – 8.15 am** Breakfast

**8.15 am – 9 am** Tour of the facilities including bathing water sanitation system.

**9 am – 9:15 am** Introduction – welcome

**9:15 am – 10:30 am** Update on Glen Ivy Hot Springs including discussion/presentation on booking systems: Ingo Schewder and Clive McNeish

**10:30 am – 11:30 am** Research updates and presentations on the mental and physical health benefits of hot springs  
Presenter: Dr Richard Lewis Miller  
Presenter: James Clark-Kennedy – PhD student  
Facilitator: Brook Ramage

**11:30 am - 11:45 am** Break

**11:45 am – 1 pm** Extreme Bathing – Fire & Ice

Presentation on Extreme bathing – hot and cold bathing experiences and their effects followed by a practical hot – cold experience  
Facilitator/Presenter: Professor Marc Cohen – Ice Bathing  
Facilitator/Presenter: Jack Tsonis – Saunas

**1 pm – 2 pm** Glen Ivy picnic lunch on the lodge lawn

**2 pm** Depart for Two Bunch Palms  
(car pooling)

**3:45 pm** Arrive at Two Bunch Palms

**4 pm** Check-in  
Free time to soak in hot mineral waters and enjoy treatments  
(bookings essential)

**5:30 pm** Welcome Reception and Intention Burning by resident Shaman – setting the intention for the next two days

Update on Two Bunch Palms direction and vision  
Presenter: Erica Chang, Owner, Two Bunch Palms

**7 pm** Dinner at Essense Restaurant

**8:30 pm** Free time to soak in the pools and share stories





## Wednesday October 4

Breakfast from 7 am

### 7:45 am Tai Chi Qigong

(Scheduled Resort Class – Optional) Learn to 'Transform Stress into Vitality' through the slow and fluid movements of this classical health exercise, for beginners and adepts alike

**8 am** Facility tour including expansion plans and overall new vision, evolving demographics and explanation of Two Bunch Palms reservations and booking systems.

Facilitator: Erica Chang, Owner, Two Bunch Palms

### 9 am – 10:30 am Global Hot Springs Country Updates – Highlights from a Heated Earth

North America	Wendi Gelfound
South-East Asia	Ingo Schweder
China	Sam Foster (online)
Europe	Mark Hennebry
Australia	Charles Davidson
New Zealand	Francis Pauwels

### 10:30 am – 11 am Break

### 11 am – 12 noon Global HS bathing coaches/instructors accreditation and training program

Note: This could include collating and analysing the existing industry standards and regulations around the use of sauna, stream, ice, mud and other elements and work towards global harmonisation and standardised education programs and career pathways.

Facilitator: Professor Marc Cohen

**12 noon – 1 pm** Technical innovations. A round table session for owners and operators to discuss current software applications used in their properties. This forum is intended to highlight and share the pros and cons of spa booking systems, the ever present dominance of OTAs, property management systems (where applicable). The session will also delve into understanding what guests expect from technology in spas – from digital detox at one end of the spectrum to full immersion with smart phone wristbands at the other end of the spectrum. Participants are asked to be prepared with relevant information from their own business. Facilitator: Mark Hennebry

### 1 pm – 2 pm Lunch

### 2 pm – 2.30 pm Sanitation systems site tour with Erica Chang.

**2.30 pm – 4 pm** Time to discuss and compare hot springs sanitation systems in USA and across the globe. Facilitator: Don Genders

**4 pm – 4:20 pm** Colorado Hot Springs tourism – a destination experience. Case example. Vicky Nash, President USA Hot Spas Association. + Question time 10 minutes

**4:30 pm – 4:50 pm** Rotorua Hot Springs development – an introduction to the Wai Ariki Hot Springs project and its Maori cultural connections. Presenter: Malcolm Short, Chairman Pukeroa, Rotorua, New Zealand. Presenter: Karen Golden, General Manager Spa Development, Belgravia Leisure, Australia.

+ Question time 10 minutes



**5 pm – 5:20 pm** Economic and Social Benefits of Hot Spring Facilities to communities – A case study from Germany  
Presenter: Marion Schneider. + Question time 10 minutes

**5:30 pm** Time to soak in hot mineral waters and enjoy spa treatments (bookings essential)

**7 pm** Dinner at Essense restaurant

**9 pm** Shaman Journey of Mother Earth (Private session for G3T). Experience a guided journey with drums and rattles for you to bring balance, insight and understanding to your life and aligning with your sacred destiny. Closing ceremony

**10 pm** Harmonic Vibrations Sound Bath (Scheduled Resort Experience). Enter a blissful state with the harmonic vibrations of three Paiste gongs and the 7-chakra tuned crystal bowls to attune with your highest vibration. NOTE this is not offered in the water. Please wear comfortable clothing

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## Thursday October 5

Breakfast from 7 am

**9 am** Gentle Yoga Stretch  
(Scheduled Resort Class)  
- Optional. Gentle Warm up  
and Flow or Spa Treatment

**10 am** Depart Two Bunch Palms for Palm Springs International  
Airport and on to New Mexico and Ojo Caliente. Arrive Albuquerque  
5:26 pm. Drive 2.5 hours to Ojo Caliente. Arrive 8:30 pm

Dinner in restaurant (free time)



## Friday October 6

Breakfast (free time) in restaurant from 7:30 am

Public pools open 8 am - 10 pm

**8 am**

Breakfast briefing from

Prof Jonathan DeVerville about dreams

**9 am – 11 am** Facility Tour including pump system and water  
treatment management, plus update on Ojo Caliente's vision  
and way forward

**11.15 am – Noon** Guided tour of Ojo's 2-acre farm with  
Farm Manager, Mark DeRespinis.

**Noon – 1 pm** Balneological classification of thermal springs

Presenter: Cornelia Jonker

A pre-recorded video presentation followed by an open conversation

Facilitator: Professor Jonathan DeVerville

**1 pm – 2 pm** Lunch (free time) in restaurant



**2 pm – 7 pm** Free time to bathe and have treatments  
(bookings essential)

**7 pm** Finale group dinner (\$70 pp inc tax and gratuity)

**10 pm ~** Dreamtime and Spa Culture talk and experience  
Facilitators: Professor Jonathan DeVerville and Marion Schneider

## Saturday October 7

**8 am** Depart Ojo Caliente and  
head to Santa Fe for city tour (1.5 hr drive)

**9.30 am – 10.30** Walking tour of Santa Fe

**10.45 am** Depart for Sunrise Springs

**11 am – Noon** Sunrise Springs property tour with Wendi Gelfound

**12:30 pm** Those travelling onto the Global Wellness Summit in  
Florida depart Sunrise Spring for ABQ Sunport airport (one hour  
drive), return rental cars at airport. lunch on own at airport.  
American Airlines flight 1357 departs 2:57 pm to Fort Lauderdale,  
FL to GWS

