

Byron Healing

Discover and maintain
health and wellbeing

A guide to practices and practitioners
in Byron and the Far North Coast of NSW

Byron Healing

WELCOME TO BYRON HEALING

Since the 1960s at least, the northern rivers of New South Wales has been known for its interest in alternative lifestyles and different methods of finding health. Surfers came seeking freedom in the waves and new settlers arrived to seek freedom in the hills.

The momentum built with the Aquarius festival at Nimbin in 1973. The festival celebrated not only new music – itself seen as a healing force – but also communal lifestyles and the healing methods that sustained them, from organic food to therapies such as acupuncture and massage.

From there the interest flowed out from the hills and into the towns, where the new settlers brought their practices, setting up shopfronts, clinics and stalls at markets for herbalism, homeopathy, massage and much more. This naturally attracted people from the cities seeking a sea change or tree change, some bringing with them even more therapies.

It might seem that with the more recent influx of city folk that the pendulum is swinging back to more conventional approaches. Indeed in these pages there are medical doctors who offer holistic approaches to general practice; however, you will also find practitioners offering more than 100 different healing modalities from Akashic Record Reading to Zen Shiatsu and everything in between.

Take the time to look through the listings. We encourage you try something new – perhaps the first step on a longer healing journey...

*'In the deserts of the heart
Let the healing fountain start'*
– W H Auden (1907–1973)

Are there any limits to our souls?

'We all have that inner strength inside of us.

We just never get tested to see how incredible we all are.' – Turia Pitt

This quote could be thrown among the social media Instaquote movement and wouldn't cause much of a stir these days.

However, when you know the story behind these words, it becomes quite clear that there's something greater to us human beings than the flesh and bone that comprise us.

You see, these words belong to Turia Pitt who, after suffering burns to 65 per cent of her body while competing in a 100km ultramarathon in the Kimberleys in 2011, hasn't let this life event define her.

While for many people, life's challenges (big and small) can become their life story, people such as Turia refuse to let any challenge define them.

To give you some context here, Turia Pitt now has three fingers. Her physical appearance has completely changed. Turia still has regular operations and is unable to regulate her own body temperature. And that's just to name a few challenges!

'There are a lot of positive things that have happened,' Pitt told *60 Minutes* in an interview last year. 'I've found out just how strong I really am.'

No doubt you know people who have experienced tremendous challenges in their life. There are those who will define those challenges as 'negative' and others who will refer to them, as Turia has, as 'positive'. It seems, based on the examples of Turia and countless others who have experienced

severe challenge, that the choice is up to us.

There's no doubt that challenges in life provide us with an opportunity to define what's really important to us. You don't like your job? Tell that to the person who's been unemployed for 18 months. Find yourself constantly conflicting with your children? Ask the couple who've been trying for years to have children if they'd like your problem?

Struggling to make ends meet? Consider the two billion people who live on less than \$30 per week.

In any scenario we find ourselves, there's always someone worse off. Alice Herz-Sommer, the oldest survivor of the Holocaust up until her death at age 110, lived by a mantra: 'I have no room for pessimism or hate'. This came from a woman who lost her husband to the gas chambers. When asked whether that mantra extended to Hitler and his Nazi regime, she calmly stated, 'We are all sometimes good; sometimes bad.'

Given the media we are exposed to in 2017, it is quite easy to have an attitude of pessimism and hate toward people, businesses and society in general. We may even be pessimistic toward our own lives, opportunities and so on.

Yet despite this, there still remain thousands of role models around the world who continue to show us that the soul has no real limits, and only we get to define how we choose to live our lives.

– Marcus Pearce



How to use this book

Each page in this book is a listing for a different practitioner or business offering healing services in the Byron and the surrounding regions. The listings all have a consistent format to make it easy for you to compare them and find the healer that best meets your needs.

Icons

As a quick visual reference up to four icons are used next to each practitioner's listing to indicate types of healing offered.



Physical/Structural healing



Cognitive healing



Energetic healing



Spiritual healing

The icons in the contact details are to indicate social media accounts. Social media icons are followed by the handle for the account. Search the corresponding social media websites for that handle to find the practitioner or business.



Facebook



Instagram



Twitter



LinkedIn



Pinterest



YouTube



Google



Skype

Look it up in the glossary and index

With such a wide range of healing modalities on offer in this book we have created a glossary (pages 4–8) to help you develop your understanding of them and what is available.

There is an index of all listings and content in this book located on pages 140–143.

Some practitioners offer therapies that are not mentioned on their page, however if they have let us know that they offer that therapy their page number is referenced in the index under that therapy.

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Glossary of terms

Please note: Numerous dictionaries and websites have been consulted in compiling this glossary. We have listed all major healing terms used but not trademarked techniques which some practitioners utilise.

Acupuncture

A system of complementary medicine in which fine needles are inserted through the skin at specific points along what are considered to be lines of energy (meridians), used in the treatment of various physical and mental conditions.

Akashic records

In theosophy and anthroposophy, the Akashic records are a compendium of thoughts, events, and emotions believed by theosophists to be encoded in a non-physical plane of existence known as the etheric plane.

Aromatherapy

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical wellbeing. The inhaled aroma from these oils is believed to stimulate brain function.

Art therapy

A form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modelling, used as a remedial or diagnostic activity.

Astrology

The study that assumes and attempts to interpret the influence of the heavenly bodies on human affairs.

Ayurveda medicine

Ayurveda medicine is a system of medicine with historical roots in the Indian subcontinent. Modernised practices derived from Ayurveda traditions are a type of complementary or alternative medicine. Ayurveda therapies and practices have been integrated in general wellness applications and as well in some cases in medical use.

Biomesotherapy

According to the US Centers for Disease Control and Prevention, Biomesotherapy is 'a new therapy that combines homotoxicology, mesotherapy, and acupuncture. Saline solution and homeopathic formulations are injected subcutaneously at specific acupuncture or trigger points, and homeopathic formulations are administered orally during treatment sessions.'

Bowen therapy

The Bowen technique (or Bowen Therapy) is a type of physical manipulation named after Australian Thomas Ambrose Bowen (1916–1982). Bowen therapy has been used to treat musculoskeletal or related neurological problems including sports injuries and chronic conditions.

Buddhism

A philosophy and practice originated in India by Gautama Buddha (ca563BC–483BC, depending on interpretations), holding that life is full of suffering caused by desire and that the way to end this suffering is through enlightenment that enables one to halt the endless sequence of

births and deaths to which one is otherwise subjected. Usually involves meditation and the practice of an ethical lifestyle.

Chiropractic

A therapeutic system based primarily upon the interactions of the spine and nervous system, the method of treatment usually being to adjust the segments of the spinal column.

Counselling

Counselling is the provision of professional assistance and guidance in resolving personal or psychological problems. The counsellor enables the client to explore aspects of their life and feelings by talking openly and freely.

Craniosacral therapy

A system of alternative medicine intended to relieve pain and tension by gentle manipulations of the skull regarded as harmonising with a natural rhythm in the central nervous system.

Dark chocolate

One of the most effective healing modalities known to humankind.

Environmental medicine

The branch of medicine dealing with the effects of the environment on human health, especially the physical, mental, and emotional responses to environmental factors.

Equine healing

A form of experiential therapy that involves interactions between patients and horses to promote physical and mental health.

Glossary of terms

Esoteric

The dictionary definition is 'intended for or likely to be understood by only a small number of people with a specialised knowledge or interest.' Usually used in relation to philosophy and spirituality.

Flower essences

Flower Essences (FE) are remedies made from the dew or essences of flowers. There are FE produced in almost every country from native flowers. One of the prominent practitioners was Dr Edward Bach (1886–1936).

GAPS

The term GAPS, abbreviated from Gut and Psychology Syndrome, was created by Dr Natasha Campbell-McBride in 2004 after working with children and adults with neurological and psychiatric conditions, such as autism spectrum disorders, ADD/ADHD, and psychiatric problems. GAPS practitioners work on diets suitable for treating the syndrome.

Gestalt Therapy

Gestalt Therapy is a psychotherapeutic approach developed by Fritz Perls (1893–1970). It focuses on insight into gestalts ('shape' or 'form') in patients and their relations to the world, and often uses role-playing to aid the resolution of past conflicts.

Gyrokinesis

The Gyrokinesis method is described as a movement method that gently works the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional

strength through rhythmic, flowing movement sequences. It is part of the Gyrotonic Expansion System Method founded by Juliu Horvath in 1942.

Halotherapy

Halotherapy, derived from the Greek *halos*, meaning 'salt', is a form of therapy that makes use of salt. Numerous forms of halotherapy have been known of and used for millennia, especially at spas.

Herbalism

The study or use of the medicinal properties of plants. The herbalist prepares and uses herbs for medicinal purposes or to supplement a person's diet.

Homeopathy

Homeopathy is a system of alternative medicine created in 1796 by Samuel Hahnemann, based on his doctrine of like cures like (*similia similibus curentur*), a claim that a substance that causes the symptoms of a disease in healthy people would cure similar symptoms in sick people.

Hypnotherapy

A form of psychotherapy that facilitates suggestion, reeducation, or analysis by hypnosis, which is generally defined as a trancelike state that resembles sleep but is induced by a person whose suggestions are readily accepted by the subject.

Integrative medicine

Integrative medicine has been defined as healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasises the therapeutic relationship between practitioner and patient.

Kahuna Bodywork

Kahuna Bodywork has been described as 'a rite of passage, a way to help clients understand themselves and change their lives. It uses concepts and moves of Hawaiian martial arts together with elements of massage.' – Kia'i Weber from the Australian College of Kahuna Sciences.

Kinesiology

According to the Australian Kinesiology Association, kinesiology is a complementary therapy that encompasses holistic health disciplines. Through the art of gentle muscle monitoring, kinesiologists communicate with the body's innate intelligence to identify and clear underlying stresses to facilitate and promote health and wellbeing.

Laser treatment

The use of lasers in cosmetic or medical care. For example, a laser beam can be used to make bloodless cuts in tissue or remove a surface lesion such as a skin tumour.

Life Alignment

Life Alignment has been described as 'a system of vibrational healing that facilitates the release of energetic and emotional blockages and can also provide protection from geopathic stress and other environmental pollution.'

Life coaching

Life coaching addresses specific personal projects, business successes, general conditions and transitions in the client's personal life, relationships or profession. A life coach assists in discovering challenges and finding a path of action to deal with them.

Glossary of terms

Massage

The art of treating the body by rubbing, kneading, patting, or the like, to stimulate circulation, increase suppleness, relieve tension, etc. There are many different types of massage on offer; see 10 Most Popular Types Of Massage for examples – <http://bit.ly/masstypes>.

Meditation

A method of religious contemplation or spiritual introspection, cultivating a sense of awareness of self without daily distractions. There are many different types of meditation, from concentrating on one's own breath to walking mindfully.

Mindfulness

A technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them.

Naturopathy

According to the Australian Natural Therapists Association, naturopathy is 'an holistic approach to wellness based on the principle that the body has the inherent ability to heal itself. Using the healing power of nature and gentle therapeutic techniques, the body, mind and emotions are supported during the healing process'.

Metaphysical healing

Metaphysical healing is based on the belief that negative mental patterns can result in physical disease or illness, and that the reversing of those negative mental patterns into positive patterns can in turn lead to healing.

NLP

Neuro-linguistic programming (NLP) is an approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California in the 1970s. Proponents say there is a connection between neurological processes (neuro-), language (linguistic) and behavioural patterns learned through experience (programming), and that these can be changed to achieve specific goals in life.

NVC/Compassionate Communication

Nonviolent Communication (abbreviated NVC, also called Compassionate Communication or Collaborative Communication) is a communication process developed by Marshall Rosenberg in the 1960s. It focuses on three aspects of communication: self-empathy (defined as a deep and compassionate awareness of one's own inner experience), empathy (defined as an understanding of the heart in which we see the beauty in the other person), and honest self-expression (defined as expressing oneself authentically in a way that is likely to inspire compassion in others).

Nutritional medicine

Nutritional Medicine is based on the principle that nutrients, including essential micronutrients, are required for the proper functioning of all the biochemical processes on which our bodies depend. When treating symptoms or diseases, practitioners look for underlying causes which, although often partly genetic, are tied up with nutritional and environmental factors.

Organic food and produce

Any natural food popularly believed to promote or sustain good health, as by containing vital nutrients, being grown without the use of pesticides, or having a low sodium or fat content. Organic food is the product of a farming system that avoids the use of man-made fertilisers, pesticides, growth regulators and livestock-feed additives.

Osteopathy

Osteopathy emphasises massage and other physical manipulation of muscle tissue and bones to treat dysfunction. Osteopaths focus on how the skeleton, joints, muscles, nerves and circulation work together to improve health and wellbeing.

Physiotherapy

The treatment of disease, injury, or deformity by physical methods such as massage, heat treatment, and exercise rather than by drugs or surgery.

Pilates

Pilates is a physical-fitness system developed in the early 20th century by Joseph Pilates. Often using various apparatus, Pilates classes build strength, flexibility and lean muscle tone with an emphasis on lengthening the body and aligning the spine.

Pranic healing

The word *pranic* stems from the Sanskrit word *prana* meaning 'vital life force'. It involves a healing practice that utilises prana or ki energy.

Glossary of terms

Probiotics

Probiotics are live bacteria and yeasts that are good for health, especially for the digestive system.

Psychotherapy

Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction, to help a person change and overcome problems. There are over a thousand different psychotherapy techniques.

Reflexology

A system of massage used to relieve tension and treat illness, based on the theory that there are reflex points on the feet, hands, and head linked to every part of the body.

Reiki

A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional wellbeing.

Rolf Method of Structural Integration

Structural Integration is a type of bodywork that focuses on the connective tissue, or fascia, of the body. Fascia surrounds muscles, groups of muscles, blood vessels, organs, and nerves, binding some structures together while permitting others to slide smoothly over each other. It is based upon the work of Ida P Rolf (1896–1979). See more at www.rolfguild.org.

Shamanism

According to shamanism, shamanism is an ancient healing tradition and way of life.

Shamanic teachings focus on our connection to nature and all of creation.

Shiatsu

Shiatsu is a manipulative therapy developed in Japan and incorporating techniques of Japanese traditional massage, acupressure, stretching, and western massage. All types of acupressure generally focus on the same pressure points and energy pathways adhered to in acupuncture, but may differ in terms of massage technique.

Somatic

Relating to the body, especially as distinct from the mind. From the Greek *soma* for 'body'.

Somatic psychology

Somatic psychology is a form of alternative medicine that focuses on somatic experience, and the embodied self, including therapeutic and holistic approaches to body. Body psychotherapy is a general branch of this subject, while somatherapy, eco-somatics and dance therapy, for example, are specific branches of the subject.

Sound healing

Sound has been utilised in various cultures for thousands of years as a tool for healing. The intention is to alter a brainwave state positively by using rhythm and frequency generated by drumming, tuning forks, singing bowls, and so on.

Spa

A spa is a location where water in various forms is used as therapy. It may be a mineral spring or a resort that incorporates massage, saunas and beauty treatments.

Tantra

Tantra is the overarching name, meaning 'to weave', for a number of esoteric disciplines in Hinduism and Buddhism. Tantra utilises practices such as visualisation and meditation. Much of its modern practice in the West is do with linking sexuality to spirituality in an ecstatic and healing fashion.

Trauma resolution

Trauma resolution is intended chiefly to help overcome Post Traumatic Stress Disorder (PTSD). Trauma resolution therapy assists individuals to bring trauma-related memories to light in a safe environment with the help of therapists. Many different types of therapeutic techniques may be involved.

Wellness

The quality or state of being healthy in body and mind, especially as the result of deliberate effort.

Yoga

Originally a school of Hindu philosophy advocating and prescribing a course of physical and mental disciplines for attaining liberation from the material world and union of the self with the supreme being or ultimate principle. It can incorporate a series of postures and breathing exercises practised to achieve control of the body and mind, tranquillity, etc. It includes disciplines such as Hatha yoga, Yin yoga and Kundalini yoga, all dealing with different aspects of the body, mind and spirit.

Healing Practitioners

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Ayesha Amos, Naturopath

- **Holistic, person-centred health care incorporating traditional and evidence-based approaches.**
- **Integrative health care offering combined naturopath and GP consultations.**
- **Preventive health care focused not only on treating existing conditions but on preventing disease, maintaining health and achieving optimal wellness.**



Byron Bay

Ayesha is a naturopath, herbalist and nutritionist with 18 years in private practice.

Ayesha has a warm and personable approach. She can help you tailor a realistic and practical holistic health program to suit your needs incorporating modalities such as: herbal medicine, nutritional medicine, food as medicine, diet and lifestyle counselling, botanical skin care, flower essences and aromatherapy.

Ayesha helps you to attain your health goals by providing education, motivation and support. She has expertise in all areas of general practice and has special interests in preconception and pregnancy care, women's health, paediatrics and mental health.

As well as being a practitioner, Ayesha is also an educator and writer and has postgraduate qualifications in evidence-based complementary medicine.

Ayesha Amos, Naturopath

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www.byronnaturopath.com.au  Ayesha Amos - Byron Naturopath



Aria, Tantric Life Coach

- **Tantra training for couples – transform your relationship, become multi-orgasmic and tap into peak states of love, passion, pleasure and sensuality.**
- **Hug analysis – understand your signature embrace. Learn to deepen it in order to get more out of life.**
- **Tantric life coaching – body-centred life transformation for high achievers.**



Byron Bay and surrounds

Our sexual energy is a key determiner of our personality and describes the quality of our life. Like anything, it can be mastered with practice. Sexual life force energy that is developed to be vibrant, strong, potent and magnetic brings enduring confidence and empowerment. Sexual expression that becomes passionate, courageous, generous and authentic will awaken the essence of one's soul.

This is coaching with a difference for those who hunger for wild success and adventure. Think Anthony Robbins meets ancient erotic temple priestess. It's for the awakening of revolutionaries, rebel rulers, insatiable seekers and powerful kings and queens – courageous, aspirational and spirited. It's a potent transformational allegiance for those who are ready to leap.

Allow yourself to be seduced.

Heart and Power, Tantric Life Coaching
Byron Bay and surrounds
awaken@heartandpower.co
www.heartandpower.co





Lucy Arnott, Transpersonal Counsellor & Art Therapist

***'Lucy's ability to listen with her heart and connect to parts of me that I didn't know were there is amazing. Lucy helped me create a new empowering story for my suffering and transformed years of past hurt and guilt into a powerful tool for change.'* – John Francis.**



Byron Bay,
Mullumbimby.
Workshops Byron Shire

Lucy likes to integrate transpersonal counselling, art as medicine and expression, meditative processes and psychodrama to support clients in a person-centred way. Her passion is supporting individuals to live a life they feel empowered about, in choice and joy. Focusing on integrating and shifting anything unwanted mentally, psychically and spiritually that might be blocking potential. Lucy respects the psychosomatic relationships we have with our bodies and has developed an holistic approach to energy healing, with the assistance of Australian bush flower essences to bring out balance.

She has worked extensively with the elderly, carers, corporate team building, women in correctional rehabilitation centres, children with disabilities, children in hospitals, women's empowerment workshops and individuals in one-on-one setting.

Lucy Arnott, Transpersonal Counsellor & Art Therapist
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Steve Back, Gestalt Therapy & Somatic Experiencing

'I felt very safe with Steve to go where I needed to go.' – P, Byron Bay

'I am continually amazed at the power of this work.' – C, Mullumbimby

'Working with Steve has changed my life.'
– M, Sydney



Mullumbimby, online

Set in the beautiful countryside just outside Mullumbimby, Mullum Therapy offers a place of individual healing, support and exploration. Therapist Steve Back uses a mixture of Gestalt therapy and Somatic Experiencing trauma therapy to offer a relational and body-centred approach to enquire what it means to be you and create greater awareness and ultimately healing around whatever issues you are currently facing.

'Trauma is not what happens to us, but what we hold inside in the absence of an empathic witness.' – Peter A Levine



Steve is a trained counsellor, has a Masters degree in Gestalt Therapy and is a registered Somatic Experiencing practitioner. He is also an assistant facilitator with the Path of Love seven-day intensive workshop. Sessions are one hour long and can be either one to one or via Skype.

Steve Back Masters (Gestalt Therapy), Somatic Experiencing Practitioner,
Grad Dip (Counselling)

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 [mullumtherapy](https://www.instagram.com/mullumtherapy)  [steveback](https://twitter.com/steveback)





Carolyn Boniface, Biodynamic Craniosacral Therapist

***'It was the deepest therapy session I have known.
I have been so tranquil, so present and so happy.
I trust in life again and see so many new possibilities...
I am not afraid of being alone any more...
it has been a miracle.'** – Melissa Collins*



Byron Bay,
Murwillumbah,
Tweed, Gold Coast

Carolyn's work is gentle yet profound. It will support you to a place of therapeutic rest and expansive wellbeing, releasing core tension from the inside out. This approach is extremely effective in bringing you to true alignment of psyche and soma, invoking balance and inner harmony. It can offer complete and enduring resolution of any trauma imprint and stress disorder in a remarkably short time. It is highly successful in repairing boundary violation if you have been a victim of abuse and violence. A treatment will bring you to a sustained state of inner calm and presence. Here your organism's deepest indwelling healing resources will be engaged, reconnecting you to your wellspring of vitality and natural joy.

