



# APOLLO BAY ECO YHA

## Body & Soul Getaway

DIY - Self Guided - own transport required  
Rest, relax and revive with some of these chilled out options

### YOGA & MEDITATION

#### SWAMI SAMADHIYOTI SARASWATI

Yoga & Meditation  
M: 0415 888 604

#### NATASHA SIKAND

Anusara-Inspired Yoga  
M: 0409 944 878  
E: natashasikand@hotmail.com  
<http://www.natasha-sikand.com/>

### MASSAGE THERAPISTS

#### WELL BEING

Massage, Relaxation, Remedial, Aromatherapy  
Eija Tibbits (Visit the Clinic or Eija will visit you)  
P: 03 5237 6298  
M: 0437 562 471  
<http://www.visitvictoria.com/regions/Great-Ocean-Road/Activities-and-attractions/Spa-and-wellbeing/Massage-Therapist-Eija-Tibbits.aspx>

### RELAXING ACTIVITIES

#### PADDLE WITH THE PLATYPUS

<http://www.platypustours.net.au/platypustours.htm>

#### APOLLO BAY ECO YHA SUSTAINABILITY TOUR

Gain an insight into the principles of sustainable development that we have introduced on site.  
Take a 30 minute tour around the hostel looking at the architectural features and passive solar design.

### HEALTH & WELLBEING

#### APOLLO BAY DAY SPA

Spa Packages, Body Treatments,  
Face Treatments, Hand & Feet Treatments  
P: 03 5237 7700  
E: [apollobaydayspa@bigpond.com](mailto:apollobaydayspa@bigpond.com)  
<http://www.apollobaydayspa.com.au/>

### BEACH

#### SHELLY BEACH CIRCUIT

<http://www.visitvictoria.com/Regions/Great-Ocean-Road/Activities-and-attractions/Outdoor-activities/Walking-and-hiking/Great-Ocean-Walk/Short-walks/Shelly-Beach-Circuit.aspx>

#### WRECK BEACH WALK

<http://www.visitvictoria.com/Regions/Great-Ocean-Road/Activities-and-attractions/Outdoor-activities/Walking-and-hiking/Great-Ocean-Walk/Short-walks/Wreck-Beach-Walk.aspx>

#### MARRINERS LOOK OUT WALK

<http://www.greatoceanroad.com/things-to-do/351-marriners-lookout>

### WATERFALL WALKS

#### MARRINERS FALLS WALK

<http://www.visitgreatoceanroad.org.au/apollo-bay/apollo-bay-walks>

### RAINFOREST WALKS

#### MAITS REST WALK

<http://www.visitvictoria.com/Regions/Great-Ocean-Road/Activities-and-attractions/Outdoor-activities/Walking-and-hiking/Maits-Rest-Rainforest-Trail.aspx>

