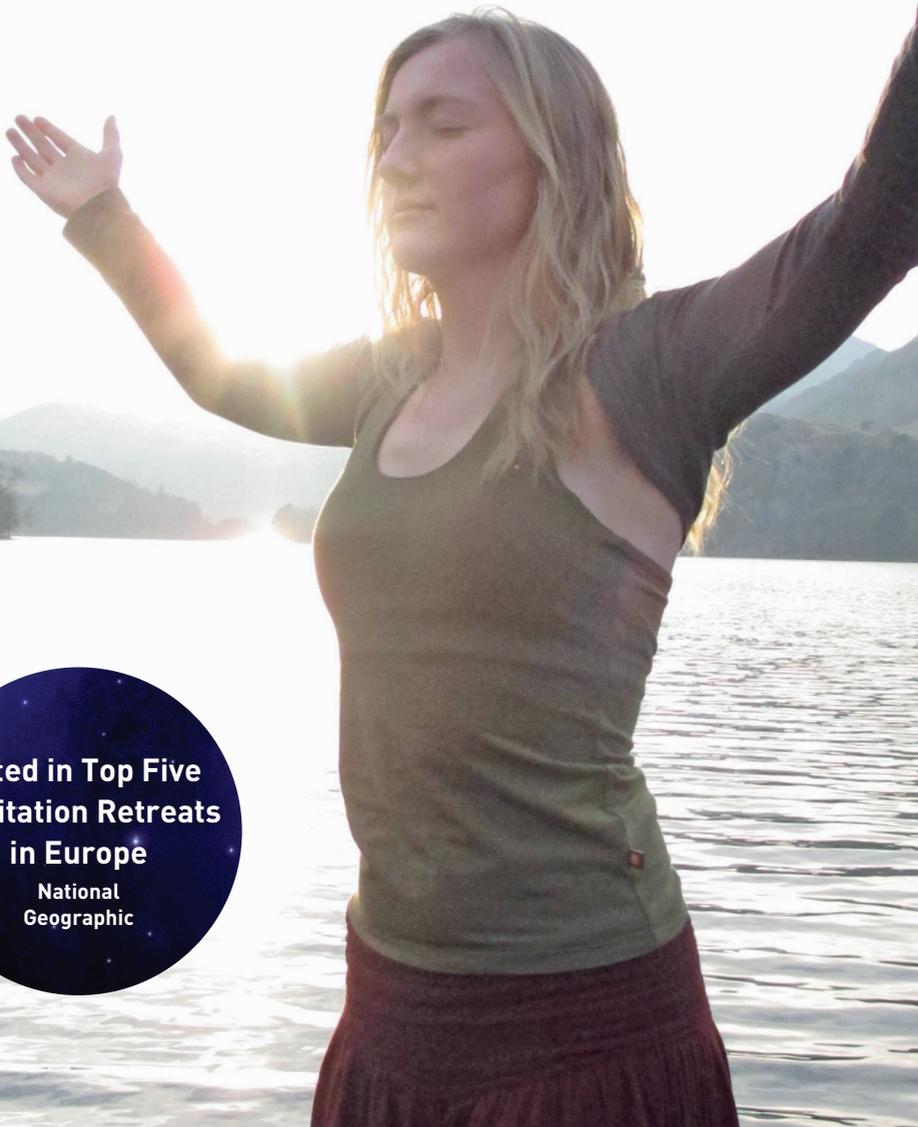




2019/2020

# SNOWDONIA RETREATS



**Rated in Top Five  
Meditation Retreats  
in Europe**  
National  
Geographic

**'This is a brilliant  
treat for your  
body, mind and  
spirit. I got so much  
information I can  
use to help friends  
and family.'**

A. G. HR Consultant,  
Richmond



About Dru	5
<b>Yoga &amp; Walking</b> retreat	6
<b>Meditation</b> retreat	8
<b>Yoga Dance</b> retreat	9
<b>Yoga, Nutrition &amp; Detox</b> retreat	10
<b>Ayurveda—Tailored for You</b> retreat	11
<b>Sound &amp; Mantra</b> retreat	12
<b>Spirituality of Yoga</b> retreat	13
<b>Yoga &amp; Tree Planting</b> retreat	14
<b>Yoga Nidra</b> retreat	15
<b>Bhagavad Gita &amp; Meditation</b> retreat	16
<b>Youth Summer</b> retreat	18
<b>Karma Yoga</b> retreat	19
Dru Centre	21
Retreat FAQs	23
Calendar overview	27



CELEBRATING  
40 YEARS



## *Welcome to Dru*

We are a fresh-thinking, profit-for-purpose social enterprise founded on the ideal of giving back to the world.