Carolyn is also a practitioner of The Rolf Method of Structural Integration.

Carolyn Boniface, Advanced Certified Practitioner
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www.rolfbiodynamics.ntpages.com.au



Paulette Bray-Narai, Compassionate Communication

'Paulette, thank you. Your calm, balanced and sensitive approach has helped me with my marriage, parenting, friendships, decisions and just LIFE.' – KM

'What more could I ask for? Discovering powerfully effective ways of understanding and connecting with others in such a beautiful, relaxed environment overlooking Byron Bay. Wow' – SH



 Coorabell

Communication is vital to the success of any relationship. Are you happy with yours? Perhaps your communication needs a tune-up?

Whether you attend a 60-minute individual or couples session, or two-day 'Communication for Healthy Relationships' training with Paulette, you'll gain valuable insights and learn skills that are immediately useful. Learn to resolve conflict, restore trust and connection, to listen and speak without blame, to communicate clearly and honestly in ways others can hear. Gain practical skills proven to benefit all relationships.

Enquire about our acclaimed tailored communication trainings for organisations. For ongoing support, take home the unique Ah Ha Empathy Cards as an easy-to-use aid for future conversations. Also a great gift!


Paulette Bray-Narai BA Psyc, Grad Dip Ed, CNVC Certified Trainer, TAE 40110

Express Peace Cultivating Compassion

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www.expresspeace.com

 Byron Bay Compassionate Communication - NVC





Byron Bay Natural Healing Clinic

'For over 50 years I suffered with a life-threatening heart condition known as tachycardia, which would see me rushed to hospital. Doctors couldn't help much. My friend recommended Anika. I really didn't think she could help. But in our second session Anika discovered the cause, which was not physical! After that I was sold and after eight sessions, working in with my GP, I am free of this condition...' – G Penshurst



Byron Bay, Suffolk Park

A multi-talented, highly skilled, well-trained, widely experienced therapist and compassionate intuitive healer, Anika has been gently assisting people to heal for more than 30 years. She enjoys facilitating healing for others in a gentle, caring and supportive way and empowering them towards their health and happiness.

Anika assists your body to show you the obstacles and blockages still keeping you from health and happiness. She specialises in accurate testing of all of your bodies (physical and energetic) to find out your body's desired treatment plan for your issue. This can include any eastern, western or alternative therapy that you and Anika may be aware of. Anika is happy to refer you where and when required. Anika combines all of her skills, her highly developed intuition and over 300 techniques to correct imbalances in all areas.

Anika Brizuela
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www.byronbaynaturalhealing.com
📍 Byron Bay Natural Healing





Synara Chandler, Kinesiologist, Bowen Therapist

- **Tailor-made, integrated, neuroplasticity, guided via muscle testing, to balance underlying stressors, trauma and non-serving beliefs systems.**
- **Identify personal keys to support and empower soul's purpose / life direction.**
- **Workshops to reduce stress at home and at work, improve life skills and spiritual development.**



📍 Tweed Heads, Cronulla

Holistically balancing mind, body and spirit, Synara uses gentle muscle testing to identify and clear blocks and sabotage patterns, often hidden deep within the unconscious mind and body's cellular memory.

While comfortably lying on a massage table, negative thought patterns, fears, stress, addictions, relationship and behavioural issues can be addressed without having to relive the pain of the memory or trauma. Gentle or energetic corrections made in a session support integrative changes in the brain (neuroplasticity), allowing the client to optimise their healing potential and recuperation ability on all levels. Synara combines kinesiology with Bowen therapy (gentle body work – not massage) balancing the body to reduce migraine, back, neck, joint pain and sports injuries.

Synara is also a supplier of Young Living Essential Oils.

Synara Chandler, Kinesiologist, Bowen Therapist
54 Caloola Dr, Tweed Heads and 5/55 Gerrale St, Cronulla
0402 001 267, synara@syntah.com.au
www.synarachandlerkinesiologist.com
📍 [happysoulgatherings](https://www.instagram.com/happysoulgatherings)





Ra'shiym Christos, Spiritual Mentor & Teacher

'Ra'shiym's work supports you to experience a happy heart, a peaceful mind and a joyful spirit.' – Andy

'Ra'shiym's readings are mind blowing, unbelievably accurate and a profound experience' – James

'It had a profound effect on me. I feel touched by the higher truth of my soul, let alone the energy shift from the amazing chakra work and high frequency.' – Ocha



Byron Bay Arts
& Industry Estate

Ra'shiym supports people in their spiritual awakening, initiations and empowerment through one-on-one sessions and by teaching in groups, events, workshops, and retreats. He has a gift of opening and transmitting from the higher states of consciousness of universal wisdom, truth and love.

Having started meditation at age 11, and following the path of peak performance and consciousness development, Ra'shiym has developed a deep spiritual connection and insight. Ra'shiym accesses the libraries of light and the support of the enlightened realms to guide people in their own healing, empowerment and self-realisation.

It is the power of self-awareness and self-realisation that gives each of us the ability to change our consciousness and our beliefs to release our heaviest karma through forgiveness and love.

Ra'shiym Christos, Akashic Record Reader, Spiritual Mentor & Teacher
Yummy Studios, 1/67 Centennial Circuit, Byron Bay
0421 360 222

hello@rashiyim.com

www.rashiyim.com soundcloud.com/rashiyim-christos

📱 rashiyim 📷 rashiyimchristos 📺 Rashiyim



Ra'shiym
Spiritual Mentor & Teacher



Coastal Cosmetic Doctors, Ocean Shores


- **Qualified medical doctors offering aesthetic medicine including anti-ageing and cosmetic procedures.**
- **Medically trained in the management of chronic dermatological conditions and skin care.**
- **An holistic, friendly and professional cosmetic experience by compassionate and empathic doctors.**



 Ocean Shores

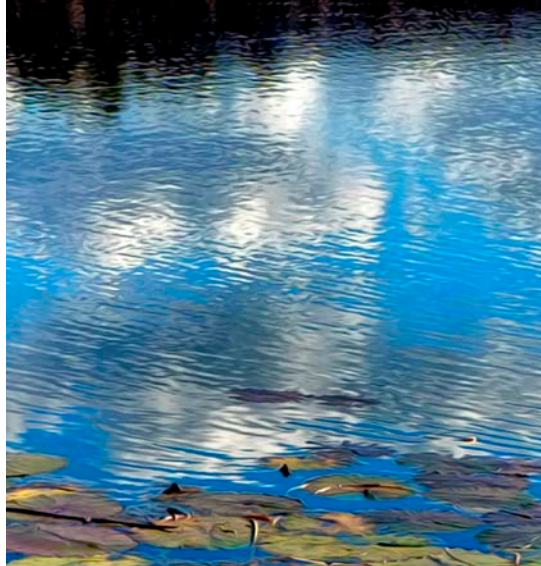
Coastal Cosmetic Doctors is locally owned and operated by two experienced female General Practitioners and Skin Cancer doctors, who are now offering services in their passion area of aesthetic medicine. As doctors first and foremost, Dr Omera and Dr Zaki have an ethical obligation to practise evidence-based and ethically oriented treatments. They are open and transparent about the care they can provide, the costs that will be involved and the timeframe for expected results.

Examples of the type of treatment offered include anti-wrinkle injections, dermal fillers, natural platelet-rich plasma therapies and micro-needling using medical-grade approved Dermapen3. All new patients are seen in a 45-minute consultation where an holistic plan is constructed to achieve each individual's desired aesthetic goals.

Cosmetic Cosmetic Doctors
 Ocean Shores Skin Clinic, 70–72 Rajah Rd, Ocean Shores
 0499 756 088
coastalcosmeticdoctors@gmail.com
www.coastalcosmeticdoctors.com
 [coastalcosmeticdoctors](https://www.facebook.com/coastalcosmeticdoctors)



**COASTAL
 COSMETIC
 DOCTORS**



Sandra Davey, Kinesiology

Sandra Davey has been practising kinesiology for more than 17 years and holds multiple kinesiology qualifications. She has mentored students and spoken at professional kinesiology events. After working in allopathic medicine as a medical scientist and registered nurse, Sandra became passionate about kinesiology because its main aim is to get to the root cause of a problem.



 Mullumbimby

Through her extensive experience and because she has trained in so many modalities of kinesiology, Sandra has helped many people clear issues by getting to the root cause of their problem.

Areas that she addresses are: clearing subconscious sabotages, learning and behavioural difficulties in children, reprogramming old patterns and beliefs, de-stressing, and restoring energy and physical health.

Kinesiology is a truly holistic therapy that addresses body, mind and spirit.

Please keep in mind that because of forward bookings, immediate appointments are not always available.

Sandra Davey

Level 5 registered Kinesiology practitioner

North Coast Kinesiology, 13 Dinjerra Place, Mullumbimby

02 6684 6914, 0403 125 506

info@kinesiologynorthcoast.com.au

www.kinesiologynorthcoast.com.au





Assaff Eisenberg – Life Coach

'Assaff taught me how to be aware of my personal surroundings and my personal boundaries. He got me thinking about my life differently than before, and to look closely at what is important to me. Assaff's encouragement and information was exactly what I needed at the time to empower me to take back my life. A wonderful feeling!' – Karla Earley



📍 Byron Bay, Ballina,
Mullumbimby,
Ocean Shores

Life Coach Success is a vehicle through which Assaff shares wisdom and tools to help create a better world.

Assaff has the ability to guide a person through challenging times in their life with great ease. His awareness and his intuitive and practical approach to work, and life in general, stands him apart from other coaches. This is so much more than just textbook coaching.

Assaff's desire is to help the person in front of him reach a level of clear thinking and heartfelt desire for a more successful, peaceful and rewarding life.

Anyone wanting to create a successful and rewarding balance of lifestyle and work would definitely benefit from having coaching sessions with Assaff.

Assaff Eisenberg
Life Coach Success, Byron Bay
0423 464 975
eisenbergassaff@yahoo.com.au
members.lifecoachsuccess.net
📱 lifecoachsuccess 📺 Assaff Eisenberg



Life Coach Success
Supporting you in change!



Joanne Farrell, Transformational Kinesiologist

- **An holistic effective way to clear pain, stress, illness and disease, removing negative emotions and thought patterns and bringing permanent healing.**
- **Applying western medical anatomy, physiology and neuroscience; eastern energetic principles and esoteric teachings about soul and the human constitution.**



Byron Bay,
Mullumbimby

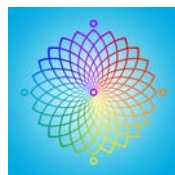
Joanne is a certified educator of transformational kinesiology and energetic anatomy. Her journey has deeply immersed her into yoga, esoteric philosophy and astrology. She brings vast knowledge and depth to her profound, distinctive healing and life-transformational work.

Kinesiology can help with: stress, anxiety, fatigue, immunity, sleep, women's health, structural alignment, joint/muscle pain, nutrition, organ/gland function, circulation, brain function, depression, motivation, learning, chronic illnesses, autoimmune, cell regeneration and more.

Life coaching: make the changes you keep putting off, meet life challenges with focus and courage, create a life with purpose – how to make it happen.

Soul evolution: understand your greater self and energies, aura, chakras, prana, vitality; expand your consciousness and awareness.

Joanne Farrell Dip TK Cert 1V Kin, Educ Energetic Anatomy &TK
Centre for Mind Body Wellness, 2/108 Stuart St, Mullumbimby
Byron Yoga Lounge 22b, 1A Banksia Drive, Byron Bay
Pura Vida, 14a Park Street, Brunswick Heads
0403 637 156, hello@joanne-farrell.com
www.joanne-farrell.com





Tracey Ann Foster, Naturopath, Beautician, Healer

'Tracey is one of the most gifted healers I've ever encountered. I felt so calm and centred after leaving. It really inspired me to let go of a whole lot of stuff that was exhausting me. Incredible masseuse too!' – Sal Jade

'Tracey really knows her stuff! She is caring, experienced, relaxing and fun.' – Fiona P



 Byron Bay

Tracey has a Bachelor of Naturopathy and has developed a reputation as one of Byron's best massage therapists. In addition to that, Tracey is a qualified beautician and metaphysical practitioner. She brings together a sophisticated blend of science, holism and humour to create an uncanny ability to directly assist you. Specifically to guide you in any areas of your life you know you could improve but may not be fully able to face or acknowledge alone. At times it feels as though you want to punch her as well as to thank her simultaneously!

A testament to the combination of her accurate honesty and compassionate approach. A truly wholehearted and dedicated guide in the field of natural holistic health.

Tracey Ann Foster
Naturopath, Beautician, Metaphysical Healer
Be. Salon & Spa, Shop 1/14 Middleton Street, Byron Bay
0413 432 584
hello@besalonspa.com.au
www.besalonspa.com.au
 [besalonandspabyron](#)  [besalonspabyronbay](#)

be.
SALON & SPA



Lindon Garske, Chiropractor

- **Injury and pain relief.**
- **Transform your health this holiday.**
- **Missing your chiropractor from home, and just want a great adjustment?**



 Byron Bay

Have you injured yourself on holiday?


Are you experiencing back pain, headaches or migraines?

Do you have neck pain from sleeping on a different pillow?

Or are you just missing your chiropractor from home?

Marvell St Chiropractic is the answer!

We have a simple online booking system, or call and we can look after you TODAY.

Lindon Garske, Chiropractor
Marvell St Chiropractic – 12 Marvell Street, Byron Bay
0490 009 500
www.marvellstchiropractic.com.au
 Marvell St Chiropractic





Go with the Flow Kinesiology, South Golden Beach

- **Identify the root cause of your health issues and resolve them holistically.**
- **Combining traditional Chinese medicine with energetic healing, client-centred counselling, nutrition, homeopathy, and vibrational essences.**
- **Providing a nurturing, professional and fully confidential space for healing.**



📍 South Golden Beach

Over the course of a lifetime our body will hold emotional and environmental toxins that have not been addressed or cleared. Often we develop coping mechanisms that disconnect us from our body and eventually lead to health issues and disease.

Barbara utilises holistic kinesiology and mind body medicine to reconnect women with the wisdom of their body to resolve health issues such as: chronic pain; chronic fatigue; anxiety; migraine/headaches; sabotaging thought patterns and subconscious limiting beliefs; insomnia; hormonal and digestive issues.

'Barbara has a very calm presence and extensive knowledge in so many areas that connect the dots and make sense how/why physical and emotional symptoms are manifested.' – Ayako Fukuhara

Go with the Flow Kinesiology, South Golden Beach

Barbara Stevens Dip Holistic Kinesiology, Dip Mind Body Med,
Adv Dip Int Comp Med, Adv Cert Nutritional Counselling, Reiki Practitioner
0404 141 968, barbara@gowiththeflowkinesiology.com
gowiththeflowkinesiology.com 📍 gowiththeflowkinesiology.com
📱 gowiththeflowkinesiology.com 🌐 gowiththeflowkinesiology.com






Good Skin Clinic

The Good Skin Clinic's highly trained professionals are shining the light on a whole new way of addressing skin disease. This exceptionally effective and safe approach means that the prognosis for psoriasis and eczema sufferers, as well as for sufferers of most other skin diseases, has now increased to excellent. No referral necessary. Health rebates available.




 Billinudgel,
Burleigh Heads

The Good Skin Clinic is gaining significant international notoriety for the outstanding results they are achieving in the field of dermatology, working with the most serious of skin diseases, psoriasis, eczema, ichthyosis and the list goes on. They will determine the most likely causative factor, then will focus their efforts on the most efficient and effective areas of therapy for your particular condition.

Their nature-based therapies and medications include the Dr Michaels product range, with its exceptionally high level of scientific validation. As with any medication or therapy, it requires the appropriate protocols to be followed for maximum benefit to be gained. At the Good Skin Clinic we teach our patients the cause and best treatment for their skin conditions, empowering them to live without the pain and embarrassment of their disease.

Barry Donnelly, Naturopath, Complementary Dermatology
BHSc Comp. Med. Adv. Dip. Nutrition, Adv. Dip. Western Herbal Med., Adv. Dip.
Naturopathy, Cert. 2. Kinesiology, Cert.2. Adv. Biomesotherapy/Biopuncture.

**Good Skin Clinic: 233 Pocket Road, Billinudgel,
Level 1 Unit 3, 1863 Gold Coast Hwy, Burleigh Heads
1300 956 566, barry@feelinggr8.net.au
www.goodskinclinic.com.au  [goodskinclinic](https://www.facebook.com/goodskinclinic)**



Good Skin Clinic




Katherine Hay, Clinical Nutritionist

'Katherine is astute in applying learned knowledge to formulate a clear hypothesis for a patient and is able to formulate a comprehensive treatment plan and lifestyle protocol to enable her patients to achieve positive health results.'

– Natasha Zamburro ND



 Bangalow, Byron Shire,
northern rivers

Kaptured Nutrition was an idea born from Katherine's mantra: 'Encompassing holistic health with adventure, nutritional medicine, wellbeing, using food as medicine, and mindfulness.'

Katherine is dedicated to helping clients improve their health through working with you to achieve your unique health goals; using an integrated approach to healthcare, including the use of evidence-based nutritional medicine.

Katherine uses comprehensive screening and functional pathology tests to scientifically assess your specific requirements and to provide an optimal treatment plan designed to deliver the desired health outcomes. Katherine is also a registered SmartDNA practitioner and uses specific DNA tests to tailor personalised health.



Katherine Hay BA H.Sci Nutritional Medicine, member ANTA

Kaptured Nutrition

Mobile service or at Katherine's home clinic

0418 338 818, kapturednutrition@gmail.com

www.kapturednutrition.com.au

 [kapturednutrition](https://www.facebook.com/kapturednutrition)  [kaptured_nutrition](https://www.instagram.com/kaptured_nutrition)





House of Herbs, Byron Bay

The House of Herbs is a walk-in herbal dispensary, offering consultations with a qualified and experienced naturopath. The dispensary stocks a large range of quality complementary medicines.

***'Sally worked at Mullum Herbals for 11 years, ultimately as manager of the shop. Her input into our business has been invaluable.'** – Val Iwaszko*



 **Byron Bay Arts & Industry Estate**

Since graduating from Southern Cross University in 2001, Sally has worked as a naturopath in Mullumbimby and Byron Bay. She has two young children, is an active member of the community and is experienced in a broad range of health care issues including children's health.

House of Herbs provides free over-the-counter brief consultations, full consultations (health fund rebates available) and acts as a dispensary for the public and other health practitioners.

The dispensary at the House of Herbs stocks a large range of quality herbal tinctures – organic or wild sourced where possible. Also available are herbal teas, homeopathics, therapeutic creams and nutritional supplements including practitioner-only products by prescription.

House of Herbs is open Monday to Friday 9am to 5pm.



Sally Leedman BNat BVA ATMS

House of Herbs

Bayshore Drive, Byron Bay Arts & Industry Estate

02 6680 7238, houseofherbsbyronbay@gmail.com

www.houseofherbsbyronbay.com

 [houseofherbsbyronbay](https://www.facebook.com/houseofherbsbyronbay)  [house.of.herbs](https://www.instagram.com/house.of.herbs)






Interrelate, Counselling Services, Northern Rivers

Interrelate's relationship services team has provided high-quality and affordable counselling for individuals, couples and families throughout the northern rivers since 1983.

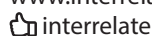


'This is a relationship game changer. I wish I'd done this work 20 years ago.' K Martin

 Lismore,
Mullumbimby,
Ballina, Casino

Interrelate offers quality, affordable counselling with concession rates available. All counsellors are trained in emotionally focused couples therapy and use a range of counselling approaches and groupwork to meet the unique needs of individuals, couples and families.

All relationships are complex and can benefit from attention and support from time to time. Whether you're in a relationship, starting or ending a relationship, ready to make a commitment or your relationship is facing new challenges; for example becoming a parent, a child starting school or leaving home, separation, retirement, ageing parents, Interrelate is here for you. The team supports individuals, couples and families to focus on strengthening their relationships with themselves, each other and the people around them.

Interrelate, Northern Rivers
5 Market Street, Lismore
02 6623 2750
lismore@interrelate.org.au
www.interrelate.org.au



relationship experts since 1926



Graeme James, Counsellor, Psychotherapist, Supervisor

Drawing from significant experience, Graeme James uses an integrated approach to tailor the therapeutic relationship to your needs. He offers: individual and couple therapy; approaches to loss, grief, and trauma; and professional supervision. Graeme helps you to explore life's difficulties, find meaning, understand yourself, and improve your relationships.



