

**WORLD BATHING DAY**  
**22 JUNE 2022**

# Healing Together With Water

Bathing communities are uniting together across the globe to celebrate World Bathing Day on the 22nd of June. 'Healing Together' is the fitting theme for this year. It is a time to reconnect with ourselves, each other and the Planet.

Communities are being invited to celebrate their local bathing places by posting images from the day on social media along with the hashtags **#worldbathingday** and **#healingtogether**. From wild swimming spots to hot springs, saunas, hamams, urban waterways and even forest baths, it's a much needed opportunity for people to promote their physical, mental and spiritual wellbeing.

Bathing destinations and local musicians are being invited to collaborate and host live performances for their communities in the second ever **Global Sound Bath**. The musical celebration follows the path of the Sun around Earth and celebrates our universal connection through music and water.

The event organisers recently convened a virtual meeting and invited a group of bathing industry advisors to share their reflections on the theme of 'Healing Together'. The group included Catherine Lan from Chongqing Representative Office of the World Federation of Hydrotherapy and Climatotherapy (China), Renata Molnar from Ensana (Hungary), Chris Romer-Lee from Thames Baths (UK) and Jessica Meath from the US Hot Springs Association, along with Charles Davidson and Marty Williams from Peninsula Hot Springs (Australia), Matt Sykes from Regeneration Projects (Australia) Maruyama Tomonori from Mitsui Knowledge Industry Co (Japan), Hrólfur Karl Cela from Basalt (Iceland) and Mehrnaz Salimi from Parsan Tours (Iran).

Despite speaking different languages and coming from different cultures, each leader shared similar understandings on the healing

benefits of bathing; recognising water as a timeless source of health and wellbeing.

Arts, Culture and Entertainment Manager at Peninsula Hot Springs, Marty Williams defines the **Global Sound Bath** in a compelling way.

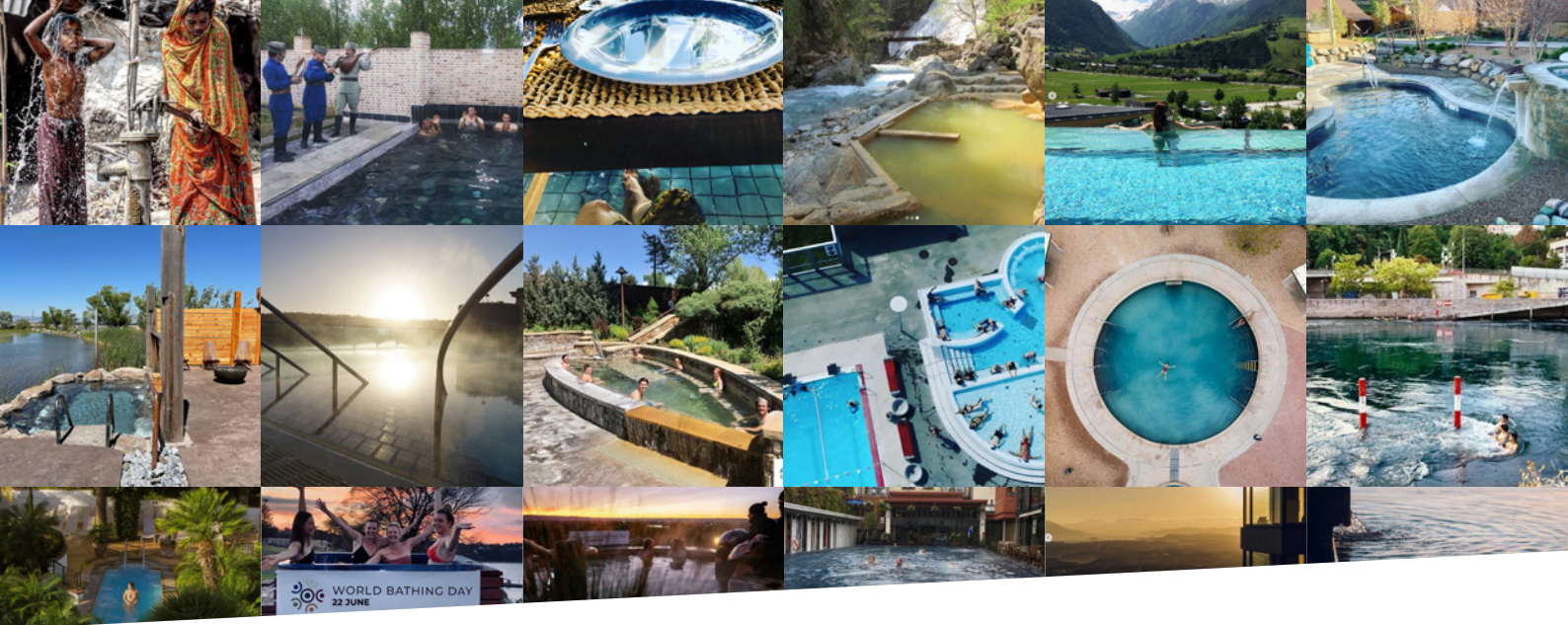
"The performances will be a timeless and boundless connection of musically guided components - An opportunity to come together and experience the transformational effects of music and water," Williams says.

