



BYRON BAY
WELLNESS GUIDE



SCHEDULED OPTIONAL GROUP ACTIVITIES

breakfast at Azure Bar & Grill
7:00am-10:30am daily
dine at your leisure

monday	
7:00 am – 8:00 am	beachfront yoga
8:30 am – 9:15 am	welcome & outdoor fitness session*
tuesday	
7:00 am – 8:00 am	beachfront yoga
8:30 am – 9:15 am	outdoor fitness session*
wednesday	
7:00 am – 8:00 am	beachfront yoga
9:00 am – 10:00 am	guided forest walk
thursday	
7:00 am – 8:00 am	beachfront yoga
8:30 am – 9:15 am	outdoor fitness session*
9:00 am – 10:00 am	guided forest walk
friday	
7:00 am – 8:00 am	beachfront yoga
10:00 am – 11:00 am	guided forest walk

*meet in resort lobby at 8:15 am



MOVEMENT

- 1

PEACHY FIT
- 2

BENDE
- 3

F45
- 4

CREATURE YOGA
- 5

HEAT YOGA
- 6

GO SEA KAYAK
- 7

LET’S GO SURFING
- 8

ZEPHYR HORSES
- 14

BYRON BAY CHIROPRACTIC CENTRE
- 15

MY MYO
- 16

RETRAIN HEALTH
- 17

DANCE OF VITALITY
- 18

FLOW THERAPY
- 19

REED NUTRITION
- 20

THE HAVEN

HEALTH

- 9

OSPREY SPA
- 10

O’MEARA DENTAL
- 11

PARKES AVENUE DISPENSARY
- 12

NIMBUS & CO
- 13

EVOLVE

HEALING

- 21

MICHELLE WINROW
- 22

DIVINE SOUND HEALING & HYPNOTHERAPY
- 23

THE HEALTH LODGE
- 24

BYRON MEDICINE WHEEL
- 25

REZINATE

MOVEMENT



1

PEACHY FIT

Personal Training & Group Fitness
peachyfit.com.au
0424 788 283
Local studio in Byron Arts & Industry Estate or at Elements of Byron



2

BENDE

Barre, Yoga, Pilates, Reformer, Yin
bende.com.au
02 8417 3046
Habitat Precinct Byron Bay



3

F45

Functional Group Training - HIIT & Circuit Style
f45training.com.au/byronbay
0499 903 085
Habitat Precinct Byron Bay



4

CREATURE YOGA

Vinyasa & Yin
Restorative
creatureyoga.com.au
Unit 6B, 11 Banksia Drive
Byron Arts & Industry Estate



5

HEAT YOGA

Yoga, Barre, HIIT Pilates, Posture clinics - private lessons
heatyoga.com.au | 0438 771 170
8 Grevillea Street
Byron Arts & Industry Estate



6

GO SEA KAYAK

Ocean Kayak Tours
goseakayakbyronbay.com.au
0416 222 344
Byron Bay Town Centre
Free resort pickup



7

LET'S GO SURFING

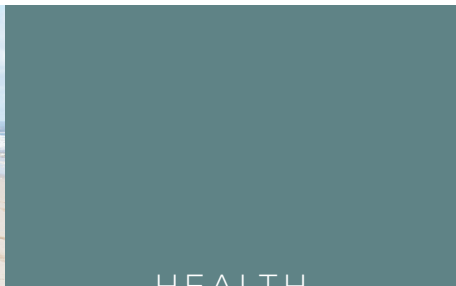
Surfing & Stand Up Paddle Board Lessons
letsgosurfing.com.au
02 6680 9443
Free resort pickup



8

ZEPHYR HORSES

Beach and Forest Horse Rides & Private Lessons
zephyrhorses.com
144 Bayshore Drive
Across from the resort



HEALTH



9

OSPREY SPA

Massage & Facials
elementsofbyron.com.au/spa
02 6639 1555
At Elements of Byron



10

O'MEARA DENTAL

Dentist
omearadental.com.au
02 6694 3083
59/1 Porter Street
Habitat Precinct Byron Bay



11

PARKES AVENUE DISPENSARY

Naturopathy, Apothecary, Functional Medicine Testing
parkesavedispensary.com | 0499 900 556
Rear of 20 Parkes Ave, enter via Fullerton Ln | Habitat Precinct Byron Bay



12

NIMBUS & CO

Infrared Sauna
nimbusco.com.au/infrared-sauna-byron | 0474 330 085
4/17 Tasman Way
Byron Arts & Industry Estate



13

EVOLVE

Physiotherapy, Clinical Pilates, Sports Massage & Meditation
evolvepilates.com.au | 0416 749 746
Unit 1B, 11 Banksia Drive
Byron Bay Arts & Industry Estate



14

BYRON BAY CHIROPRACTIC CENTRE

Chiropractics & Neuro Emotional Technique
byronchiro.com | 02 6680 9991
1/12 Tasman Way
Byron Arts & Industry Estate



15

MY MYO

Myotherapy & Remedial, Sports & Deep Tissue Massage
my-myo.com.au | 0417 527 647
4/17 Tasman Way
Byron Arts & Industry Estate



16

RETRAIN HEALTH

Osteopathy, Massage, Dry Needling & Cupping
retrainhealth.com | 02 6680 7447
1/55 Centennial Cct
Byron Arts & Industry Estate



17

DANCE OF VITALITY

Acupuncture, Traditional Chinese Medicine, Chinese Herbs
danceofvitality.com.au
At Nimbus & Co | 4/17 Tasman Way
Byron Arts & Industry Estate



18

FLOW THERAPY

Colon Hydrotherapy
flowtherapybyron.com
0424 835 585
4/17 Tasman Way
Byron Arts & Industry Estate



19

REED NUTRITION

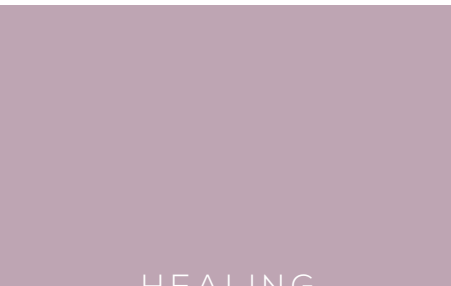
Nutritionist, Dietician & Personal Training
reednutrition.com.au | 0466 119 389
Tonic, 6 Lawson St
Byron Bay Town Centre



20

THE HAVEN

Float tank, Massage, Sauna & Facial
thehavenbyronbay.com
02 6685 8304
3/107 Jonson St
Byron Bay Town Centre



21

MICHELLE WINROW

Wellness Coaching
0411 698 887
theauthenticwellnesscoach.com
Unit 15/11 Constellation Cl
Byron Bay Town Centre



22

DIVINE SOUND HEALING & HYPNOTHERAPY

Sound Healing, Hypnotherapy, Yoga & Reiki
divinesoundhealings.com | 0417 983 395
Shop 7/14 Byron St, Byron Bay Town Centre



23

THE HEALTH LODGE

Byron Integrated Medicine
Multiple Treatment Modalities
thehealthlodge.com.au
02 6685 6445
78 Bangalow Rd, Byron Bay



24

BYRON MEDICINE WHEEL

Psychic Readings, Healings, Massages and more
byronmedicinewheel.com.au | 02 6685 8366
Shop 5/84 Jonson St
Byron Bay Town Centre



25

REZINATE

James Pask - Healer & Teacher
Multiple Healing Modalities
rezinate.com.au | 0411 752 825
29a Rajah Rd
Ocean Shores, 15min drive