Byron Bay, Bangalow,
Sydney, online

Graeme James is a counsellor, psychotherapist and supervisor. He has taught counselling through university, managed Lifeline Sydney and worked with Medibank Health for Beyondblue. He aims to provide a collaborative, empathic relationship where you may learn and grow from your experience. You can see Graeme James in Byron Bay, Bangalow, Sydney CBD or via Skype.

People consult Graeme James about: personal problems; relationship and couple counselling; loss and grief including bereavement, major life challenges and serious illness; existential issues and life directions; trauma, anxiety and depression; feeling lost, stuck or confused.

Graeme James also supervises a range of health professionals including counsellors, psychotherapists, psychologists, nurses, educators and students.

Graeme James M.Couns, PACFA Reg. Clinical
Suite 3/9 Fletcher St, Byron Bay; Bangalow Professional
Centre; Suite 11, level 1, 183 Macquarie St, Sydney
0412 518 024, graeme@graemejames.com.au
www.byronbaycounsellingsupervision.com.au
www.sydneitherapist.com.au





Jason for Bodywork, Kahuna Bodywork

- **Increments of 10-minute taster sessions at Byron and Channon Sunday markets.**
- **Short relaxation sessions at Kiva Spa 02 6684 4811.**
- **Available for a full comprehensive experience at Living Yoga Sanga, Mullumbimby.**
- **Available for private group call-outs and retreats.**



 Mullumbimby

Kahuna Bodywork was developed by a modern Hawaiian Kahuna, Kahu Abraham Kawai'i, from ancient personal development exercises of the Kahuna navigators. Similar to Tai Chi Chuan in principle and not unlike hula to look at, it is delivered through the art of personal refinement expressed in physical motion.

The result is an organic, fluid style of massage that sweeps through the body using the hands, forearms and elbows to soothe, stretch and release long-held tension.

'After nearly 20 years of Kahuna training and bodywork applications, Jason is often considered a master of the art. Jason's bodywork is unlike conventional massage and needs to be experienced to appreciate the difference.' – Kristen, Yoga teacher

Jason for Bodywork


Proudly affiliated with Living Sanga Project

Living Yoga Sanga, Suite 1, 63 Stuart St, Mullumbimby

0422 918 412, 02 6684 0371 (AH)

jason@livingyogasanga.org

www.livingyogasanga.org

 **Jason for Bodywork**



Journey To Awareness, Tweed Heads

- **Homeopathy stimulates the body to heal itself taking into consideration your mental, emotional and physical symptoms.**
- **Reiki activates the body's natural healing ability and promotes emotional and physical wellbeing.**
- **Pellowah unblocks and re-aligns meridians within the body, leaving a feeling of peace and wellbeing.**



Tweed Heads

Since learning her first healing modality in 2007, Michelle has continued to help people heal.

Michelle is a qualified homeopath, Reiki Master/Teacher, Pellowah Practitioner/Trainer and Angel Intuitive. She is passionate about empowering people to transition into a healthy, happy body and life. She will help you find *your* way to heal. All the methods used by Michelle encompass the whole person, not just the symptoms you present with. She listens to you, hears your story and helps to create a healing plan that will work for you. Michelle also shares her knowledge on how to create positive change in your life that ultimately goes hand in hand with healing your body and your life.

Journey To Awareness

Michelle Amor, Homeopath, Reiki Master/Teacher,
Pellowah Practitioner/Trainer, Angel Intuitive
25/2 Falcon Way, Tweed Heads
0438 115 152

journeytoawareness16@gmail.com

www.journeytoawareness.net

[📞 journeytoawareness](#) [📱 journeyaware](#) [📺 michelleamor16](#)





Mandie Kai, Career Transition Coach

- **Career transition coaching for conscious women changemakers with a passion to make a difference.**
- **Discover your calling and start a legacy that creates social change.**
- **Be supported in a safe and nurturing space for personal and professional transformation.**



Byron Bay,
Australia-wide (online)

When seeking healing and wholeness, you may ask yourself: What is my calling, and how do I make it happen? You burn with passion. You have a deep need to give. But you have reached a crossroads and you feel stuck.

Using a unique combination of eastern and western evidence-based practices, supported by years of professional experience as a university careers lecturer, Mandie Kai at Soul Strategies guides you to discover your passion and release it. You will emerge clear, confident and burning to transform the world, no matter how small or how big those changes may be.

Mandie skilfully helps you navigate your career transition inspired and focused, so you bring more meaning to your life and the world.

Mandie Kai
Career Transition Coach, Soul Strategies
0420 685 219
mandie@soulstrategies.com.au
www.soulstrategies.com.au
📱 soulstrategies 📷 soulstrategies

*Soul
Strategies*



Kind Counselling

- **Sensitive, compassionate and skillful help to resolve key issues and live a richer life, in attunement with your essence and gifts.**
- **Trauma resolution – attachment/developmental, accumulated stress, shock or abuse trauma or PTSD.**
- **Individual, couple and group therapies.**



Mullumbimby,
Melbourne, online

Originally an academic with a background in myth and literature, then a social researcher, Gina appreciates the value of holistic approaches.

Her training as a voice dialogue facilitator, transpersonal psychotherapist, and somatic experiencing practitioner (SEP); teaching and supervising experience (transpersonal counselling and art therapy), work on the Path of Love process, and study of the Diamond Approach to Inner Work (AH Almass) are some threads Gina draws into her clinical practice.

Gina regards healing crises as opportunities for significant growth, and works together with you (as a whole person, mind, body and soul) to resolve underlying causes of issues to help find a richer, more integrated, happier and more peaceful experience of life. This leads to deeper healing, meaning that the impacts of therapy are sustainable and long lasting.

Gina Bloom TPC, SEP, BAHons, M.Phil, Cert IV TAA
Transpersonal Psychotherapy and Somatic Experiencing
0404 093 865
gina@kindcounselling.com.au
www.kindcounselling.com.au



Kind Counselling



Ross Love, Kahuna Massage Therapist

- **The ultimate relaxation experience.**
- **He loves his work!**
- **If you are not 100 per cent happy, your session is free!**



 **Byron Bay Arts
& Industry Estate**

- Experience a unique blend of deeply soothing Swedish and nurturing sensual Kahuna-style massage.
- Massage is Ross's lifetime passion and his goal is to make your massage the best you have ever experienced by being intuitively present, meticulously thorough and innately sensitive to your body's needs.
- Ross is also happy to focus on your specific areas of tension, back, neck, feet, head etc. In a nutshell the session is all about you! Two luxurious hours \$160, one hour of bliss \$90.

Available 8am until 8pm seven days a week by appointment only.

Kahuna Massage exclusively at Movement Zone, Byron Bay's newest Gyrotonic health and fitness studio.

Ross Love, Kahuna Massage Therapist
Movement Zone, 2/27 Brigantine Street,
Byron Bay Arts & Industry Estate
0421 399 465
rosslove100@bigpond.com



Julie Lovett, Painting Therapist, Life Patterns Counselling

When we paint, draw or model we express something of our inner nature and our inner physiological activity. Research within the Liane Collot d'Herbois method of painting therapy has shown that in the relationship between light, darkness and colour specific conditions of health and illness are expressed. Focus on our life patterns brings a possibility for change.



Mullumbimby

Painting therapy, in this method, differs from traditional art therapy. The client is supported within a warm, nonjudgmental atmosphere to do a series of free paintings or charcoal drawings. From these paintings tendencies towards specific imbalances in the relationship between the activity of light (the nervous system), the activity of darkness/warmth (the metabolic system), together with the rhythmic system (movement) are identified. Therapeutic exercises in light, colour and darkness are then designed and the client is supported to paint or draw in a way that brings movement and balance. Cancer, anxiety, depression, OCD, asthma are some of the many illnesses painting therapy supports alongside other treatments.

Julie Lovett trained at Tobias in England and is currently continuing studies at Emerald in the Netherlands. Julie has worked as an art therapist for 16 years in Steiner schools, in a drug rehab centre and privately.

Julie Lovett – Painting Therapist & Life Patterns Counselling

Mast. Educ. (Steiner Educ.), Grad Dip Art Therapy (Tobias, England)

Anthroposophical Schooling Course – Life Patterns Training

0411 583 376

julieisme82@hotmail.com

www.julielovett.com.au

Art Therapy & Life Patterns

JULIE LOVETT



Belle McPhee, Herbalist, Gut Health, GAPS Practitioner

'Grateful and thankful are words I use when speaking about Belle McPhee. Her expertise in gut disorders, alchemy with herbs, and empathy for her patients are reasons that I highly recommend her.' – L Peck

'Belle instilled me with a confidence and trust which has ultimately rewarded me with life-changing results... I can't recommend Belle highly enough.' – Zac



Byron Bay Arts & Industry Estate

Belle McPhee is an experienced herbalist and certified GAPS practitioner who works with all areas of gut health, inflammatory conditions, hormonal imbalance, auto-immunity, depression, anxiety, and other psychological conditions.

Belle empowers her patients by joining the dots in their health history to promote understanding, and educating them to take the necessary steps towards healing and health. She works primarily with individualised herbal tonics and food to support the body to heal itself. Belle offers ongoing support, and her empathy and passion for health will boost you along the way.

Consultations are available both in Byron Bay and remotely via Skype.

Belle McPhee, Herbalist, Gut Health, GAPS Practitioner
Byron Health, 9/1A Banksia Drive, Byron Bay
0405 337 433
belle@byronhealth.com.au
www.byronhealth.com.au






Philip Mann, Kinesiologist, Neuro-Trainer

- **Philip's mission is to motivate and empower people to transform their lives to express their unique individuality.**
- **Philip uses muscle monitoring as biofeedback to identify the underlying causes of symptoms and uses neurological training to help resolve them.**



 Brunswick Heads,
Sydney

Philip has more than 25 years' experience in bodywork and kinesiology. He works with people of all ages from babies with allergies to teenagers and adults looking for direction, solving specific issues or improving their health and wellbeing.

Philip uses various techniques to retrain your neurology to enable you to adapt to the challenges currently being presented. This allows the individual to easily integrate to a state of equilibrium.

Philip's clients experience: A sense of fulfillment and purpose; Improved relationships and communication; Ability to learn easily; Ability to release stress and manage it better; Career direction and clarity; Better sleep; Faster recuperation after illness; Release of physical and emotional symptoms.

Philip Mann
Pura Vida, 14a Park Street, Brunswick Heads
0412 604 127
philip@philip-mann.com.au
www.philip-mann.com.au





Joanne Martin, Mind & Body Therapy


***'Jo's understanding of the PSYCH-K technique, combined with her generous and giving nature, results in a unique and very special experience that I deeply cherish and can highly recommend to those seeking answers, results and ultimate transformation.'* – Louise Webb**



 Byron Shire

Joanne is an experienced and intuitive remedial and Zen Thai Shiatsu massage therapist with 20 years' experience. Her personal sessions have been influenced by the self-defence art of aikido and PSYCH-K belief change. Joanne is currently a very accomplished 5th Dan in Aikido and teaches children's classes every week. From aikido comes an understanding of the importance of harmony between the mind and body, the power of the mind (where mind goes, energy flows) as well as the influence of its healing and ki therapies. PSYCH-K works with the all powerful sub conscious mind to remove emotional blockages that are holding you back.

Sessions are all about you. Working with the mind, the body or both, leaving you feeling lighter, brighter and more excited to move forward with clarity and ease.

Joanne Martin
Hummingbird Mind and Body Therapy
119 Broken Head Road, Suffolk Park
0409 604 650, jomart811@yahoo.com.au
 Hummingbird Mind and Body Therapy




Tess Miller-Sharp, Life Alignment: Innovation Strategist

Activating and energising your potential to reveal the truth of who you are and bring you home to yourself.

'Depression, anxiety and addiction were part of my life before. I've now reduced my medication, have clarity and my passion for life is back' – AP




 **Myocum**
Mullumbimby,
Byron Bay and surrounds

Identify and release the limiting beliefs that have been holding you back and keeping you from realising your true potential.

Tess is an advanced practitioner of Life Alignment, a transformational healing system of body, heart and mind, practised in 22 countries. Developed from a synthesis of ancient healing wisdom and modern science, and incorporating revolutionary Vortex technology, it takes an holistic approach to personal transformation.

Tess also teaches innovation strategies and intuition for individuals and groups – providing empowering techniques to identify where you are tripping yourself up and discover your true purpose in life, with practical steps on how to implement your new skills into your everyday life.

The Healing Studio, McAuleys Lane, Myocum
Floating locations: Brunswick Heads, Byron Bay, Mullumbimby
0449 030 494
tess@tessla.com.au
www.tessla.com.au
 TessLA





Movement Zone, Byron Bay

- Mindful movement studio sessions with expert practitioners.
- Gain new insights on how to move with awareness.
- Become like a cat moving with grace, ease and springiness.
- Support your body's energy levels for today's lifestyle.



Byron Bay Arts
& Industry Estate

From the moment you step into Movement Zone there is a feeling of beauty and relaxation. They offer training in movement-based therapies that help create fitness, fun and wellbeing. Upstairs is a magnificent crystal museum and workshop space with projector screen available for hire. Sidas insoles and Biomats are available for sale. Movement Zone's therapists are:

Jan Andrews (studio owner): Gyrotonic®, Gyrokinesis®, Vibrogym – post-natal assessment and exercise, core fundamentals; Kinesiology; Bowen therapy; Oriental/Thai massage; Raindrop Technique®.

Ross Love: Kahuna massage pampering and nurturing sessions.

Glenda Alchemy: Quantum Alchemy healing sessions, human design guidance, readings.

Joe Jurd: Contemporary dancer and Zouk teacher – group classes Tuesdays, Thursdays at 7pm.

Mikey Sato: Iyengar Yoga – group classes Wednesdays 5.30pm upstairs with ropes off the wall.

Movement Zone, 2/27 Brigantine Street, Byron Bay

Jan 0409 583 977, Ross 0421 399 465, Glenda 0425 562 609, Joe 0421 517 979, Mikey 0410 868 393

movementzonebyronbay@gmail.com

www.movementzone.com.au

📍 gyrotonicbyronbay 📷 movementzonebyronbay



Mullum Herbs

- **Dedicated to ongoing scientific updates in the world of herbal medicine.**
- **Constantly introducing new herbs to our range; a lot of these herbs are not available elsewhere, or are difficult to access.**
- **Offering naturopathic and ayurvedic consultations, which are covered by health fund rebates.**



📍 Mullumbimby

Mullum Herbs provides one of the largest ranges of organic, quality herbal tinctures, dried herbs, herbal creams and oils in Australia. We stock a large variety of medicinal essential oils, reputable supplements, homeopathics, vibrational remedies, and also have a comprehensive ayurvedic dispensary.

All of the staff at Mullum Herbs are fully qualified naturopaths with decades of collective experience, from acute care over the counter to full consultations and treatments.

Mullum Herbs pride themselves on the excellent quality of the raw materials used in the manufacture of their herbal tinctures and herbal creams. Many of the herbs used are grown locally.

Mullum Herbs, 79 Stuart Street, Mullumbimby

02 6684 3002

mullumherbals@gmail.com

www.mullumherbals.com.au

📱 [mullumherbals](#) @ [mullumherbals](#)

MULLUM  HERBALS



Michelle Nassner, Reiki Master, Hypnotherapist

'Thank you, Michelle, for the reiki and hypnotherapy sessions I had with you when trying to cope with undergoing treatment for breast cancer and losing my mother. I found your sessions to be a very gentle way of dealing with the issues that arose at that time... I am very grateful for your love and guidance.' – Susi D



Murwillumbah,
Mullumbimby

Michelle has always been passionate about the true nature of our spirit soul and the power of our mind – our pure potential. She has dedicated the past 25 years to helping people transform, attain personal growth and empowerment, and discover higher levels of self-awareness. Her understanding of metaphysics offers holistic insight and clarity. Her style of practice is spiritual, compassionate, gentle and empowering.

Michelle specialises in: Boosting self-esteem, confidence and self-worth; reducing and managing stress and anxiety; stopping smoking; insomnia; public speaking; spiritual insight; metaphysics; achieving a stronger sense of self, promoting emotional stability; increased clarity and self-awareness, leading to greater purpose and direction; improving personal relationships; running reiki seminars; and more...

Michelle Nassner, Reiki Master Teacher/Practitioner Prof Member ARC,
Metaphysician, Clinical Hypnotherapist Prof Member ASCH
Life Quality Health, 10 King St, Murwillumbah
Lotus Centre, 56 Stuart St, Mullumbimby
0414 494 745, michelle.nassner@bigpond.com
www.michellenassner.com





Northern Rivers Chinese Medicine, Murwillumbah

- **Holistic approach tailored to the patient's needs in assisting the body to restore its natural physiology while achieving optimum health and wellbeing.**
- **After diagnosing the systemic imbalances, Northern Rivers Chinese Medicine will treat the underlying cause of your symptoms.**



 Murwillumbah

Dr Alli Ehmann is the founder of Northern Rivers Chinese Medicine Clinics. In completing further studies in the practice of Canonical Chinese Medicine, Alli became one of only 60 practitioners specialising in this form of herbal medicine in Australia. Additionally, Dr Alli has studied with the late Dr Richard Tan, a master of acupuncture and its application for the immediate relief of pain. She has also completed specialised training in cosmetic acupuncture. This treatment restores imbalances in the body while improving your health to look and feel better.

Her down-to-earth, compassionate and warm approach is balanced by her experience treating and preventing a wide range of conditions regarding all aspects of general practice. This includes pain management, women's health, pregnancy care, fatigue-related illnesses, digestive, stress, mental-emotional imbalances and cosmetic acupuncture.

Dr Alli Ehmann B.HSc. Chinese Med, Dip. Classical Chinese Med, Dip. Tuina Massage

Northern Rivers Chinese Medicine Clinics

16 Prince St and 49 Commerical Rd, Murwillumbah

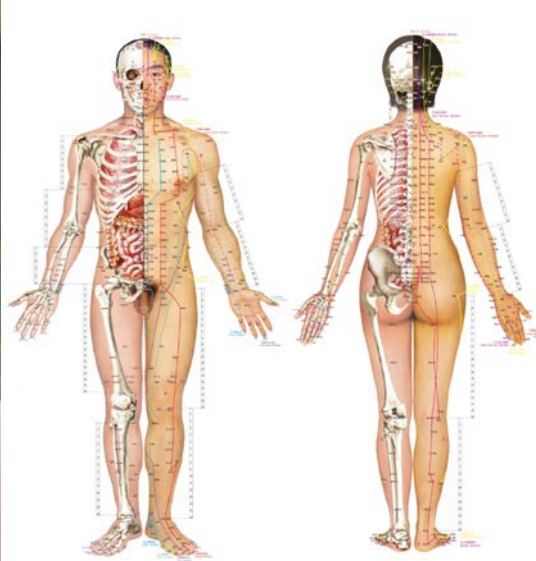
0421 515 601, info@northernriverschinesemedicine.com.au

www.northernriverschinesemedicine.com.au

 NorthernRiversTCM

Northern Rivers





Adam Osborne, Doctor, Cosmetic Physician, Acupuncturist

- **Japanese acupuncture and Chinese herbal consults**
– unique and individualised treatments.
- **Cosmetic injections utilising the meridians of the face** – to keep you looking like you, just fresher and more chilled.
- **Mobile service available after hours for groups and events.**



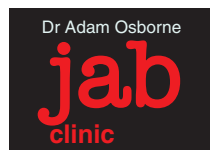
Byron Bay

Since 1991, Dr Adam Osborne has offered sessions in Japanese acupuncture, Chinese herbal medicine and cosmetic injections, overseas and in Byron Bay.

As a medically accredited acupuncturist, Dr Osborne combines eastern philosophy with western understanding, to give an organic experience, refreshing and realigning body and soul, to look great, feel better!

As a cosmetic injector, he has developed unique, innovative experiences using techniques devised from ancient teachings, with the meridians of the face balanced and injected according to individual needs. Dr Osborne is the injector – there is no middle-man, so no super-inflated prices. You simply pay for what you get, which is discussed before your procedure – ensuring you are the creative result.

Dr Adam Osborne MBBS (Sydney) Dip AC (Nanjing)
Jab Clinic, 69 Bangalow Road, Byron Bay
(corner of Paterson Street)
02 6685 7366
jodi@adamosborne.com.au
www.adamosborne.com.au





Meredith Plowman, Energy Balancing

From her charming, vintage-inspired rooms in Mullumbimby, Meredith does RAW Energy Balances. Using muscle testing as a diagnostic tool, Meredith works with your own individual natural energy hierarchy to aid the unravelling of reactive energy. Meredith also performs Facial Harmony, a completely natural energetic facelift, which gives amazing results.



 Mullumbimby

Meredith's clients can't speak highly enough of her work.

RAW Energy Balance: 'It was lovely to see you and thank you for the energy correction you did for my partner. For the first time in months a complete calm had come over him and he even seemed to have resolved some of our life choices. By the time I got home, it was incredible.' – Mani Lemmon

Facial Harmony: 'When I arrived home my sisters and mother were astonished and could not believe such a dramatic change had been achieved without surgery.' – Kate Mortimer

Facial Harmony lifts your face and plumps up your skin by promoting free-flowing energy in the meridians of your face and head. Facial Harmony is for men and women and double bookings are welcome.

