

# BYRON BEACH abodes

## Special Services

**Private yoga & meditation session** – Private yoga class is the best way to learn the foundations for beginners or challenge those that are seasoned practitioners. Stretch and lengthen the yin way or flow and strengthen the yang way. Learn to breathe correctly, meditate if you're ready and most importantly simply learn to rest – **1 hour – \$150** (one or two guests)

**Squad Method** is not based on any fad training regimes. It's about working with strength, core and interval training. All workouts are personally programmed to cover exercise preferences and special requirements. Training is available in private studio, in villa or online [www.squadmethod.com.au](http://www.squadmethod.com.au)

**A Toast the Sun lighthouse breakfast by Wild Goat Events** – Let yourself be enveloped by the rising sun's warm rays while getting 5 star treatment and eating some truly delectable food. It is a morning that you will not forget! <http://wildgoatevents.co/toast-the-sun/>

**Luxury airport transfer** – Start your holiday with your luxury transfers. Private, smooth, noiseless and comfortable journey – one way Ballina **\$120 (1-2 guests)**, one way Coolangatta **\$220 (1-2 guests)**, one way Brisbane **\$440 (1-2 guests)**; one way Ballina **\$150 (3-4 guests)**, one way Coolangatta **\$250 (3-4 guests)**, one way Brisbane **\$500 (3-4 guests)**; one way Ballina **\$180 (5-7 guests)**, one way Coolangatta **\$300 (5-7 guests)**, one way Brisbane **\$550 (5-7 guests)**

**Bicycle hire** – Colourful bicycles to explore Byron Bay – **\$20 per day per bike**

**Extra house service clean** – **\$100 per day**

**Babysitting services** – Little Wild Things <http://www.littlewildthings.com.au/>