

Retreat Bodywork Offerings

Byron Bay Bodywork

We offer our passion of being in service through Zenthai Shiatsu. Through this experience we share in the joy and love of life, and bodywork as the medium of healing together. We love offering our service at retreats as we feel they can go hand in hand for creating an nourishing and transformative experience.

Retreats whether aimed for deep unwinding and relaxation or invigorated learning and self progression always call for some shifting within our physical bodies. A great time to receive the rebalancing of a Zenthai treatment to allow space for the harmonious jelling of the mental and physical bodies.

Zenthai Shiatsu

In a Zenthai treatment we aim to create a calm, nourishing environment where through the rhythmical flow of the session the nervous system can unwind and regulate allowing the bodies own natural healing to occur. We assist the body by releasing stagnation, reliving muscle tension and create a free flow of blood and Qi around the body. This can have a profound effect on the health and vitality of your organs, everyday energy and movement of emotions. This is a fully clothed bodywork treatment on a matt on the floor.

We fit with you..

Sessions can be accommodated within the retreat space or guests quarters. We arrive with our own mats, and sheets and need only a short window to set up the space. A floor space of roughly 2x2m is preferable for a comfortable treatment for guest and therapist.

To accommodate the flow of your retreat we can provide multiple therapist treating at the same time to fit more treatments in your time windows. Additional modalities available on request.

Treatment costs

~Treatments can be an add on for your guests at our standard rates or if you are offering treatments included within your retreat package we offer discounted rates for multiple bookings.

\$120
60 Mins

\$160
90 Mins

Retreat Workshop Offerings



We offer workshops on the art of touch. An informative and practical workshop into bodywork. This is a 2hr workshop tailored to beginners where a simple flow is given and received by participants, allowing a safe and gentle introduction to the healing benefits of touch. This is a mostly practical techniques workshop with a small amount of theory on qualities of Therapeutic touch. This is a great opportunity for connection among the participants

Workshop rate is \$450 for the 2 hour session. Equipment provided