Phone or email for advance bookings; for spontaneous bookings please call 02 6684 5005.

Paradiso Healtharium
722 Main Arm Road, Mullumbimby
02 6684 5005
info@paradisohealtharium.com
www.paradisohealtharium.com.au

*Paradiso
Healtharium*



Catriona Quinn, General Practitioner

- **Cat is a passionate GP who works alongside her patients to restore health and enhance wellbeing, using an integrative approach and collaborating with other natural and allied health professionals.**
- **Helps people find their path to healing and wellness.**
- **Offers cosmetic injectables as part of her holistic model of care.**





 Mullumbimby

Cat is wonderfully unique because she understands the power of the therapeutic relationship. She is a deeply caring doctor who rejoices in improving the health and happiness of others.

By empowering and educating patients at each stage of the process, Cat provides an holistic framework for real sustainable healing. Along with her extensive medical knowledge, Cat is trained and experienced in homoeopathy and nutrition, with diet and lifestyle interventions forming the foundation of her practice.

Cat specialises in gut health, pre-pregnancy and antenatal care, women's and children's health, and mental health. Cosmetic injectables allow confidence and wellbeing to blossom. Friendly discussion, investigation, and collaboration are integral to Cat's approach, as patients become experts in restoration of their health and achieve the best possible results.

Catriona Quinn, General Practitioner
Mullumbimby Comprehensive Health Centre, 60 Stuart Street
02 6684 1511 (practice) or 0432 490 949
cat@drquinn.com.au
www.drquinn.com.au
 Catriona Quinn  food_as_medicinewoman





'Quit Cigarettes in 60 Minutes'

'I am so pleased to have started my new journey to a healthier me with Ingrid's support. The support, guidance and little extras have been so helpful. It's so great knowing that Ingrid is as supportive of my healthy lifestyle change as I am with her lifetime guarantee. If I fall off she will be there to support me again. Best thing I have done for me in such a long time. Thanks heaps.'



Ocean Shores

Ingrid has helped hundreds of people like you to stop smoking in the past eight years. She backs it up with a lifetime guarantee to help you to feel confident of quitting cigarettes. The same successful system is now available to solve weight issues.

Using hypnotherapy and neuro-linguistic programming (NLP) allows you to make space for new habits; with PSYCH-K you can free yourself from limiting beliefs, and through wellness coaching Ingrid supports you to achieve your goals. Ingrid can also teach you techniques to assist with relief from post-traumatic stress disorder (PTSD) and traumatic events.

We have all heard that 'A journey of a 1,000 miles begins with a single step'!

Ingrid Gottschalk, Wellness Coach, Quit Cigarettes in 60 Minutes

24 Yamble Drive, Ocean Shores

02 6680 3827, 0431 582438

ingridgwellness@gmail.com, quitcigsin60min@gmail.com

www.quitin60.com.au

📱 quit.cigs 📱 Reach.Ideal.Weight

**Quit
Cigarettes
in
60
Minutes**





Daniel Raccani, Shamanic Instructor & Practitioner

'I recommend anyone experiencing/experienced life crisis to go see Dan. Before having my sessions I was quite depressed and stressed, suffering from severe anxiety. On completion of my healing plan I felt a million bucks – like a new man. I could not recommend Dan enough, his work is life changing' – Colin



 South Golden Beach

Daniel is an international teacher of shamanism and recognised shamanic healer who offers powerful transformative healings for his clients through the shamanic modalities.

Daniel specialises in returning power to his clients through the interaction with spirit guides and utilising such techniques as soul retrieval, extraction of spiritual intrusions, power animal retrieval, chakra re-illumination, distance healing and compassionate spirit release.



His ability is to walk between the worlds of the physical and spiritual, help to assess the wounds of the client's soul and see the blueprint of their energetic trauma, to bring forth immense healing and wellbeing to their lives. This re-empowerment allows clients a rebirth of sorts, recapturing their birthright of innate wholeness, thus living a more fulfilled existence of peace and harmony.

Daniel Raccani, Certified Shamanic Instructor & Practitioner
Golden Age Healings, South Golden Beach

02 6680 4568

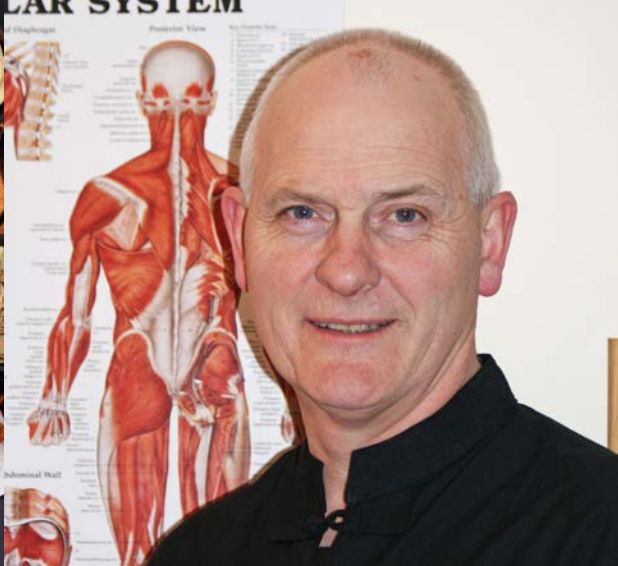
goldenagehealings@yahoo.com.au

www.goldenagehealings.com

 [goldenageshaman](#)  Daniel Raccani



Golden Age Healings
THE FOUNDATION OF SHAMANIC HEALING AND WISDOM



Restore Your Health – Therapies, Bangalow

- Barrie's skills are unique as he integrates a variety of techniques to bring the body back into balance.
- Barrie has a friendly and professional manner that allows his clients to feel at ease and comfortable during treatment.
- Barrie is a true professional with an alternative treatment that really does work.



Bangalow

Having trained in a number of techniques over 10 years, Barrie has developed his own unique style of treating clients using traditional Chinese medicine, acupuncture, tuina and reflexology, along with NST Bowen, remedial/holistic massage and reiki.

Using a combination of treatments, Barrie's aim is to achieve the best results in the shortest possible time while bringing the body back into its natural state of balance. Barrie has had effective results treating back, shoulder and neck conditions.

Not only is Barrie an empathic therapist with adults, he also has previous experience running a UK children's Bowen therapy clinic. Treating children with Bowen therapy has shown good results in those affected with conditions such as colic, autism, ADHD etc.

Restore Your Health – Therapies

Barrie Hanson, Integrated Medicine Practitioner

TCM Dip Acupuncture, NST Bowen adv practitioner, Dip Massage Reiki 2nd degree

Working out of Susie Hope Health, 23 Leslie St, Bangalow

0435 859 422

contactbazqi@gmail.com

www.restoreyourhealth-therapies.com



Sally Roe, Art Therapist

‘Sally is a gifted and talented art therapist. Her approach throughout is sensitive and connected. I had some incredible “aha” moments as she assisted me to find focus and cut through the mind chatter. I was able to join some of the dots to emerge with new insights and awareness.’ – Chris



Byron, Tweed,
Brisbane

As a qualified art therapist and artist, Sally passionately believes creativity is the catalyst for transformation. Art therapy provides an opportunity to express your unique experience, encouraging self-discovery and emotional growth – artistic skills are not required.

An integrative approach accessing parts of your psyche that cannot be reached verbally, using visual symbols and imagery to provide an elemental form of inner communication.

Acknowledging that we are motivated both consciously and unconsciously by our internal landscape, Sally holds the space for you to explore those thoughts and emotions that arise through the process. Reflecting on the artwork prompts insight into those feelings and can stimulate intuitive responses as to how to work through and resolve those issues in a compassionate and supportive environment.

Sally Roe, Art Therapist
0423 615 000
sallyanneroe1@gmail.com
www.roeart.com
📱 roeart.com



roeart



Jeremy



John

Rolwing® Structural Integration

- **Rolwing® Structural Integration is bodywork therapy that aims to bring balance back to your body.**
- **Rolwing works with the chronically shortened soft tissues of the body, loosening them and allowing your body to find ease.**
- **It's like a deep, slow massage/stretch, in areas of your body that have become chronically tight and short.**



Byron Bay, Suffolk Park,
Uki

Rolwing® Structural Integration is a hands-on bodywork system designed to enhance your physical wellbeing. Rolwing can help you find your ideal, relaxed and aligned posture. It can allow you to move more easily, free of discomfort or muscular tightness. Rolwing can help to resolve painful physical conditions arising from old or new injuries. It may also help you, indirectly, to find a more open attitude toward the world.

Rolwing treats whole-body patterns, not just symptoms. It works at a 'big picture' level by balancing the fascial network of your body to make good posture easy and to improve old, inefficient movement patterns. It achieves this over a series of sessions that systematically unlock tight and compromised tissues using slowly applied tissue releases, along with postural re-education.

Jeremy Sutton, Certified Advanced Rolfer®, Suffolk Park
0407 132 921, Jeremysutton@hotmail.com
www.rolwingbyronbay.com

John Smith, Certified Advanced Rolfer®, Uki
0403 494 987, Johnsmithrolfer@gmail.com
www.rolwingworks.com.au






Stephanie Rouillon, Equine Assisted Learning

- **Stephanie has a very down-to-earth approach towards connecting with the horses. She invites you into the *three steps to the present*. She ensures you feel safe and supported as you begin learning *living the way of the horse*.**
- **Stephanie's horses are intuitive and gentle in their assistance of your journey towards awareness.**




 Mullumbimby and surrounding areas

Stephanie says:

'I found myself going to a horse every morning before I started my day. The horse met me at the fence. For a few minutes we were in silence just connecting as I patted him. When I heard about equine assisted learning I knew I had to explore it further.'

'After finishing my certificate in equine assisted learning, I have found myself learning more and more about living *the work* as well.'

'I invite the client to have an experience with the horses. This allows the client to have an authentic awareness of themselves while in connection to the horse. However this also supports the client to learn how they can have awareness in relationship with friends and family.'

Stephanie Rouillon
Mullumbimby Alternative Horse Centre, Mullumbimby
Coolamon Scenic Road, Mullumbimby
0432 186 955
 byronequineassistedlearning






Melanie Sinclair, Nutritional Medicine Practitioner

***'I've known the importance of a whole-food diet but struggled to get lean and support my strength training. Mel helped me work around food intolerances, autoimmune responses and compromised gut health to achieve my goals. Her knowledge is remarkable ... I've dropped 6 per cent body fat! I'm feeling the healthiest I've ever felt and can't thank her enough.'* – Liam**



 Byron Bay, Suffolk Park, northern rivers, Gold Coast, online

Melanie has an exceptional ability to connect with her clients and identify how she can work alongside them to improve their health. With a Health Science degree in Nutritional Medicine, Melanie has a strong focus on addressing nutrient deficiencies, optimising gut health and establishing imbalances preventing an individual from reaching their goals.

During a 1-hour consultation Melanie will use techniques such as: pathology testing (including microbiome analysis); body composition testing (proportion of fat and muscle); food and lifestyle questionnaire; skin, hair, nail analysis.

Collaborations and keynote speaking are other areas in which businesses can utilise Melanie's expertise. Workshops, presentations, product endorsements and article writings are part of Melanie's core work.



Melanie Sinclair, Nutritional Medicine Practitioner BHSc Nutritional Medicine

The Nutrition Effect, Byron Bay

0476 169 550

mel@thenutritioneffect.com.au

www.thenutritioneffect.com.au

 [thenutritioneffectaustralia](https://www.instagram.com/thenutritioneffectaustralia)  [nutritioneffect](https://www.facebook.com/nutritioneffect)

THE
NUTRITION
EFFECT



David Smith, Dental Prosthetist

- **30+ years' experience including Implant Retained and Precision Stabilised Abe Technique and Precision Biofunctional Prosthetic System (BPS) dentures.**
- **State-of-the-art laboratory using precision equipment and products from Australia and Europe.**
- **Extensive training including qualifications held by only three others in Australia (BPS trainer).**



📍 Mullumbimby,
Casino

Pearl Denture Studio is a unique and elegant dental prosthetic practice located in the beautiful northern rivers. Dental prosthetist David Smith is well known and respected for his ability to provide outstanding dentures. All materials are bio-compatible and tested. Their state-of-the-art laboratory is designed to not only produce excellence but also to reduce its carbon footprint, preserving the environment. They use the latest techniques and materials from Switzerland, well known for their excellence in precision technology .

Pearl Denture Studio have been providing all denture services to the highest quality for more than 31 years. Their latest Lower Denture Stabilisation Abe techniques are innovative and provide the complete-denture wearer a new lease on life with outstanding results in comfort, stability and function.

David Smith, Dental Prosthetist
Pearl Denture Studio
Mullumbimby: 5/97 Stuart Street, 02 6684 3677
Casino: 125 Barker Street, 02 6662 1137
pearldenturestudio@gmail.com
📱 [pearldenturestudio](https://www.pearldenturestudio.com.au)



PEARL DENTURE STUDIO
Unique • Individual • Beautiful



Myee Stephen, Healing, Birth Coach & Artist

- **Myee is an intuitive Thetahealer, spiritual midwife, RN and stained-glass artist, expanding her practice using Young Living Essential Oils.**
- **Combining all qualifications for face-to-face, mobile and distant healings.**
- **Intuitive interior alignment, coaching and business opportunities.**



📍 **Byron Bay, Australia-wide and international distant healings**

Myee is a professional RN/RM registered with AHPRA who practises advanced ThetaHealing®. She is also a Young Living Essential Oils distributor and therapist and produces unique stained-glass crystal glass mandalas, sacred geometry windows, lamps, meditation tools and more.

As a midwife/nurse Myee has provided care for a range of nursing clients, women and baby-centred care, incorporating ThetaHealing®, readings, tantra, essential oils and health products. Her primary focus is to coach and heal professional individuals as well as mothers and families via a meditation-based technique to remove blocks, fears, stress and unwanted energies, assisting the processes of birth, life and beyond. Combining these techniques, consults provide specialised intuitive healing, readings and artwork connecting with the divine power to create peace, happiness, wealth and love for mind, body and spirit to evolve.

Myee Stephen, ThetaHealing®, Midwife/RN, YL Oils, Artist
 Mobile, face-to-face and distant healings, readings and coaching
 0413 768 605, myeestephen@yahoo.com.au
www.myeestephen.com.au

📱 [myee.stephen](#) 📷 [_Myee_Stephen_](#)
 📞 [_Myee_Stephen_](#) 🌐 [Myee Stephen](#)





Tonic Osteopathy & Massage, Byron Bay

- **The only clinic in Byron to have HICAPS facilities for massage meaning if you have extras cover, you only pay the gap.**
- **Book online whenever it suits you.**
- **Newly renovated clinic right in the middle of town with private air-conditioned rooms.**





 Byron Bay

Tonic Osteopathy & Massage is the Byron Bay locals' favourite integrative healthcare centre. If you are a professional athlete, weekend warrior or even just sitting too long in the office, they're in your corner.

They offer a wide range of care including osteopathy, yoga, dietitians, and renowned massage therapists who specialise in remedial massage, deep tissue, sports and pregnancy massage. Not to mention injury rehabilitation, stretching programs and nutritional, lifestyle and workplace advice. Tonic's therapists have extensive clinical experience with everyone from office workers to professional sporting teams and elite athletes.

Health rebates are available with most health insurance companies. Medicare rebates apply for some modalities (see your GP).

Tonic Osteopathy & Massage
 6 Lawson Street, Byron Bay
 02 6685 5993
info@tonicosteopathy.com
www.tonicosteopathy.com
 [tonicmassage](#)  [osteotonic](#)





Lynette Tyrrell, Angel Readings & Reiki Healing

'Excellent intuitive ability... great listener with a genuinely empathic nature. Highly recommended!' RM



- Angel readings help to bring clarity, truth, hope, love and insights to all areas of your life.
- Reiki with the angels – energy clearing and healing that's nurturing, relaxing and uplifting.

 Bangalow, Byron Bay

Lynette is a wonderful, insightful healer. She loves working with the angels and the healing energy of reiki. Angel Readings provide gentle, loving, clear insights and guidance that help you to understand relationships, reduce anxiety and bring clarity and reassurance about your life path.

Reiki healing helps you to release old patterns, old emotional pain, and heal on the physical, mental and emotional levels. This helps to bring a wonderful feeling of renewal, energy and peace.

Lynette's background as a herbalist and naturopath is a great foundation for her healing work. Supporting you to find more love, peace, happiness and abundance in your life.

Lynette Tyrrell, Daylight Healing
Bangalow & Byron Bay
0432 533 686
lynettetyr@yahoo.com.au
www.daylighthealing.com.au
 lynettedaylighthealing  lynettedaylighthealing



Ilse van O, Physiotherapist, Health Coach

'Ilse... she is in a league of her own'

- **Science and holistic wellbeing expert.**
- **Uncovers the root cause of your pain or injury.**
Ensuring symptoms do not mask your discomfort.
- **Teaches you how to perform at your peak – both amateurs and professionals.**



 Byron Bay

Ilse van O is an accomplished physiotherapist, movement and health coach. With more than two decades of success, helping clients recover and move – from niggles and back pain, to injury or surgery recovery.

Her wealth of knowledge and easy manner bring together all her qualifications – a bachelor degree, nutritional skills and high-performance coaching from the CHEK Institute (USA). When needed, she consults integrative doctors and specialists for imaging and testing.

Available as a keynote speaker for wellness, performance or corporate events. Fluent in English, Dutch, German. Health fund and Medicare rebates may apply. Available on Saturday. Skype consults. In-home personal training on request.

Ilse van Oostenbrugge BAppSC (Physiotherapy),
CHEK NLC 3, CHEK Exercise Coach, TPI Certified Golf Fitness Instructor
The Health Lodge, 78 Bangalow Road, Byron Bay
02 6685 6445
www.ilsevano.com





Vital Choices, Lismore

100 per cent freedom! No cravings! A release from all unwanted habits and addictions.

***'David inspired me to let go of my addictions... in a positive, compassionate and encouraging way, always! I would certainly recommend David to anyone who needs support to change their lifestyle for the better.'* – C**



 Lismore

In his years of searching for an escape from long-term addiction, depression and PTSD, David discovered that the element of consciousness was a missing component in sustainable addiction recovery.

From his profound experience, David has developed a unique action-based approach to success in a field short on solutions, surrounded by myths of difficulty and impossibility.

The Vital Choices program is David's offering to those going through similar challenges. 100 per cent freedom! No cravings! When yoga, meditation, nutrition and support are brought into specific synergy as a daily practice, a dynamic force is released in the individual, awakening and developing their consciousness, setting them firmly on the path to freedom.

David Ward
Life Coach, Yoga Instructor, Addiction Freedom Strategist
Vital Choices, 131 Keen Street, Lismore
0447 820 510
david@vitalchoices.com.au
www.vitalchoices.com.au





Lara Yakimishyn, Ayurvedic Lifestyle Consultant

- **Lara has a beautiful ability to create food that your body needs.**
- **Reconnect to your body's natural intelligence through Lara's diagnosis in consultations.**
- **Ayurvedic talks and cooking workshops are not only informative but provide practical tools that you can use and integrate into your everyday life.**



Byron Bay Arts & Industry Estate

Lara's strengths are diagnosis and her ability to develop practical and manageable solutions to support your individual constitution.

She has an intrinsic connection with food and can tailor a specialised eating plan that includes recipes and dietary changes that will help facilitate long-lasting positive effects to your nutrition and daily routine.

Lara teaches fun, informative and tasty cooking classes that will inspire your everyday meals.

Lara will support you in resetting, re-patterning and reconnecting with your own unique constitution. She offers a vitality program that helps optimise energy and boost vitality, and a cleanse program that can help to facilitate in clearing toxins and resetting your metabolism.

Lara Yakimishyn / Yummy Lara
 Yummy Studios, 1/67 Centennial Circuit, Byron Bay
 0424 407 343
hello@yummylara.com
www.yummylara.com
[Yummylara](#) [@yummylara](#)





Sahar Zadah, Wellness and Life Coach

Sahar Zadah provides integrative wellness programs, workshops and retreats that take you on a transformational journey of empowerment, connection and discovery of self.



📍 Byron Bay,
Mullumbimby

Sahar Zadah's integrative approach to wellness brings together a wide range of counselling, coaching and facilitation techniques. These are brought together in a unique way for each individual or group. Her programs have a deep foundation and emphasis on cleansing, authenticity and self-realisation. They offer a deepening of one's knowledge in practical and spiritual skills of meditation, intention setting, self-care practices, yoga and ritual.

With the wisdom of natural therapies, including nutrition and yoga, Sahar has developed the Om Cleanse program. These integrative wellness programs are designed to help you gently detoxify and improve your physical, emotional and spiritual wellbeing. The Om Cleanse is an holistic program that includes workshops, retreats, e-book guide, online support and personalised programs.