In the midst of ongoing COVID-19 challenges, Catherine Lan casts a light on how the simplicity of bathing can elicit a sense of ease during hardship.

"The practice of bathing together can be a source of comfort during tough times. It can make life a little easier and more enjoyable," says Lan.

The tradition of communal bathing and using water as a healing force has been around for as long as we know. For Chris Romer-Lee based in London, the act of swimming with his friend at the Serpentine Lido every morning has become a ritual.

"As soon as I see the water, it's instantly worth it. When we get in the water and swim together, we share the stresses and processes of our daily lives, which allows for elements of healing," says Romer-Lee.



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For Charles Davidson, it is crucial that the practice of communal bathing is not lost in the contemporary world, and that the tradition of bathing as a community is remembered.

"We've turned this ultimate connecting activity of bathing and cleansing into a solitary thing through introducing baths and showers into our houses," says Davidson.

"Communities aren't connecting the way that they once were through bathing. I know we can bring back this idea of communal sharing and togetherness, and **World Bathing Day** is a perfect way to spotlight this."

The theme for **World Bathing Day**, 'Healing Together' is far more expansive than it seems. Yes, It is important that individuals use water to heal themselves, but it is just as critical that humanity prioritises healing and regenerating Earth's waterways at the same time.

Matt Sykes says that without healthy waterways and ecosystems, bathing places around the globe will be unable to properly service their community's wellbeing.

"We have an opportunity as local water custodians to ground ourselves in nature and our communities, so that we can better address global challenges like climate change, biodiversity loss and mental illness," Sykes says.

Waterways are part of the essential life support systems that our planet provides with us each day. Being able to experience the mental and physical benefits in all kinds of waterways reminds us of that. In amongst all the conversations and laughter that will take place on the day, we hope that people find a moment to celebrate the connection between the wellbeing of humanity and the wellbeing of our Earth.

Written by Jaari Heyes

### How to get involved

Share your local bathing place – post a photo/share a video on social media!

#### STEP 1: TAKE A PHOTO

On June 22 2022, we're inviting people around the Planet to post a photo on social media that celebrates their favourite local bathing place and make the World Bathing Day pledge. All images will then be added to the official World Bathing Day 2022 poster.

#### STEP 2: MAKE THE PLEDGE

Copy & paste the pledge below into your social media post:

**'Bathe Together, Breathe Together, Heal Together**

As part of World Bathing Day 2022 I/we:

1. Celebrate and respect humanity's cultural differences
2. Promote international understanding through bathing
3. Don't take for granted the privilege of access to healthy waterways and advocate for universal access

Signed,

[INSERT YOUR NAME]

[INSERT YOUR BATHING PLACE]

#worldbathingday #healingtogether '

#### STEP 3: SHARE A MUSICAL MOMENT

Tune into the **Global Sound Bath** live – shared across our social media channels and celebrate the many and varied musical expressions and bathing locations we love from around the globe.

#worldbathingday #healingtogether #globalsoundbath