

# FAQ Questions

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## **How can i get from the airport to Inspya and how far are they away ?**

There is a bus shuttle service that goes from [the three airports](#) – Brisbane , Ballina & the Gold Coast ... [just klik to be redirected to there comprehensive site](#). Alternatively if you are landing in Ballina , Inspya would be happy to arrange a pickup.

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Anyone who is passionate, dedicated, disciplined and open to change and has a reasonable level of physical fitness.

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## **What do I expect during the detox programme ?**

That question is best answered by the experience itself,and this experience will have a positive impact on many aspects of your journey.

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## **What time frame should I work with ?**

Book your arrival time a few days before the training commences,particularly if you have a lengthy flight from overseas. Also allocate a few days after the training to explore the wonderful Byron Bay Coast and Hinterland,and allowing some time for integration of the training.

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### **What do I bring to the training ?**

Suitable clothing for stretching, graduation, and swimming. Small blanket or shawl for meditation. Towel, flashlight, note pad and pens, non-toxic drink bottle, optional recording device, and camera.

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### **Is there accomodation available on site ?**

We have camp sites available with fully equipped kitchen laundry and bathroom facilities.

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### **Can I teach yoga after this training ?**

Yes, however one should have insurance where it is possible on completion of the training. Teaching family members and friends is a introductory way to practice ones teaching skills. If you are already teaching, this training will provide a sound basis for further exploration into your teaching.

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### **How do i get application forms for INSPYA**

[JUST CLIK HERE.....](#)

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### **Where can i stay during my training or course?**

We have several accommodation categories on the property ([see link](#)) as well as grounds for camping. Byron Bay itself has ample sites offering a wide arrange of accommodation, varying quality and prices. Finally there are people in the local yoga community who are willing to rent rooms in there house for short term stays. [Download](#) various accommodation sources.

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### **I'm staying in Byron Bay and i want to know how to get to the Inspya course everyday?**

Most people either rent a small car for the duration often sharing the cost with others in a similar situation. People on the course often arrange others with cars to pick them up at on there way in the morning and the same in the evening. For those who want the added workout there are always bikes or walking. See [map](#) for distance from town.

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