Sahar Zadah, Yoga Teacher, Wellness Coach, Om Cleanse
Centre for Mind Body Wellness
Office 2/108 Stuart Street, Mullumbimby
0402 456 185, sahar.zadah@gmail.com
www.saharzadah.com
📱 [saharzadah](#) 📷 [saharzadah](#) 📺 [saharzadah](#)

Sahar Zadah
INTEGRATIVE WELLNESS



Diet obsessions turned food fiascos

To eat everything in moderation or to stick to a regimented diet? To swear off alcohol or to enjoy a drink every now and again? To go gluten free or not? Grain or no grain? Meat or no meat? Vegan or vegetarian?

Whoa! The overwhelming choices are greater than ever on the food front. Thanks to more television shows about food, an overabundance of 'food porn' on social media, and our incredible multicultural society opening up our eyes, noses and mouths to the tastes of foods we've never eaten before, we are more confused than ever about what the 'right diet' actually is!

Don't despair though! Culture and tradition never fail to leave some clues, and when you take a look at populations who are living well around the world, an encouraging (and relieving) pattern emerges.

The Sardinians for example have one of the highest centenarian rates in the world. Not only do men make up a higher proportion of the centenarians than women; the Sardinians drink wine, eat pasta and bread (full of gluten) and don't exactly have a 'restricted' diet.

Closer to home, to Okinawa in Japan, and you find the staple diet of rice, fish and vegetables continuing to serve the elder Okinawan generation just as well as it ever has. Conversely, and sadly too, elder Okinawans are burying their children and grandchildren on the back of the new fast-food culture. In a fascinating twist (and often directed to the westernisation of Okinawa owing to the US military presence), this centre of longevity is also home to Japan's highest rate of obesity, and, when it comes to middle-aged men, has one of the highest rates of premature death from heart disease.

On the Greek island of Ikaria, it's not rare to see elders smoking, drinking coffee and eating ice-cream (all

at once). And the wine! It certainly flows at almost any time of the day, and still this island of 7,000 is widely regarded as the 'island where people forget to die'. No dementia, and heavily reduced instances of heart disease and cancer, have many experts scratching their heads!

So what can we learn from all of this? Here are just three of the common clues:

- All cultures eat seasonal, local, organic wholefood. Yes, there's some ice-cream and chocolate on hand, but the good old 80/20 rule seems to apply here. Most of the diet comes from what grows in their backyard.
- Food is to be enjoyed with others. Of course there are times when we find ourselves eating alone; however, one important element of food is its ability to bring people together. No matter the food, it's the company you share it with that seems to have an immeasurable impact on human health.
- Relax. Back in the day, 'orthorexia nervosa' was an unknown term. Today it is an established psychological condition attached to people who have become so hellbent and obsessed by the 'perfect diet' that the stress of it all causes anxiety.

Thankfully, the Byron Shire is an incredible place to eat seasonal, local, organic wholefood, with others and in a relaxed environment. The next time you find yourself in front of a pizza, a bottle of wine or a chocolate cake, instead of getting the guilts, simply find a friend, take a breath, and enjoy the gift of life that our wonderful food allows us all to celebrate.

- Note from the author: This article is in no way intended to diminish the role of healing diets in society. If a health professional has prescribed a specific eating plan for you this article is not intended to replace or intimate at any shift from a prescribed diet.

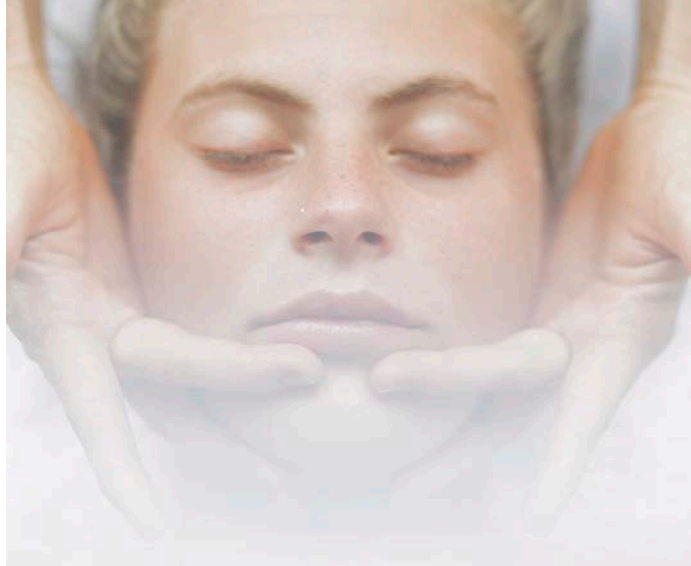
– Marcus Pearce



Massage

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Be. Salon & Spa, Byron Bay

***'Wow, I feel amazing! I had a lot of stress and tension and it is now completely gone.'* – Olivia**

***'Absolutely loved this find. I felt so looked after and truly cared for.'* – Louise**

***'Magic "firm" fingers that were swift and gentle, working deep into the muscle tissue and making it easy to relax. Treat yourself, you won't regret it.'* – Barb**




 Byron Bay

Tracey Foster opened Be Salon & Spa in response to what she felt was needed in Byron Bay: a friendly, holistic boutique salon, where people could experience high-quality professional treatments in a down-to-earth and healing environment. Tracey has attracted therapists to the salon who love what they do and are renowned for quality service.

With their diverse talents, each therapist offers something unique. From the attentive and nurturing bodywork, relaxing yet therapeutic facial treatments, through to the exceptional rejuvenation of hands and feet.

All treatments are tailored to the needs of each individual.

Be is a place to unwind, Be yourself. Be pampered and leave feeling renewed.

Be. Salon & Spa
Shop 1/14 Middleton Street, Byron Bay
0413 432 584
hello@besalonspa.com.au
www.besalonspa.com.au
 besalonandspabyron  besalonspabyronbay

be.
SALON & SPA



Photo courtesy Beach Suites Byron Bay

Byron Bay Massage

'Katie is not only a brilliant masseuse, but also an excellent healer.' – Ann Toomey

- **Quality mobile services with more than 25 years' experience.**
- **Encouraging you to stay true to yourself.**
- **Crystal sound bowl ceremonies and group sound meditations for your event, or celebration.**



📍 Byron Bay, Suffolk Park, Lennox Head, Ballina, Bangalow

Byron Bay Massage has been based in Byron Shire for more than 13 years with luxury mobile treatments. Katie is known for her healing hands and friendly, professional service. From deep tissue to remedial, relaxation and reiki, BBM delivers with the highest standard.

Reiki and silent healings are also offered, promoting wellbeing and rest. Group bookings are available for your event with professional, experienced therapists.

You can also rejuvenate with sound healing treatments and crystal bowls. Sound vibrations can truly bring profound relaxation.

Spa footpaths and reflexology are very popular with the elderly and make perfect gift vouchers.

Mobile treatments are a great way to increase self-care. Make time and space available for *you*.

Byron Bay Massage

Katie Connolly, Massage Therapist

0410 751 008

katieconnolly@bigpond.com

www.byronbaymassage.com.au

📍 [byronbaymassageandhealing](#) @byronbaymassage






Byron Bay Mobile Massage

'I love the service from Byron Bay Mobile Massage. The massages and chakra-puncture are always amazing, and from my experience you can always get in, even if its a last minute call. Thanks, Rosie and team, you're the best.' – AM





 Byron Bay,
northern rivers region

Established in 2010, Byron Bay Mobile Massage has a team of qualified and insured therapists who offer treatments in the comfort of your home or holiday accommodation. You get to relax wherever you are, with no need to drive or put your shoes on.

Offering relaxation, relaxation with hot stones, remedial, couples, pregnancy, reflexology and esoteric massage, there is always something to suit your needs. They also offer esoteric healing, connective tissue therapy and chakra-puncture.

Open seven days a week Byron Bay Mobile Massage is able to do last-minute bookings and caters for individuals, couples and large groups.

Byron Bay Mobile Massage
Byron Bay Wellbeing Centre
Byron Community Centre, 69 Jonson St, Byron Bay (upstairs)
0411 720 799
we-care@byronbaymobilemassage.com.au
www.byronbaymobilemassage.com.au
 byronbaymobilemassage  byronwellness






Megan Evans, Zen Shiatsu & Holistic Counsellor

'Megan followed my way of expressing my concerns, which meant I could remain in the moment without the need to explain everything.

***Having been a therapist myself, I am aware that this is an indicator of a very skilled and experienced therapist.'* – Gail S**




 Byron Bay, Bangalow, Lennox Head, Ballina and surrounds

Megan is a heartfelt health practitioner with more than 30 years' experience. She draws from her studies and training in both Eastern and Western disciplines to provide the best treatment for your needs.

Zen shiatsu is a powerful healing modality developed in Japan, using gentle yet strong pressure to the body's meridian system to help restore balance, health and wellbeing. Nutritional and lifestyle guidance can be included.

Holistic counselling is a beautiful tool for healing and addresses the whole person. It can include bodywork to help integrate insights and change in a supportive and gentle way.

Megan offers therapeutic massage for those who prefer more traditional oil massages, and these are lovingly tailored for the individual. Gift vouchers are also available.

Megan Evans, primary practitioner at Megan and Zen
Byron Bay, Lennox Head, mobile to surrounding areas
0455 511 599
meganandzen@gmail.com
www.meganandzen.com
 meganandzen





Haven Spa, Bathhouse & Massage Clinic

- Elle and her qualified beauty and massage therapists at Haven Spa & Bathhouse want to help you on your journey to wellness.
- One of the most comprehensive and unique treatment menus on offer.
- Health fund rebates are available; seniors and pensioners receive special rates on certain days.



 Tweed Heads South

Haven Spa & Bathhouse offer much more than most masage clinics. They offer a Thai body-walk massage and have a sauna and magnesium spa to warm your muscles before a massage. They also offer a Vichy shower – wash your stresses away with a relaxing all-over shower laying down on a padded table, and much more. Spa and sauna is only \$20/hour.

Special offers for *Byron Healing* readers: Coffee, magnesium body scrub and Vichy shower for a half hour – \$60 plus a *free* half-hour sauna and spa; Offer 2: Package Deal B – 90-minute sauna, spa, body scrub, Vichy shower, massage plus organic facial – \$100.

Haven Spa & Bathhouse is BYO and male and female integrated.

Open seven days a week and on public holidays. Parties and group bookings are welcome.

Haven Spa, Bathhouse & Massage Clinic
5/131 Minjungbal Drive, Tweed Heads South
07 5513 0855, 0424 910 751 (AH)
havenbathhouse@gmail.com
www.havenspa.com.au
 havenspa.com.au





Yasmin Lang, Remedial Massage Therapist

- **Offering a depth of support for clients not just to relax but to truly heal and rejuvenate.**
- **Remedial massage, reflexology, energetic facial release, esoteric bodywork, aged-care hand and foot treatments, oncology massage.**
- **A great gift for the elderly or to people currently experiencing illness.**



Byron Bay
Servicing: Lismore,
Ballina, Mullumbimby,
Murwillumbah

Yasmin Lang has been working with people in the Byron Shire for more than 30 years with a depth of experience in massage, spa treatments, aged-care, youthwork, palliative-care nursing, dementia care and respite for people with mental health issues.

Over the years she has worked either from health and wellbeing centres or from her own home-based clinic. She has also run in-house retreats and healing holiday packages and continues to do so. Today she provides mobile massage and treatments as well as clinic-based services.

Yasmin came to understand that as a practitioner she needs to care for herself first before taking care of others, otherwise it is not possible to give them true care.

Health fund rebates apply.

Yasmin Lang Dip.Rem.Massage
Unit 4/1 Belongil Crescent, Byron Bay
0437 866 424
yasmin@innermostharmony.com.au
www.innermostharmony.com.au
Innermost Harmony Massage Yasmin Lang






Addy Duffey, Ka Huna Bodywork & Massage

***'A true healer, and a complete safe space wherever Addy is. She goes above and beyond for her clients, and is an inspiration to everyone she meets.'* – Skye Ramsay**

'Her gift is an ability of eternal love to channel healing through her hands. She is not only a healer of body, but of painful imprints of current and past lives.'

– Liliana Ljubicic



 Byron Bay and surrounding area

Addy is passionate about her work and gives an incredibly intuitive, deep and nourishing massage. Her style of massage is unique, flowing, energetically vibrant, yet deeply relaxing. She uses long fluid strokes of varying intensity and rhythm, as well as applying slow, deep pressure on points in your body where you are holding tension.

Addy encourages you to focus on your breath through the massage, which allows a space where you can slow down, relax, reconnect with your body, mind, heart and soul, and also acknowledge any emotions you may be holding that could be contributing to your physical discomfort.


The energising and healing effect from this exquisite massage is something that most people have never experienced before.


Addy Duffey Ka Huna Bodywork & Massage

Byron Bay and Suffolk Park

0459 467 722

addykahuna@bigpond.com

 **addyduffeykahunabodyworkandmassage**

 **addy_duffey**





Thai Sabai Traditional Thai Massage & Foot Spa

- **Byron Bay's Jonson Street is home to Thai Sabai Massage where, for the past seven years, ancient eastern techniques are practised daily.**
- **Take time out to de-stress, relax, rejuvenate and re-align your life force, maintaining your health and vitality through massage and therapeutic manipulation. A quality experience!**




 Byron Bay

Thai massage was developed by Buddhist monks in Thailand more than 2,500 years ago as an holistic healing therapy. It incorporates passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension and balance your energy systems. It encourages the body to detoxify, is relaxing and energising, and increases flexibility and circulation while releasing stress.

Foot massage opens Sen (energy lines) by stimulating reflex points that correspond to internal organs. It improves circulation, removes toxins, stimulates lymphatic drainage, boosts immune systems, relieves stress and improves sleep and clarity.

Herbal ball massage is a hot cotton bag filled with Thai herbs that transfer to your body improving circulation, toning skin and relieving aches and pains.

Thai Sabai Traditional Thai Massage & Foot Spa
 Fully Qualified Masseuse Therapists – Thailand Trained
 115 Jonson Street, Byron Bay (opposite Cinemas)
 02 6680 7373, relax@thaisabai.com.au
www.thaisabai.com.au
 [thaisabaibayron](https://www.facebook.com/thaisabaibayron)

Thai Sabai
 Traditional Thai Massage & Foot Spa

Yoga

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Byron Yoga Retreat Centre, Byron Bay

- Win a retreat in Byron Bay! – byronyoga.com/echo
- A tranquil eco-haven 20 minutes' walk from Byron's beaches and town centre, offering affordable and authentic yoga retreats and teacher trainings.



 Byron Bay

'Byron Yoga Retreat Centre exceeded my expectations! From the beautiful vegetarian food and awesome yoga and meditation classes, to the serenity of the environment.'

The retreats at Byron Yoga Retreat Centre are designed to give you space to relax and recharge, increasing your sense of wellbeing. Through a program of yoga and meditation classes, massage treatments and wellness sessions you will be encouraged to kick start healthy habits.

A highlight is the delicious vegetarian food, much of it grown onsite in the organic gardens, following the protocol of SLOW: Seasonal, Local, Organic and Without processed foods, the meals are prepared to nourish and delight you.

Choose a signature eight, five or three-day retreat or perhaps a women's health weekend and then choose accommodation to suit your budget. Retreats and teacher trainings at Byron Yoga Retreat Centre are affordable, comfortable and in a sustainable and tranquil environment.

Byron Yoga Retreat Centre
 50 Skinners Shoot Road, Byron Bay
 02 6685 8327
admin@byronyoga.com
www.byronyoga.com
 [byronyogacentre](https://www.instagram.com/byronyogacentre)  [byronyogacentre](https://www.facebook.com/byronyogacentre)





Sue Hawkins, Yoga Teacher

- Sue Hawkins is a senior yoga teacher with more than 28 years' experience and is the director and founder of Yoga Health Retreats.
- One-to-one yoga sessions with attention to alignment, breathing and yoga therapy for previous injuries.
- Guided meditation and Yoga Nidra to relieve stress, insomnia, anxiety and emotional trauma.



Byron Bay, Brunswick Heads, Lennox Head, Newrybar, Ballina

When Sue Hawkins founded Yoga Health Retreats 16 years ago, she was one of the early pioneers of yoga retreats. Even though yoga has been embraced by students worldwide and mushroomed, Sue's approach has only changed in depth. With more than 28 years of yoga practice Sue has taught many students internationally and in Byron Bay.

Sue resides in Lennox Head teaching one-to-one private sessions and group classes.

A yoga teacher (and yoga teacher trainer) who's very qualified (registered with Yoga Alliance at the highest level E-RYT500), Sue has studied many forms of yoga including Iyengar, Astanga, Vinyasa, yoga therapy, restorative yoga, Yoga Nidra, Pranayama and meditation.

Sue's passion is to work intuitively with practitioners, giving guidance and inspiration.

Sue Hawkins, Yoga Teacher

12 Henderson Drive, Lennox Head

0404 467 744

sue.hawkins@yogahealthretreats.com

www.yogahealthretreats.com  YogaHealthRetreat

 [yogahealthbyron](https://twitter.com/yogahealthbyron)  Sue Hawkins  [yogahealth](https://pinterest.com/yogahealth)





Pranava Yoga

- Integrate mindfulness, posture, breath with Yin Yoga.
- Stimulate the flow of chi, remove stagnation and restore balance to the meridian network.
- Find physical, energetic and emotional wellbeing.

*'My absolute favourite yoga instructors ...
I highly recommend Dhanashri and Peter!'* – Erin



📍 Lennox Head,
Alstonville, Byron Shire,
Ballina Shire, Lismore

Dhanashri and Peter are highly experienced senior Yin Yoga teachers, dedicated to the path of yoga, specialising in Yin Yoga and meditation. They have completed advanced training in Yin Yoga, the chakra system and meditation with Paul Grilley, founder of Yin Yoga, and are continuing their studies with Sarah and Ty Powers from Insight Yoga, interweaving yoga, Buddhism and psychology. Both have travelled extensively throughout India to imbibe the spiritual essence of that great and ancient culture, which has significantly influenced their lives together, and their teaching of authentic yoga. Pranava Yoga offers safe, nurturing classes enabling students to explore and deepen their experience of yoga while respecting their individual uniqueness. Classes and trainings are suitable for all levels of experience.

Pranava Yoga
11 Byron Street, Lennox Head
8 The Avenue, Alstonville
0417 785 919
info@pranavayoga.com.au
www.pranavayoga.com.au
📍 pranavayogaNSW






Rainbow Kids Yoga Teacher Training

'Rainbow Kids Yoga Training was life changing. The training gave me the knowledge and the drive to make my dream of teaching yoga to children possible. I now have the resources and the support I need to make these dreams become a reality.'
– Aleia Pengilley



 Byron Bay,
Mullumbimby,
Brunswick Heads,
northern rivers region

A fun and constantly evolving family-managed business lovingly born in 2007 by founders Angel and Gopala Yaffa with the intention of giving you the tools to teach engaging, fun and creative yoga classes for kids and communities.

Rainbow Yoga offers a variety of specialised yoga teacher-training courses all over the world. Giving you a well-rounded, in-depth learning experience through a combination of play, practical theory and lots of fun! The Rainbow Kids Yoga Teacher Training courses are comprehensive, in-depth and practical certification courses.

Their recommended yoga teaching pathway starts with Live 3-Day Kids Yoga Teacher Training or our Online Kids Yoga Teacher Training. Become certified with Rainbow Yoga today and change the world one child at a time.

Rainbow Yoga
Office: Unit 6/73 Stuart Street, Mullumbimby
02 6684 3133, info@rainbowyogatraining.com
www.rainbowyogatraining.com
📱 rainbow.kids.yoga 📷 [rainbowkidsyoga](https://rainbowkidsyoga.com)
🔗 [rainbowkidsyoga](https://rainbowkidsyoga.com) 📺 [Rainbow Yoga Training](https://RainbowYogaTraining.com)





Rainbow Kids Yoga Teacher Training

*'This training was an awakening for my teaching soul.
I had no idea how to make kids yoga so engaging.
After taking this course, I feel confident that I can lead
a yoga class that kids will love and appreciate. The
training allows you to integrate the skills into your
body, mind and spirit in the most fun way imaginable.'*
– Bobbi-Lynn

Live 3-Day Kids Yoga Teacher Training:

- Over 350 yoga poses for kids
- An abundance of creative yoga games
- Breathing and meditation exercises suitable for kids
- Guided imagery and other relaxation techniques
- Acrobatics, partner and community interactive yoga for kids and teens and many other ways to make yoga enticing

Online Kids Yoga Teacher Training:

- 30 hours of instructional videos
- The world's largest video directory of kids' yoga poses
- Lectures, classes and short assignments
- Helpful and fun resources to inspire your teachings
- Access to the Rainbow Yoga global online community
- Online support to help you get the best out of the training





Naomi Tarrant, Cranio Sacral Therapy

- **Cranio-sacral therapy gently facilitates the natural healing and release of the body, within a space of stillness and relaxation.**
- **It works from the central nervous system out to every part of the body.**
- **Cranio-sacral helps heal trauma – from physical injury to emotional trauma and beyond...**



📍 Lismore, Nimbin,
Alstonville and
surrounding areas

Naomi has been practicing cranio-sacral therapy since 2003. She enjoys the challenge of helping clients with debilitating injuries, neurological problems, delicate cranio-facial issues and chronic pain. Cranio-sacral therapy uses a deep pressure touch; constant contact with key structures such as the sacrum (or base of the skull) cues the nervous system to relax, release tension and resolve problems.

Naomi offers pre- and postnatal care for women; wellbeing during pregnancy, preparing for labour, to bring on labour; relieve postnatal depression, stress or fatigue; supporting the body's adjustment to breastfeeding.

And for babies: to ease the effects of birthing on your baby's body, support the development of the rapidly growing nervous system, enhance sleep and settling.

Naomi Tarrant Dip Cranio-sacral Therapy
Australian Institute of Cranio Sacral Therapy
Communities Hub Art Space, 88 Keen Street, Lismore
0423 927 415
aorha.aorangi@gmail.com
👉 Naomi's Cranio Sacral and Healing



Australian Institute of
Cranio Sacral Therapy



The Flow, Byron Bay

- Boutique mind and body studio
- Barre • Yoga • Pilates • Flow
- Book online via our app (search 'The Flow Byron') or at theflowbyron.com.



 Byron Bay



The Flow is best described as 'mindful fitness' where dynamic movement of the body is integrated with stillness of the mind and connection to the spirit.

All of the barre, Pilates and yoga classes at The Flow are fluid and strong, with the exception of yin, which is soft and restorative.

The signature class, Flow, is a magical blend of slow conscious movement, mindfulness, strengthening and toning, heart-filling cardio, and a little 'dance like nobody is watching'...

It's the most amazing full-body workout where everything can just flow and move.

The beautiful studio is located a short walk from Elements of Byron, the Arts & Industry Estate and the train station.

The Flow, Byron Bay
Habitat, Bayshore Drive, North Beach, Byron Bay
02 8417 3046
hello@theflowbyron.com
www.theflowbyron.com
 [theflowbyron](https://www.instagram.com/theflowbyron)  [theflowbyron](https://www.facebook.com/theflowbyron)



To live longer, move more

Charles Eugster was a dentist for most of his working life. On retiring, Charles decided to begin exercising more, from gym work to rowing to athletics. Now 96, Charles is the fastest man over 200 metres in the 95+ age category.

Helen Frith competed in the 1960 and 1964 Olympic Games and to this day continues to compete in Masters Athletics. Her mum, Ruth, whom Helen lived with before Ruth passed away aged 104, would join her and the fellow athletes down at the Masters track each week, sit down and 'mind the bags'.

One day, at the tender age of 73, Ruth remarked, 'I've had enough of being the bag lady', and decided to take up athletics. From shot-put and discus to javelin and hammer throwing, Ruth Frith put her heart and soul into whatever she could.

More than a quarter of a century later you would still find Ruth exercising six days per week (three days lifting weights and three days at the track), winning gold medals, travelling the world and living as though she were 25.

Scan the world and you'll find yoga instructors in their 90s. Head down to The Pass or Wategos and you'll see surfers and swimmers defying any ageism that exists in society; visit any Masters Athletics track meet and see scores of living legends doing what many believe 'can't be done at that age'.

While society continues to become more scared by the day of 'growing older', the 'growing bolder' movement is gaining momentum at a rapid rate.

Not content to settle for 'old

age' excuses, people who move regularly are living proof of what research is showing. Namely that regular exercise:

- is a great preventer of dementia and brain-related disease
- helps prevent falls
- improves your mood, self-esteem and self-confidence
- improves heart function and immune function.

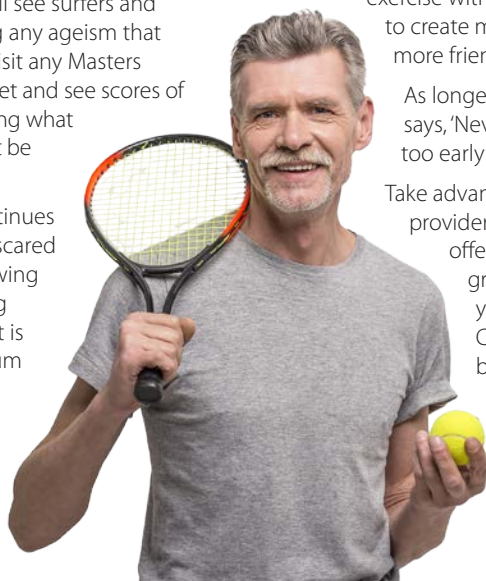
In a Harvard University study of more than 50,000 past students covering more than two million years of human life, the overwhelming conclusion reached was that the more active an individual, the longer they lived. According to head researcher Dr Ralph Paffenbarger, 'If you become and remain active, you will not only live longer, you'll live better, look better, and feel better about yourself. You will have more vitality, you'll think more clearly and you'll sleep better. You'll function better, and be more productive, creative and joyful.'

In short, research is showing more and more that regular exercise improves just about every area of life. On top of that, combining exercise with socialising is a great way to create more accountability and more friendships.

As longevity doctor Wally Bortz says, 'Never too late to start; always too early to stop.'

Take advantage of the many health providers in the Byron Shire who offer both personalised and group exercise regimes. From yoga and surfing, to Pilates, Crossfit and everything in between. The Byron Shire is a wonderful playground to stay active in.

– Marcus Pearce



Exercise



The Academy, Martial Arts, Byron Bay

- Every day you walk through the doors at The Academy you become a slightly better version of yourself.
- We take your health and fitness goals seriously.
- Training in martial arts will allow you to work out your body, mind, and soul.



Byron Bay Arts
& Industry Estate

The Academy offers 60 classes throughout the week including: Brazilian jiu-jitsu, strength and conditioning, mixed martial arts (MMA), Muay Thai and boxing. The group classes cater for beginners, intermediate and advanced students. There are kids classes daily and flexible membership options and family discounts.

The world-class facilities are a sanctuary for anyone who is on a path of self-development. You will be supported by some of the best trainers in the world. At The Academy, you won't be another member, you will be family.

The Academy, Martial Arts, Byron Bay
Unit 12, 74 Centennial Circuit, Byron Bay
02 6685 7001
byronbay@extrememma.com.au
www.extrememma.com.au
ByronBayExtreme @byronextrememma

THE ACADEMY
MARTIAL ARTS | BYRON BAY



F45 Training, Byron Bay

- A team training facility in which members are challenged every day.
- High-intensity workouts offering a combination of strength and conditioning – you *will* see results, *fast*.
- Motivating, experienced instructors push your mind and body for the best possible results.
- Never do the same workout twice!



Byron Bay Arts & Industry Estate

F45 Training is the new training technique leaving the competition and clients gasping for air.

F45 is the most innovative, challenging and systemised team training workout in the world.

F45 Training offer 45-minute high-intensity circuit training workouts. Currently there are more than 27 programs with more in development. They run the same class at different times throughout the day every day of the week.

Come and train like the stars at F45 Training.

F45 Training
Habitat, Bayshore Drive, Byron Bay
0438 920 017
byronbay@f45training.com.au
www.f45training.com.au/byronbay
📍 f45byronbay 📷 f45_training_byronbay





See Change, Byron Bay

'I have been blown away with Lisa's expertise in personal training! She is uplifting, vibrant, motivating and inspiring. She knows how to work with my injuries, disability, and prevent injury. I feel positive and excited for my future knowing she believes in me and will push me and support me in achieving my goals in fitness and health.' – Kalinda



 Byron Bay

See Change Byron Bay are leaders in functional training with a mission to empower you in your pursuit of *better*. They are a boutique functional training studio offering unique private personal training sessions and small-group functional fitness classes. Sessions can be in the outdoors or studio setting with online bookings, payments and options to suit everyone. They believe in training movements and optimising function, to train both the mind and body and to optimise human performance regardless of one's goal.

Lisa Parkes, founder of See Change Byron Bay, offers her clients total health and wellness solutions comprising nutrition, health, wellness, fitness, fun and overall lifestyle changes. Lisa has amazing passion, extensive knowledge and experience in this field, and also offers a range of programs and recipes online at seechangebyronbay.com.au and lisaparkes.com.



See Change, 8a Grevillea Street, Byron Bay

Lisa Parkes-Jetha, Owner/Director

0429 878 902

lisa@seechangebyronbay.com.au

www.seechangebyronbay.com.au

 [seechangewithlisaparkes](https://www.facebook.com/seechangewithlisaparkes)  [seechangebyronbay](https://www.instagram.com/seechangebyronbay)



Holistic Healing Centres

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Bayside Acupuncture & Herbal Medicine

- The clinic in the heart of Brunswick Heads has an outstanding reputation of excellence in healthcare and effective, quality treatments.
- Their Chinese medicine practitioners are qualified, AHPRA registered and have years of experience.
- Health fund rebates and instant claiming for acupuncture and remedial massage.



Brunswick Heads

Chinese medicine shines at not just abolishing your symptoms but addressing the underlying cause of your disharmony. So whether you have muscular pain, digestive issues, mental/emotional imbalances or men's and women's health concerns, to name a few, Bayside Acupuncture can help you. They use a combination of massage, acupuncture, Chinese cupping and Chinese herbal medicines to bring your body, mind and soul back into balance.

Their practitioners have trained in a non-invasive form of acupuncture called Acutonics®, where specific sound frequencies are applied to the body, having dramatic and powerful results. Acutonics® sound medicine is also of great benefit for children, the sensitive, or needle phobic.

They have one of the biggest dispensaries of Chinese herbal formulas in the Shire and also offer standalone remedial, deep tissue or relaxation massage.

Bayside Acupuncture & Herbal Medicine

14a Park Street, Brunswick Heads

02 6685 1088

heal@baysideacupuncture.com

www.baysideacupuncture.com

📍 bayside.acupuncture 📷 baysideacupuncture



BAYSIDE ACUPUNCTURE
& HERBAL MEDICINE



Brunswick Holistic Dental Centre

- **By adopting an holistic philosophy, Brunswick Holistic Dental Centre aims to always make a positive impact on your overall health.**
- **Using technology and bio-compatible materials they deliver thoughtful, considered, exceptional care.**
- **Through observation, education and preventive regimes, patients achieve their dental goals faster.**



Brunswick Heads

The Brunswick Holistic Dental Centre has been pioneering holistic dentistry in the northern rivers for over 20 years. With a reputation built on trust and excellence, the team are committed to providing high-quality oral health care.

They offer an extensive range of comprehensive dental services. These include safe mercury filling removal and root canal therapy, comprehensive treatment plans, tailored oral hygiene cleans, dental implants, orthodontics and teeth whitening.

The surgery is focused on helping provide patients with healthier teeth and gums for life. They offer patient payment plans and complimentary dental accident cover. Their use of advanced dental technologies, biocompatibility testing, nutritional medicine advice and an ongoing commitment to learning are just some of the ways this surgery provides patients with an holistic experience.

Brunswick Holistic Dental Centre
 6/18 Mullumbimbi Street, Brunswick Heads
 02 6685 1264
admin@brunswickdental.net
www.brunswickdental.net







Byron at Byron, The Spa

- Indulge yourself at The Spa, seek the calmness and balance made famous in the Byron region.
- Signature experiences capture the spirit of nature from the magic of the rainforest to the essence of the ocean.
- Choose from luxurious massage, facial and body treatments designed to relax, invigorate and heal.



 Byron Bay

Renowned as one of Australia's most awarded spas for over 10 years, The Spa is an essential experience for Byron Bay visitors and locals alike, offering the ideal space between rainforest and ocean to relax and reconnect. The Spa menu extends across signature treatments, facials, massage, body treatments and men's treatments. Enrich your experience with a range of enhancements and body-wellness sessions such as private yoga or guided meditation. The spa embraces restorative treatments with like-minded products, which incorporate natural and organic ingredients. With six treatment rooms, Roman spa for couples, therapeutic mineral spa, steam room and therapeutic relaxation space, The Spa is a sanctuary to indulge yourself in.

Byron at Byron, The Spa
77–97 Broken Head Road, Byron Bay
02 6639 2110
spa@thebyronatbyron.com.au
www.thebyronatbyron.com.au/spa/
 byronatbyron  thebyronatbyron

BYRON
at Byron
• RESORT & SPA •



Byron Bay Chiropractic Centre

- **Bruce Campbell has 40 years of experience as a chiropractor and masseur.**
- **You can rely upon the practitioners at Byron Bay Chiropractic Centre to identify the problem, bring relief and restore your body's structure and function.**
- **Bruce's promise is that you will 'stand tall, breathe easy and move freely'.**



Byron Bay Arts & Industry Estate

Bruce Campbell, with his team at BBCC, believes that chiropractic is an essential part of a natural and drug-free health care approach through all phases of life. Accurate diagnosis and effective treatment from experienced practitioners and appropriate referral, where necessary, means that BBCC can be your first port of call for health and wellness. The modern premises in the industrial estate has easy access and parking. With digital storage and display of X-rays, HICAPS, DVA and Workcover approval, BBCC is a professional, caring and friendly environment where you will find a service that you can rely on.

Bruce Campbell BSc DC specialises in Advanced Biostructural Correction. Acupuncturist David Robertson BHSc (Acu), who trained in Japan and China, offers Japanese acupuncture, moxibustion, Tui Na massage, qi gong and infrared biomat therapy. Consultant naturopath Alison Ayre (ayurveda, herbs, supplements) and massage therapist Samantha Welch complete the team.

J Bruce Campbell BSc DC
 Byron Bay Chiropractic Centre, 1/12 Tasman Way
 02 6680 9991
admin@byronchiro.com
www.byronchiro.com byronchiro






Byron Medicine Wheel, Byron Bay

Byron Medicine Wheel is a renowned holistic centre in the heart of Byron Bay. Specialising in alternative therapies, their experienced practitioners offer a variety of massages and healing therapies, to help restore mind, body and soul.




 Byron Bay, Byron Shire, online

Byron Medicine Wheel is one of Byron Bay's longest-established healing and massage centres. They aim to provide the most professional practitioners who are passionate about what they do. Together they create a space of integrity and compassion that is of the highest vibration – allowing each client to heal and transform.

The centre offers a full range of holistic therapies including osteopathy, kinesiology, acupuncture and energy healing, as well as a variety of massage styles. Byron Medicine Wheel also specialises in Kahuna bodywork and they are home to some of the best practitioners in the area.

Their healers, astrologists, psychics and tarot readers are well renowned and offer sessions remotely via Skype and phone as well as at the centre.

Byron Medicine Wheel
 Shop 5/84 Jonson St, Byron Bay (behind Happy Travels)
 02 6685 8366
info@byronmedicinewheel.com.au
www.byronmedicinewheel.com.au
 [byronbaymedicinewheel](https://www.instagram.com/byronbaymedicinewheel)





ByronMediSpa

'I can't recommend Gina and Char highly enough. Absolute professionals, best service, best results and best products; I wouldn't trust anyone else. These gorgeous, warm women have created a fabulous MediSpa in Byron and it's not for no reason that they are in high demand. Thanks, ladies.'



Byron Bay

ByronMediSpa is the place that everyone is talking about! It is the answer to having natural, healthy and fresh looking skin. Gina and Char have a wealth of knowledge and experience; they only choose treatments and products that are evidenced based and apply best practice.

They specialise in natural looking injectables including the 8-Point-Lift, or indulge in the ultimate medical-grade facial for renewed and polished skin. Clear away sun damage or unwanted hair with Syneron Candela's gold-standard laser. Treating acne and scarring with Dermapen 3MD provides clients with great results.

They are driven by their passion to achieve the very best results for each client's individual skin needs, which is why they are in such high demand. Clients are not only getting fantastic, natural results but they are truly cared for and know they are in safe hands.

Gina Davison-Long RN Dip N BSc Hons

Char Todaro Certified Laser Practitioner

Byron Medi Spa, Suite 1, 6 Marvell Street, Byron Bay

02 6680 9911, info@byronmedispa.com.au

www.byronmedispa.com.au

📍 ByronMediSpa 📷 [byronmedispa](https://www.instagram.com/byronmedispa) 📞 [ByronMediSpa](https://www.facebook.com/ByronMediSpa)



BYRON MEDI SPA

ALL YOUR SKIN NEEDS



Bytes of Byron Dental

- Bytes of Byron is an award-winning Eco-Dental surgery that doesn't cost the Earth.
- An eco-dentist differs from a normal clinic by operating in the most sustainable way possible, minimising their impact on the environment.
- Exclusively uses BPA-free white fillings and has procedures for safely removing old mercury fillings.



 Byron Bay

As members of the Eco-Dentistry Association, Bytes of Byron is committed to a dental profession that values both outstanding patient care and outstanding planetary care.

They have a team of highly skilled holistic dentists including Dr Nigel Cluer, Dr Jon Veranese and Dr Leigh Bayliss, who recognise that as dental professionals they make decisions every day that impact on the public's health, and the health of our Earth.


As such, Bytes of Byron have made it their mission is to provide excellent dental care for the whole family at affordable prices, reduce waste and pollution, save water, energy, and support a wellness lifestyle.

Bytes of Byron are open six days a week. 9am till 8pm Monday to Friday and till 5pm Saturdays.

Bytes of Byron Dental

Dr Nigel Cluer, Dr Jon Veranese B.D.S., Dr Leigh Bayliss
Shop 1, The Butter Factory, 140–142 Jonson St, Byron Bay
02 6680 8066

www.bytesofbyron.com.au

 Bytes of Byron – Eco Dentistry





Cape Byron Medical Centre, Byron Bay

- **Cape Byron Medical centre is a community-minded general practice providing a family-friendly, safe and supportive environment.**
- **Holistic care to the individual or the whole family.**
- **Specialist GP obstetric care in partnership with the Byron Central Hospital midwives.**



 Byron Bay

They have been caring for the Byron Bay community since 1977. Their team of doctors and nurses are friendly, respectful and non-judgmental and take pride in delivering the highest level of care.

Cape Byron Medical Centre understands the importance of continuity of care and will do their best for you to feel supported and understood.

They are a friendly practice where the focus is their patients and the community they live in. Cape Byron Medical Centre looks forward to working with you and your family towards a brighter and healthier future.

Cape Byron Medical Centre
4 Marvell Street, Byron Bay
02 6685 6326
info@capebyronmedical.com.au
www.capebyronmedical.com.au
 [capebyronmedicalcentre](https://www.facebook.com/capebyronmedicalcentre)  [capebyronmedical](https://www.instagram.com/capebyronmedical)





Centre for Mind Body Wellness

- **With a team of world-class integrative practitioners the Centre for Mind Body Wellness is here to support you on your journey to health, healing, happiness and awakening.**
- **They draw on the wisdom of ancient healing traditions and modern science to deliver the best of both worlds.**



Mullumbimby,
Skype

Are you experiencing depression, anxiety or stress? Feeling unwell? Tired? Depleted? Overwhelmed?

Do you want to thrive and live a life of wellness and happiness?

The Centre for Mind Body Wellness specialises in working with people who are ready to let go of illness and fear and step into a life of wholeness, happiness, health and authenticity.


Their integrative team includes holistic medicine, clinical psychology, counselling (couples, women and family), acupuncture, naturopathy, homeopathy, kinesiology, health and life coaching, craniosacral therapy and massage.

They also hold regular restorative yoga, iRest yoga nidra, somatic movement and nourishing yoga classes, courses and events.

Centre for Mind Body Wellness
Office 2 / 108 Stuart St, Mullumbimby
(upstairs above Scratch Patisserie)

www.centreformindbodywellness.com.au

www.facebook.com/centreformindbodywellness/

 [centreformindbodywellness](https://www.instagram.com/centreformindbodywellness)



CENTRE FOR
**MIND BODY
WELLNESS**



The Haven – Integrated Healing Clinic, Byron Bay

The Haven Integrated Healing Clinic provides all you need for healing. From body scanning to personalised muscle testing and intuitive healing, everything is available. Personalised programs to restore your health, happiness and enjoyment of life.


'Thank you for your excellent care in everything you did for me. It's made a huge difference to my life...' – A Breever



Byron Bay

Originally named Relax Haven, The Haven has been providing affordable, dependable and quality healing and care for locals and visitors alike since 1980. Now conveniently located downtown in a quiet arcade, the friendly team love to connect with you from the moment you arrive. Enjoy walking into the small, cosy clinic, where you are the focus. Their dedicated team of intuitive healing professionals happily place their extensive experience and skills at your disposal. There is nothing they like to do more than help you!

The Haven offers relaxation and pampering therapies, as well as customised easy detox, healing and rehabilitation therapies. Everything from massages, facials, saunas, to acupuncture, Chinese herbal medicine, cupping, kinesiology, energy balancing, body scanning and deep-healing magnesium floatation therapy. Everything they do provides deep healing.

The Haven Healing Clinic
Suite 3, East Point Arcade, 107 Jonson Street, Byron Bay
02 6685 8304
enquiries@thehavenbyronbay.com
www.thehavenbyronbay.com
 TheHavenByronBay





The Health Lodge – Byron Integrated Medicine

- GPs, naturopaths, IV vitamin therapy, psychologists, TCM, physiotherapist, osteopaths, massage, yoga and more – all available for individual consultation or combined sessions.
- Australia's first integrated inpatient and outpatient facility, offering inpatient programs, day-patient programs and group wellness stays.



 Byron Bay

Put yourself at the centre of The Health Lodge's care.

Every member of their experienced team has profound respect for each form of treatment. They work in an integrative framework, gleaned the best of the sciences to investigate underlying causes of illness and to offer truly therapeutic treatment programs.

The Health Lodge is a therapeutic boon to Byron Bay. Whether you need a casual appointment with one of their practitioners, to book in for an inpatient stay, or to participate in their group wellness stays, they can accommodate your unique needs.

Visit the website and join the mailing list to receive regular health blogs and information on upcoming events, talks, wellness stays, yoga classes and the new day spa and wellness cafe.



The Health Lodge – Byron Integrated Medicine

78 Bangalow Road, Byron Bay

02 6685 6445

info@thehealthlodge.com.au

www.thehealthlodge.com.au

 The Health Lodge  thehealthlodge

 **THE HEALTH LODGE**
Byron Integrated Medicine



House of Wellness, Bangalow

- **House of Wellness embodies an holistic approach to the health of the mind body and spirit.**
- **A wellness sanctuary to enhance quality of life, personal growth and support positive changes.**
- **World renowned for movement therapy, bringing function to the musculo-skeletal body, aiding core stability and aligning the nervous system.**



 Bangalow

A healing hub for professional therapists and healers to inspire, assist others in their pursuit of improved health through treatments enabling you to feel healthy happy and whole. All practitioners are mature and have been treating for a minimal 10 years, masters in their practice.

Therapies offered: Acupuncture, physiotherapy, massage, traditional beauty treatments and wedding makeup, medi skin clinic, reiki, sound and vibrational therapy, and functional movement classes through Yoyalates. Private sessions available.

The Yoga Pilates studio has been providing fusion classes of the world-renowned Yoyalates method in Byron/Bangalow for 23 years. Its practitioners are considered experts in fusing core stability into Asana by Yoga Australia. They facilitate Wellbeing Retreats and certified Teacher Trainings.

House of Wellness Bangalow
72 Byron Street, Bangalow
02 6687 2031
howbangalow@gmail.com
howbangalow.com.au yoyalates.com.au
 Bangalow House of Wellness





Living Yoga Sanga, Mullumbimby

- **A vibrant, conscious community for yoga, healing and learning; supporting the evolutionary process.**
- **Attracting leading-edge, innovative speakers, educators, healers and inspirational yoga teachers.**
- **Regular weekly classes, courses and therapeutic sessions, special events, venue available evenings and weekends for workshops, presentations and more.**



Mullumbimby

Living Yoga Sanga is a warm inviting space in the heart of Mullumbimby. You'll find a diverse mix of modalities and conscious learning programs open to everyone. They believe in encouraging and embracing diversity and appreciate the richness of difference that exists in our human family, empathising with all types of people, and seeking ways to effectively heal, educate and create a future together.

You can find a session or a class that suits your needs regardless of age, size, gender, fitness, diet or lifestyle. The growing list includes yoga, Kahuna bodywork, Buddhist studies, Buddhist meditation, craniosacral balancing, kind counselling and trauma resolution.

Living Yoga Sanga are creating a community of skilled teachers, practitioners and facilitators who are altruistic and dedicated to their own evolutionary journey.


Living Yoga Sanga

Proudly affiliated with Living Sanga Project

Suite 1, first floor, 63 Stuart Street, Mullumbimby

0422 918 412

info@livingyogasanga.org

www.livingyogasanga.org  Living Yoga Sanga





Meridian Holistic Dental, Mullumbimby

Meridian Holistic Dental provides the highest standard of dental treatment in a caring and comfortable environment in the heart of Mullumbimby. Their dentists have a wealth of experience in general dentistry as well as specialist interest areas that include cosmetic dentistry, TMJ diagnosis and treatment and holistic dentistry.



The team at Meridian Holistic Dental are passionate about improving the health and wellbeing of patients. On your first visit a comprehensive history will be taken in order to understand your unique circumstances, then after a thorough examination has been conducted the findings will be presented to you and a treatment plan discussed.

Dr Shehab Faragallah has more than 15 years' experience in family dentistry and practises early interceptive orthodontic treatment and advanced dental aesthetics.

Dr Walter Piccolruaz has worked in holistic dentistry since 1991. His interest areas include minor oral surgery, rotary endodontics, cosmetic and family dentistry.

HICAPS and dental loans are available as well as bulk billing under the Child Dental Benefits Schedule. Hygienist services are also available.

Meridan Holistic Dental

Dr Shehab Faragallah BDS_c, Dr Walter Piccolruaz BDS_c

60 Stuart Street, Mullumbimby

02 6626 7999

reception@meridianholisticdental.com.au

www.meridianholisticdental.com.au





Mudita Institute & Health Clinic, Mullumbimby

'Wow! What an amazing team. At every step of my treatment I have been nurtured and cared for... and I have been given the tools to care for myself.' – Rose

'The Mudita team are champions of clarity, nourishment and healing and the space is an oasis of tranquillity.' – Victor



 Mullumbimby

The Mudita Institute and Health Clinic offer a consistent and truly holistic approach to health and happiness based on the ancient eastern science of Ayurvedic medicine and the arts of mindfulness and self-compassion.

They guide clients step-by-step through simple diet and lifestyle practices, physical practices, mindfulness practices and views of the mind that, for thousands of years, have provided a foundation for enduring good health and happiness.

They offer: Ayurvedic consultations and treatments (including Ayurvedic massage, shirodhara, pindaswed and kati basti); mindfulness training, counselling and psychotherapy; Ayurvedic cleansing and rejuvenation programs; health retreats and both online and face-to-face intensive courses.

Mudita Institute & Health Clinic
 55 Stuart Street, Mullumbimby
 02 6684 6090
reception@muditainstitute.com
www.muditainstitute.com
 muditainstitute





Mullumbimby Comprehensive Health Centre

- **Medical centre with an experienced team of general practitioners and nurses.**
- **Allied health services including osteopathy, physiotherapy, acupuncture, counselling and psychology.**
- **Integrated holistic approach that puts patient wellbeing at the heart of the practice.**




 Mullumbimby

Mullumbimby Comprehensive Health Centre offers a broad range of medical and allied health services giving patients the ability to access their choice of healthcare easily and readily. Doctors and practitioners at the centre are committed to working together to ensure patient wellbeing and disease prevention.

As well as a team doctors practising family medicine, the centre also offers travel health advice, women's health checks, IV infusions, musculo-skeletal medicine and chronic-disease management plans. Many of the doctors also have other areas of special interest including nutritional medicine, medical acupuncture and holistic healing practices.

Doctors at the centre work alongside of a team of expert allied health practitioners including osteopaths, physiotherapists, counsellors, acupuncturists, dieticians and psychologists.

Mullumbimby Comprehensive Health Centre
60 Stuart Street, Mullumbimby
02 6684 1511
www.mullumhealthcentre.com
 mullumhealthcentre





North Coast Medical Centre, Byron Bay


- **Providing comprehensive medical care for the community of Byron Bay, both visitors and locals.**
- **Working together to achieve your health goals.**
- **Combined consultations – in conjunction with a GP to provide integrative medicine, with focused care they put in place strategies to meet your individual health needs.**



Byron Bay

A modern, established medical practice who strive to provide health care services in a warm and friendly environment. North Coast Medical Centre's provision of care is directly centred on each patient, offering a multidisciplinary facility, with an array of allied and health care professionals at our finger tips.

Patients are given the opportunity to meet with a doctor and other practitioners in combined consultations. Their practitioners liaise together and hold regular meetings to discuss patients' care, in line with the highest medical standards. Dedicated staff are trained to take thorough care of your needs. You can relax knowing that you and your loved ones are in exceptionally capable hands.

North Coast Medical Centre
24 Shirley Street, Byron Bay
02 6685 8666
www.northcoastmedicalcentre.com.au
 North Coast Medical Centre



**North Coast Medical
Centre** BYRON INTEGRATIVE HEALTH



Pura Vida Wellness Centre, Brunswick Heads


- An oasis of natural healing in the heart of Brunswick Heads.
- Multi-modality holistic clinic and herbal dispensary with a large range of qualified and experienced practitioners offering physical, emotional, mental and spiritual support to your wellness journey
- Weekly meditation groups, events, talks, classes.

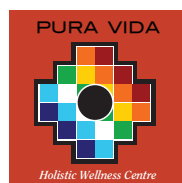


 Brunswick Heads

Lisa Costaganna – Bowen therapy
 Dr Shane Eade – holistic chiropractic
 Kasey Walker – hypnotherapy, spiritual healing and tarot
 Daniel Alexander – kinesiology, herbal medicine
 Joanne Farrell – kinesiology
 Tomaya Weiser – kinesiology, allergy testing
 Lin Bell – kinesiology, counselling, healings, readings, sacred travels
 Erik Adams – remedial massage, intuitive bodywork

Kellie Gowen – massage
 Julia Rossmannith – Maya abdominal therapy and holistic pelvic care
 Angela Upton – naturopathy
 Sonja Hicks – naturopathy
 Vika Shvachkina – psychology for adults and adolescents
 Ayla Garlick – psychology – individual and couples therapy
 Varij – astrology and tarot readings

Pura Vida Holistic Wellness Centre
 14a Park Street, Brunswick Heads
 02 6685 0498
puravidabrunswick@gmail.com
www.puravidawellness.com.au
 [puravidawellnesscentre](https://www.facebook.com/puravidawellnesscentre)





Temple Byron

- **Spiritual healing centre serving the community.**
- **Regular daily classes and workshops, which are all listed on their website under 'What's On' – www.templebyron.com/whats-on.**
- **Three-minute drive from Byron Bay town centre.**



 Byron Bay

Temple Byron consists of three acres of tropical paradise, surrounded by lush gardens, crystals, sacred geometry, a community hall, traditional Mongolian yurt and a healing dome.

Temple Byron supports enquiry and paths of learning that will facilitate personal growth and awareness. It provides a sacred space for spiritual practices as well as seminars and workshops designed to promote self-discovery and personal transformation.


This sacred place is available for a large range of uses by groups and teachers to carry out their programs and practices. Regular classes include yoga, meditation, astrology, blessings, women's groups, sound healings, Buddhist teachings, counselling, as well as a range of one-off workshops and seminars. The spaces are available for other community uses in tune with spiritual development.

Temple Byron, 46 Melaleuca Drive, Byron Bay

02 6680 8613

templebyron@icloud.com

www.templebyron.com

 TempleByron





The Salt Cave, Byron Bay

'My racking coughs can go on for many months after a cold. To discover this place, how in a few sessions my disability shortens, is to be very grateful. It is a place of purity, calm and great healing. Many sufferers of chronic chest disease benefit from this magic zone.'
– Dr Liz Elliott, Mullumbimby



 Byron Bay Arts & Industry Estate

Salt therapy (halotherapy) offers relief for respiratory and certain skin conditions. It is also helpful for general health improvement and detox. In 1843 a Polish doctor discovered that saltmine workers had excellent respiratory health. The mine was converted to an underground spa for Europeans to visit and enjoy the healing benefits.

The Salt Cave in Byron Bay has an advanced halogenerator that simulates the natural salt cave microclimate through careful climatic controls and the generation of minute salt particles. While relaxing in a peaceful, negatively ionised environment, customers inhale dry, salt-enriched air deep down into the lungs.

Salt therapy may provide symptomatic relief for many conditions, including colds and flu, asthma, bronchitis, sinusitis, cough, hayfever and allergies.

3/71 Centennial Circuit, Byron Bay
 (strictly by appointment only)
 0448 338 707
l_rubinstein@msn.com
www.saltcave.com.au
 thesaltcave  byronsaltcave





Southern Cross University Health Clinics

- **SCU Health Clinics at the Lismore and Gold Coast campuses provide quality healthcare services to the community. They are open to the public and currently welcoming new patients.**
- **Bulk-billed GP services including general medicine, preventive medicine, immunisations, vaccinations, referral to radiology and pathology.**



 Lismore, Gold Coast

Southern Cross University Health Clinics have national accreditation with National Safety & Quality Health Service Standards (QIP) and AGPAL Australia, ensuring quality primary health care for our patients. The Clinics offer five types of services:

- GP and nursing services (Lismore only)
- Dietitians, psychologists, osteopaths, exercise physiology and massage therapists
- Student clinics including osteopathy and exercise physiologists in Lismore
- Student clinics in osteopathy, podiatry and speech pathology at the Gold Coast
- Clinical research projects led by staff from the School of Health and Human Sciences

SCU Health Clinic Lismore
Rifle Range Road, Lismore
02 6626 9131

SCU Health Clinic Gold Coast
SCU B Block, Southern Cross Drive, Bilinga
07 5589 3252

clinic@scu.edu.au www.scu.edu.au/healthclinic
 southerncrossuniversity



CRICOS Provider: 01241G

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Retreats & Workshops



Australian College of Kahuna Sciences, Mullumbimby

- **Open-level Kahuna bodywork retreats in the Byron hinterland with master teacher Kī'a'i Ho'okahi Weber.**
- **Nationally recognised Certificate IV in Kahuna Bodywork (relaxation) training.**
- **Kahuna Arts retreats taught in the direct lineage of Kahu Abraham Kawai'i – personal development, ancient Hawaiian principles and practices, geomancy.**



 Mullumbimby

Discover how to access your inherent master skills – wisdom that is carried in the DNA of your ancestral lineage – through the application of ancient Kahuna principles and the Hawaiian martial-art-style practice of ka'aleleau, a controlled and focused movement sequence similar to qi gong.

This retreat program is based on the teachings of (Kahu) Abraham Kawai'i, a native Hawaiian kahuna and creator of Kahuna bodywork and is for personal development as well as people wanting to learn Kahuna bodywork.

Each workshop is open to all levels and helps participants increase awareness of where emotions are held in the body. You are taught how to access this energy and direct it in a more contributing way within every aspect of your life.


Australian College of Kahuna Sciences

60 Stuart Street, Mullumbimby

02 6684 4883

college@kahunasciences.edu.au

www.kahunasciences.edu.au

 [australiancollegeofkahunasciences](https://www.facebook.com/australiancollegeofkahunasciences)

 Australian College of
Kahuna Sciences
Accredited Kahuna Bodywork Training



Byron Bay Detox Retreats

***'I feel amazing, I effortlessly gave up smoking, on day one, no side effects. I really don't understand how. I lost two kilograms in a week; I feel amazing. The inflammation in my body is so much less, which means the aches and pains are so much less.'* – Kath Griffin**



 Byron Bay

Byron Bay Detox Retreats offer one of the most holistic and comprehensive naturopathic detox programs available today. Experience a life-changing transformation on one of their exclusive group retreats, rejuvenate during a personalised one-on-one retreat, or drop in for specialised treatments. Byron Bay Detox Retreats' holistic philosophy includes the physical, mental, emotional and spiritual benefits of detoxification. Your body will be purified and healed on a cellular level, and by the end of your retreat you will glow from the inside out!

The fully immersive retreat removes toxins from your system and empowers you with restored vitality and health. With more than 20 years' experience in detox and now in their eighth year of running retreats in Byron, and through their extensive expertise, Byron Bay Detox Retreats know how to facilitate your journey to good health.

Head Facilitator Natalie Purcell B.Nat, I-ACT

Tallow Beach, Byron Bay

0458 633 869

info@byronbaydetoxretreats.com.au

www.byronbaydetoxretreats.com.au

 byronbaydetoxretreats  byronbaydetox  byronbaydetox





Clear Health Retreat Centre, Myocum

- **Clear Health Centre provides conscious life enhancement awareness and rejuvenation through an integrative blend of mind body medicine.**
- **The CLEAR method of healing provides a system that supports and inspires people to transform their own lives, through multiple therapeutic approaches that are used in a caring and supportive sanctuary.**




Myocum

Dr Kim Kilgariff leads a qualified team who combine therapies from multiple disciplines: Chinese medicine; ayurvedic medicine; naturopathic medicine; counselling; energetic healing; yoga.

Conditions they commonly treat are: chronic pain; burnout; neurological degeneration disorders; abnormal cell activity; chronic digestive problems; immune dysfunction; autoimmune disorders; fertility preconception care and postnatal recovery; depression; anxiety and addiction; anti-ageing and longevity.

Clear Health Retreat would like to support you to be the best version of yourself.

Like their Facebook page and mention this ad to receive a complimentary Health & Lifestyle assessment valued at \$120.

Clear Health Centre, 21 Fig Tree Lane, Myocum
 0414 692 673, clearhealthcentre@gmail.com
www.clearhealthcentre.com.au
www.vivaretreatsatbyronbay.com.au
 ClearHealthCentre





'Iolani Grace, The Heart Alchemist

'The inner work that 'Iolani has guided me through has given me a completely unexpected source of strength.

She has showed me a way to find all the answers, beauty and clarity inside myself. This has allowed me to step through some very difficult conversations and life changes, with so much grace, peace and respect.'

– NP, Adelaide, from Life Shift Healing/Coaching



Byron Hinterland,
Australia-wide and
international

'Iolani Grace, The Heart Alchemist, celebrates the human heart, body, mind, soul and spirit personally and professionally as an international healer, teacher, dancer, rebirther and inspired group facilitator for 38 years. 'Iolani Grace creates and leads a plethora of workshops and retreats offering practical tools for personal empowerment, transformation and self-mastery. Her gifts are in creating sacred spaces for healing, freedom and alchemy of the heart.

'Iolani Grace facilitates inspiring residential 'Journeys to Freedom' and 'Rite of Passage Bodywork Training Journeys', Lomilomi Hāloa. Both Journeys are rich in ancient indigenous wisdom and shamanic healing practices. Come to the Journey as you are, leave connected and free.

'Iolani Grace's Life Shift Healing/Coaching for individuals and couples guide you to gracefully move beyond fears and challenges, reclaiming personal power to live a life of love.

'Iolani Grace, The Heart Alchemist™

Shamanic Rite of Passage Journeys, Lomilomi Hāloa Training,
Life Shift Healing/Coaching, Workshops, Personal Retreats

Mullumbimby, Byron Shire

0447 440 298, info@sanctuaryofillumination.com

www.iolanigrace.com

[i](#) iolanigrace [@](#) iolanigrace





Mudita Ayurveda & Mindfulness Health Retreats

- 6 days, 5 nights held each autumn and spring.
- **Featuring: Ayurvedic teachings and cooking workshops; mindfulness and self-compassion teachings; daily meditation and gentle yoga; Ayurvedic massages; delicious vegetarian food.**
- **Single/share accommodation in a stunning rainforest location with ocean views.**



📍 Byron Bay

Enjoy a transformative week of teachings, rest and relaxation. Learn how to cook, eat and live in a way that supports balanced digestion, robust health and a calm mind. Learn simple mindfulness practices for improving your capacity to manage stress, anxiety, anger and other difficult emotions. And, most importantly, learn to be kinder to yourself in your approach to health and happiness.

'Soul-enriching food, luscious massages, meditation and relaxing yoga surrounded by incredible nature... this retreat was life changing for me, an inspiration beyond words. It was such an amazing combination uniting the mindfulness of Buddhism with the practical wisdom of Ayurveda, while being cared for by a truly beautiful and inspiring team of people. I am truly grateful.' – Bronny

Mudita Institute Retreats
Old Bangalow Rd, Byron Bay
02 6684 6090
reception@muditainstitute.com
www.muditainstitute.com
📱 muditainstitute





Path Retreats, Path of Love

- **Profoundly life changing, in 27 countries and six languages, for more than 20 years.**
- **Path of Love, seven-day retreat: August 3–10, 2017.**
- **Awakening of Love, weekend workshops: Melbourne, Sydney, Brisbane, Byron Bay.**
- **Walking the Path advanced work program.**



Various locations in Australia

Are you ready for change? Do you feel disconnected from the world around you?
Are you standing at a crossroads in your life?

Path of Love, their flagship course, is a powerful seven-day residential retreat. Led by experienced facilitators, PoL provides lasting results that expand over time and integrate gracefully into your life. In addition to providing insights and deep understandings, Path of Love offers the potential for real enduring change.

They also offer a full program of introductory and advanced workshops and teaching retreats.

'All words seem inadequate: the most transformational process imaginable. I feel like one of the luckiest people alive to have had this experience. Let yourself experience this path.' – Leilani Kvía


Gina Bloom, Australian Organiser

Various locations across Australia

0404 093 865

australia@pathretreats.com

www.pathretreats.com

 Path Retreats - Path of Love



Shematrix – The Gift, The Grail & Cycles

'A safe, transformational space of non-judgment was intentionally created allowing me to go beyond layers I've never been able to access in any other work. Though the process is a very individual journey, the power is in the support of the collective energy.'



Australia,
New Zealand,
USA

In 1996 Shematrix created The Gift, a powerful and transformative three-day journey for women. After a year of guiding this extraordinary journey, The Grail was born to allow men to experience the gateway into the divine feminine and the life-changing power of rites of initiation.

As a growing collective of women and men, the purpose of these and other Shematrix offerings is to ignite global awareness of the mysterious interconnectedness of all life, and to cherish each individual as a gateway to infinite possibility.

Today events are held worldwide with communities based in Australia, New Zealand and the USA with members extending into Europe and Canada.

To discover our latest offerings and find an event nearest to you visit www.shematrix.com.

Shematrix

PO Box 688, Byron Bay NSW 2481, Australia

3839 Aqua Lane, Round Rock, TX 78681, USA

admin@shematrix.com

www.shematrix.com ShematrixJourneyofInitiation

shematrixsocial shematrixsocial Shematrix Shematrix





White Lotus Cleansing Retreats and Medispa

***'When Sarah is working with you she holds the space; you get the attention you need. Her program was very beneficial using traditional fasting techniques together with meditation / energy balancing and the use of modern technology. White Lotus Cleansing helped us detox our bodies and also our minds.'* – Tara Melwani, PA to His Holiness the 14th Dalai Lama, Singapore**



Mullumbimby,
Byron Bay



White Lotus Cleansing Retreats and Medispa specialise in transformational healing detox retreats tailored specifically to your needs or health concerns in beautiful Byron Bay. We also have our organic detox spa located in Mullumbimby specialising in detox programs and colonic hydrotherapy with the Libbe open system. Popular signature detox healing programs include: 5, 7 or 10 day Detox and Regeneration Juice Cleansing Retreat; 7, 10 or 21 day Tao of Detox Alkaline Water Fasting Retreat; 7 or 10 day Fertility and Preconception Care Retreat; 10 day Cancer Support Therapy Retreat; 5, 7, or 10 day Weight Loss Retreat.

Sarah is one of Australia's leading naturopathic wellness and detox specialists and has developed a unique approach in her practice, embracing ancient Hawaiian healing arts, centuries-old Tao practices, and a wide variety of healing philosophies from all over the world.

**Sarah Foley B.Nat, B. Bus, I-ACT Naturopathic Director,
White Lotus Cleansing Retreats, 56 Stuart St, Mullumbimby
0427 857 148**

sarah@whitelotuscleansing.com.au

www.whitelotuscleansing.com.au

 White Lotus Cleansing  [whitelotuscleansingretreats](https://www.instagram.com/whitelotuscleansingretreats)



White Lotus
Cleansing Retreats



Photo Lotus Belle

Yogafari, Byron Bay

- **Yoga Safari** – experience the healing power of nature on a glamping retreat that brings together yoga, meditation and adventure.
- **Day Retreat** – find your bliss with yoga, massage, meditation, workshops, Crystal Castle and a spa.
- **Private Glamping** – a glamorous getaway with yoga, meditation, massage and gourmet meals.






 Byron Bay

Glamping connects you to the lush beauty of the Byron hinterland. Let your adventurous spirit soar on a yoga safari with glamorous camping, delicious food and restorative yoga.

So what makes a glamping retreat unique? Alone the yoga, the location, the workshops, and the teachers fill your cup, but put together Yogafari is an experience that will make your heart overflow. Whether it's reducing your stress, having fun with friends, balancing work and life or simply nourishing your soul, Yogafari brings you closer to your true self.

Calm your mind with meditation on a white sandy beach. Feel the flow of yoga barefoot on the grass. Relax around a campfire under the Byron stars.

Show up, breathe in, bliss out.

Yogafari
 Byron Farm Retreat
 0439 602 480, info@yogafari.com.au
www.yogafari.com.au
 [yogafariinternational](https://www.facebook.com/yogafariinternational)  [yogafariinternational](https://www.instagram.com/yogafariinternational)
 [yogafari](https://twitter.com/yogafari)

Yogafari

Health Food & Products



Bare Blends, Byron Bay

- Producing the best smoothies in Byron Bay, made with local and organic superfoods.
- Carefully crafted superfood blends and organic protein powders, their products will enhance your wellness, immunity and energy levels.
- Available at the boutique smoothie bar in the industry estate, or shipped worldwide from their online store.

📍 Byron Bay Arts & Industry Estate, online store

Situated in the bustling Byron Bay Arts & Industry Estate, the Bare Blends Smoothie Bar is a must-visit attraction, serving the most delicious and nutritious smoothies in town.

Bare Blends only use the highest-quality organic and local ingredients. The Mango, Matcha & Macadamia Butter is a must-try! Each smoothie features one of their high-quality nutritional powders, from their world-famous Vanilla Bean Native WPI to their Australian Certified Organic Bare Greens and Bare Berries powders.

Walk away with their blends or buy them online to recreate their smoothies! Bare Blends have everything to support a healthy lifestyle, from high-quality proteins, freeze-dried berries, greens and juice powders, to nutrient-dense straight superfoods.

Bare Blends, Lot 44 Bayshore Drive, Byron Bay
02 6680 9965
contact@bareblends.com.au
www.bareblends.com.au
📱 bareblends @bareblends



BARE BLENDS



Byron & Bangalow Farmers Markets

- **Fresh, locally grown produce straight from our farmers to you, including exotic and heirloom varieties.**
- **Your one-stop shop for food that's high in nutrients and low on food miles – good for you and the planet!**
- **Enjoy a gourmet brekkie, local coffee, live music and great community vibes.**

📍 Byron Bay
Bangalow

Want real food from real farmers?

Then head to the original and authentic farmers markets of the region. The Byron Farmers Market is on every Thursday morning from 8am to 11am while its sister market, the Bangalow Farmers Market, is on every Saturday from 8am to 11am.

For almost 15 years Byron Farmers Market has been providing the best fresh produce our region has to offer. You can buy direct from our farmers and producers with over 65 stalls to choose from – including a wide range of seasonal and organic fruit and veges; pasture-raised chicken, lamb, beef and pork; just-caught seafood; artisan bread and cheese; handmade pasta; free-range eggs; cow and goat milk; cultured butter; local nuts and rice; oils, honey and spices; fermented foods and drinks, along with fresh-cut flowers and organic seedlings.

Byron Farmers Market, Butler Street Reserve, Thursdays 8–11am

Bangalow Farmers Market, behind the pub, Saturdays 8–11am

0407 710 009

info@byronfarmersmarket.com.au

www.byronfarmersmarket.com.au

📱 [byronfarmersmarket](#) 📷 [byronfarmers](#)





Earth Man Foods Byron Bay

- Earth Man Foods are premium organic, probiotic foods, created to help optimise the holistic health of people and planet.
- Enjoy the delicious taste, vitality and strength of Earth Man's unique Golden Turmeric Honey, Turmeric Tonic, and Aloe Vera Tonic, to help you gain and maintain your optimum health.

📍 Check the Facebook page for stockists

In a joyful attempt to restore sublime health and happiness to the planet and its folk, Earth Man Foods are boldly built with aroha (love), awhina (nurture) and a delicious combination of organic ingredients, decades of organics experience and nutritional knowledge... Plus a healthy dose of surfing, absurdist humour and wonder at the world.

What if you could optimise your health in the first instance, so that your chances of falling ill are greatly reduced? Or what if, when you do get sick, your body's ability to bounce back to health is greatly enhanced? What if your foods can actually help to increase your fitness, peace of mind, libido, physicality, happiness and contentment?

That's what the Earth Man is all about: Creating fresh, organic, raw, potent, inspirational, joyful and ethical modern foods for your body, mind and spirit.

Earth Man Foods
 29 Duranbah Road, Duranbah
 0415 039 618
man@earthmanfoods.com
www.earthmanfoods.com
 📍 earthmanfoods 📷 earthmanfoods





The Koala Tea Company

- **Certified organic herbal teas for health, healing and happiness.**
- **Koala Tea Company herbal teas are formulated by their own expert in-house herbalists.**
- **Not only do Koala Teas aid your health and wellbeing, but they taste great too!**

📍 At healthfood stores
or visit them at the
Sunday markets

The Koala Tea Company is the original Australian certified organic herbal tea manufacturer. Located in Alstonville, they are now in their 24th year of making great tasting herbal teas for health and healing. Teas are expertly blended by in-house herbalists using the very best quality certified organic whole herbs and, whenever available, local ingredients.

KT Organics is their healing range of teas. These are synergistic blends of herbs whereby every herb contributes to the efficacy of the whole blend. Another of their range of teas is BioFoods Australia Tea for Kids – great tasting teas designed to aid and alleviate common complaints of young ones. They are especially nice tasting with the addition of real vanilla.

Koala Tea are tea-bag production specialists who have developed a special technique of blending and milling and packing into tea bags, so that each cup is perfect.

The Koala Tea Company,
28 Owens Crescent, Alstonville
02 6628 6363
howard@koalatea.net.au
www.koalatea.com.au
📍 koala.tea.company





Mullumbimby Farmers Market

Mullumbimby Farmers Market hosts more than 60 stallholders every Friday, offering the region's best and freshest produce. A huge range of healthy whole foods and artisan food products. A beautiful breakfast location with more than nine breakfast stalls preparing nutritious meals from market-fresh produce.

 Mullumbimby

A healthy gut is the key to your overall health and wellbeing. Avoiding inflammatory and processed foods and eating a variety of healthy whole foods will help heal your gut, restore your energy and leave you feeling and looking great.

The Mullum Farmers Market offers the region's best range of fresh wholesome food including fruit, vegetables, nuts, sprouts and legumes, pasture raised meats, bush foods, sourdough breads, farmhouse cheese and milk, raw foods and dairy-free and gluten-free goods.

The market also has a big variety of unpasteurised probiotic-rich foods to restore your gut bacteria such as sauerkraut and other fermented vegetables, non-soy tempeh, miso, yoghurt, cow- and goat-milk kefir, kombucha and other gut-healing foods like bone broth.

Mullumbimby Farmers Market
51 Main Arm Road, Mullumbimby
02 6677 1345
allie@nbfm.com.au
www.mullumfarmersmarket.org.au
 Mullumbimby Farmers Market  mullumfarmersmkt





New Brighton Farmers Market, New Brighton

Set in a beautiful location between the river and the beach, the New Brighton Farmers Market is a friendly and relaxed community-focused market, offering the freshest local produce. Seasonal fruit and vegetables, seafood, sourdough bread, pastured eggs, cheeses, tempeh, nuts, olives, spices, coffee, honey and more.



Unlike the so-called fresh produce at the supermarket, which has often been picked days, weeks, or even months before it reaches the shelf, the fruit and vegetables at the New Brighton Farmers Market are grown locally and picked just hours before the market. There is minimal nutrient loss, meaning you are eating healthier, more nutrient-dense food.

Beyond fruit and vegetables, the market also offers healthier versions of other foods – pastured eggs from chickens that have had access to healthy, natural diets; breads made from nutritionally dense stoneground wholewheat flours, raw local honey, unpasteurised fermented foods and freshly made preservative and additive-free products such as dips, baked goods and organic fruit cordials.

New Brighton Farmers Market
 River Street, New Brighton
 02 6677 1345
allie@nbfm.com.au
www.newbrightonfarmersmarket.org.au
 📍 New Brighton Farmers Market
 📷 [newbrightonfarmersmarket](https://www.instagram.com/newbrightonfarmersmarket)





Santos Organics – Organic Food & Products, Naturopathy

- **Free naturopathic consultations, a wide range of herbal remedies, vitamins, supplements, fruit and veg, bulk food, wholefoods, safe personal care products, natural home care products and juice bar.**
- **High-quality organic and biodynamic foods sourced ethically and locally.**
- **Registered not-for-profit environmental charity.**

📍 Byron Bay, Byron Arts & Industry Estate, Mullumbimby, online

Santos Organics is a registered not-for-profit environmental charity dedicated to enhancing the natural environment. By providing the highest quality organic and biodynamic food, a free naturopathic service and natural products, they provide their customers with an opportunity to be part of their ongoing donations to environmental and social projects.

Procuring their extensive range of products as locally as possible, Santos follows a deep ethical philosophy developed over their 35 years of operations. This is based on natural healing through foods, herbs and healthy living. Their mission is to empower people and communities to live in a healthy and sustainable way, and their product range and practices reflect this. They simply promote two key outcomes through their organisation: a healthy you and a healthy planet.

Byron Bay: 105 Jonson Street
 Byron Arts & Industry Estate: 3/7 Brigantine Street
 Mullumbimby: 51 Burringbar Street
 02 6685 5685, info@santosorganics.com.au
www.santosorganics.com.au
 📱 santosorganics 📷 santosorganics 🌐 santosorganics





SuperFeast, Tonic Super Herbs & Medicinal Mushrooms

'Mason's Mushroom's are like tapping into a sacred well of life-force. My partner and I utilise the product in tonic drinks for immune boosting and adrenal recovery. They really help you overcome that wired but tired feeling at the end of the week and quickly zaps away any niggly throats or colds. Highly recommend for those who work in physically or mentally tough jobs!' – Allie Charles

📍 Byron Bay Arts & Industry Estate

Founded by health educator and tonic-herb nerd Mason Taylor in 2011, SuperFeast has evolved from a small superfood company into a leading purveyor of the world's greatest adaptogenic herbs. SuperFeast are committed to pursuing their fullest potential for health; superhuman health! They develop and create their products based on the core value that nature provides the greatest feast.

SuperFeast herbal products comprise the purest, highest-quality, all-natural raw materials extracted in spring water and/or organic rice alcohol. The herbal extracts are routinely tested and are free of all yeasts, moulds, heavy metals, pesticides and herbicides, fillers, artificial ingredients, colourings and flavours. SuperFeast don't sell *anything* they don't personally take themselves or give to their families.

SuperFeast
4/20 Brigantine Street, Byron Bay
1300 769 500
team@superfeast.com.au
www.superfeast.com.au
📱 superfeast 📷 superfeast





Yogi Nectar – Sparkling Live Probiotic Kefir

- Raw • Organic • Vegan • Dairy and gluten free
- Delicious, refreshing and energising, Yogi Nectar is made to enhance wellbeing from the inside out.
- Farmed and fermented using custom-built state-of-the-art processing methods that recreate the natural, traditional processes, and using certified organic ingredients.

📍 Stockists: Byron Shire, NSW far north coast and Australia-wide

Maintaining a favourable balance of digestive bacteria allows the body great access to nutrients from food. It also provides a more stable environment for the body's immune system – most of which exists in the stomach. Many factors of a modern lifestyle can adversely affect the critical balance of bacteria within us. Yogi Nectar's abundance of live, friendly lactobacillus species can provide a fast daily response to nourish, rebalance, support and energise.

See Facebook page for stockists. Wholesale orders are welcome.

'It is truly remarkable, thank you! It has taken me only 10 days to re-establish a healthy gut with Yogi Nectar.' – Jaia

'I drank Yogi Nectar over a 24-hour period and felt a resultant calm and wellbeing and renewed strength.' – Kitty

Yogi Nectar Probiotic Pty Ltd
Sparkling Live Probiotic Kefir
4/9–11 Towers Drive, Mullumbimby
02 6684 6567, info@yoginectar.com.au
📱 www.facebook.com/YogiNectar



Education & Training



The Australian College of Eastern Medicine, Lismore

Registered training organisation offering:

- Diploma of Shiatsu and Oriental Therapies (HLT52215)
- Diploma of Remedial Massage (HLT52015)
- Certificate in Animal Acupuncture and Oriental Therapies.



 Lismore

CPD accredited training in: Dry Needling Certificate; Facial Rejuvenation; First Aid.

The Australian College of Eastern Medicine (ACEM) has been a Registered Training Organisation since 1987 and offers nationally recognised training in shiatsu and remedial massage.

As a CRICOS provider, international students may obtain student visas as full-time students in either the Shiatsu Diploma (HLT52215) or the Remedial Massage Diploma (HLT52015).

Class sizes are kept small to ensure that students obtain maximum attention from their trainer.

ACEM also offers CPD courses in Dry Needling, Facial Rejuvenation and Animal Acupuncture and Oriental Therapies. The larger health societies including ATMS, ANTA, AAMT and CMASA recognise these courses for CPD credits. ACEM is also a training partner with Allens Training for First Aid certificate and CPR refresher courses.


The Australian College of Eastern Medicine

RTO #30835 CRICOS provider # 02903M

131 Keen Street, Lismore

0407 077 118, tom@orientalmedicine.com.au

www.orientalmedicine.com.au

 Australian College of Eastern Medicine - Lismore



THE AUSTRALIAN COLLEGE
OF EASTERN MEDICINE



Kinesiology Schools Australia Campus Byron Bay

- **With more than 30 years of experience, Byron Kinesiology is committed to providing professional kinesiology training, self-care education and clinic.**
- **Offering nationally accredited Diploma in Kinesiology in a friendly, supportive environment.**
- **De-stress and improve energy and vitality with easy-to-learn self-help techniques.**



Byron Bay

Kinesiology Schools Australia KSA are the leaders in professional kinesiology education in Australia and offer a nationally accredited Diploma in Kinesiology HLT52415.

The Byron Kinesiology Centre offers advanced international programs that take you to the level of Kinesiopractor or Energy Psychology Practitioner.

Kinesiology Excellence Seminars support the Kinesiologist in working with herbs, nutrition, weight management, self-esteem and deep-trauma healing.

Attend self-help courses including: Energy Fitness, Rapid Stress Release, First Aid for Emotions, Epigenetic Cycles and The Chi of Money & Self-esteem.

Check the website wellness.net.au for student clinic times or make an appointment with a qualified practitioner, or to download our year program.

The Byron Kinesiology Centre, 28 Seaview Street

02 6685 7991, 0427 857 991

byronkinesiology@gmail.com

www.wellness.net.au

 Byron Kinesiology Centre, a Kinesiology Schools Australia Campus





SCENAR Byron Bay

- **Drug-free therapy for pain relief – providing the power to manage pain effectively.**
- **Proven, non-invasive, medicine-free and natural technology that can be used at home for yourself, family and friends or professionally in your practice.**
- **Certified TGA registered genuine RITM devices, backed by more than 35 years of medical research.**



📍 Suffolk Park,
Sydney eastern
suburbs

SCENAR Byron Bay provides regular training courses and seminars to enhance practical skills in the use of RITM SCENAR Technology for pain management.

Trainer Anna Heiskari is an experienced trainer and educator in the field of biofeedback-controlled non-invasive neurostimulation therapy. With more than 30 years' clinical experience in pain-relief therapy, Anna has earned a reputation for outstanding results using SCENAR technology as a standalone treatment modality.

SCENAR professional training is aimed at medical and allied health practitioners providing pain-relief management and rehabilitation. The training seminars are designed to assure that the therapist is following the correct protocol and technique using the RITM SCENAR device to provide the best therapeutic outcomes for the clients.

Anna Heiskari Certified SCENAR Trainer, Kinesiologist, TFG Instructor
SCENAR Byron Bay, 73 Caniaba Crescent, Suffolk Park
SCENAR in Sydney eastern suburbs – mobile service
 0432 612 131, 02 6685 4590
anna@scenarbyronbay.com.au
www.scenarbyronbay.com.au



A healthy gut is the foundation of your overall health

An imbalance or absence of certain bacteria in the gut can affect the entire body, weakening the immune system and playing a role in all sorts of health issues including heart disease, cancer, allergies, poor sleep, problems losing weight, low energy, and depression.

The good news is that getting your gut back in balance isn't complicated. Cutting out the sugary, processed foods and adding plenty of healthy wholefoods is the key. Follow these few simple steps to eat your way to good gut health:

1. Feed your gut bacteria with prebiotics.

Eating a range of fresh fruit and vegetables and wholefoods encourages diversity in your gut bacteria. These foods also act as prebiotics – the fibre they contain feeds and stimulates the growth of good bacteria in the gut. Foods naturally high in prebiotics include garlic, asparagus, banana, beetroot, sweet corn, snow peas, miso, Jerusalem artichoke, legumes and wholegrain breads. Source foods from your local farmers market

for maximum freshness and nutrient density.

2. Top up your gut bacteria with probiotic foods.

There are plenty of probiotic pills out there, but getting the good bacteria back into your gut is easier, more effective (and more enjoyable) if you eat them. Foods rich in beneficial bacteria include sauerkraut and other fermented vegetables, tempeh, yoghurt, kefir and kombucha. The trick is to make sure these foods are not pasteurised (heat treated) as this kills off the good bacteria (many products in the supermarket will have been pasteurised to prolong their shelf life). Sourcing your probiotic foods from a healthfood store fridge or farmers market is the best way to ensure the bacteria in these foods are still alive.

3. Try bone broth.

Rich in gelatin and minerals, bone broth can heal and seal the gut and promote healthy digestion.

– Allie Godfrey



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