Our passion is to create educational programmes for positive health and wellbeing in order to inspire a natural and healthier way of living for everybody.

Throughout our work the emphasis is on creating a supportive, empathic environment. Be part of an inspiring global community and create your own empowering network.



## Yoga & Walking

If you're in need of a rejuvenating break then take a few days away to walk through some of the world's most beautiful scenery—the landscape of North Wales.

This three-day retreat will include mornings of Dru Yoga and Dru Meditation, followed by a delicious lunch. Afternoon guided walks will be in the beautiful Snowdonia National Park or along the coastal paths of Anglesey.

The walks will be around 4 hours long, including breaks, and will take you to hills, forests, waterfalls or lakes. You'll enjoy de-stressing relaxation sessions and optional therapies to help you to relax and recharge. This retreat is from Friday evening till Monday lunchtime and requires reasonable fitness levels. For overseas guests it's an ideal introduction to the beauty of North Wales.

5-8 Jul 2019  
9-12 Aug 2019  
29-1 May/ Jun 2020  
31-3 Jul/ Aug 2020

£540 shared accom  
£695 single accom

**'Great location, great food and great people. The walking and fresh air made it really special.'**

S. K. Claims handler, London

**'I felt like I got my life back in perspective. Beautiful Welsh mountains and Dru are a truly beneficial balm for the soul.'**

L.H. Retailer, Lancashire





**Rated in Top Five  
Meditation Retreats  
in Europe**  
National  
Geographic



## Meditation Retreat

**Meditation is one of the most effective ways of reducing stress, boosting the immune system and even looking younger!**

This retreat will introduce you to key Dru Meditation techniques for developing a calm, clear mind.

You'll learn the Dru Yoga sequences which prepare the body best for sitting, as well as enjoying progressive guided meditation sessions with our expert teachers.

There will also be time for relaxation and a walk in glorious Snowdonia—the perfect weekend for restoring your inner calm.

If you are interested in the Dru Meditation Training Course, then this is the ideal preparation.

21-23 Feb 2020

21-23 Aug 2020

£395 shared accom

£465 single accom

**'A wonderful introduction to meditation: practical, insightful and joyful. A fantastic way to spend a weekend. I want to stay!'**

V. S. Development manager,  
Windsor

## Yoga Dance

**Blending together the benefits of yoga and dance, this weekend is invigorating, exhilarating and fun!**

There are many ways to move just as there are many ways to use language. Dru Yoga Dance is a visual language often called 'poetry in motion'.

Drawing inspiration and moves from the Dru Yoga tradition as well as Indian and Western cultural influences, Dru Yoga Dance offers a rich and varied opportunity to express yourself through body language.

You will learn a dynamic Dru Dance sequence choreographed to music, which you can use anytime to energise and empower yourself.

A reasonable level of fitness is required.

8-10 Nov 2019

11-13 Sep 2020

£395 shared accom

£465 single accom

**'If you love to move and want more meaning in your life, then Dru Dance is a powerfully energising way into your heart. The fun and laughter that comes is so joyfully freeing.'**

D.R. Yoga Teacher,  
Australia



## Yoga, Nutrition & Detox

**Treat yourself to a weekend of relaxing Dru Yoga, nutrition workshops and healthy cooking that will give you vital energy all year!**

Create a personal health package by learning how to maintain balance through food and lifestyle changes. Experience the benefits of yoga and learn natural cleansing methods. Gain essential knowledge about your perfect diet and discover how to increase its nutritional content. This weekend provides the ideal introduction to the Ayurvedic retreats. Tutor's blog: [KeithonFood.com](http://KeithonFood.com)

- > Introduction to Ayurveda.
- > Discover your unique body type.
- > Detox yoga to bring balance.
- > Superfood cookery demonstration.
- > Walks in nature.
- > Dru Yoga and relaxation.
- > Castor oil packs and other home therapies.

**20-22 Sep 2019  
7-9 Feb 2020**

£395 shared accom  
£465 single accom

**'This is a wonderful way to explore a healthy lifestyle through nutrition and detoxification.'**

N. R. Yoga teacher, USA

**'If you have any health problems this is for you! Many ideas for improving health, practical solutions and interesting recipes for healthy food.'**

R. F. Retired,  
Shropshire

## Ayurveda—Tailored for You

**Welcome to the fascinating world of Ayurveda. This introductory weekend will give you a practical understanding of Ayurveda which you can then use to stay healthy and vibrant.**

Learn which foods, supplements, remedies, therapies, exercise and lifestyle suits you personally. With precise tools you can enrich the quality of your life, boost your energy levels and stay young and vibrant.

What you will learn:

- > how the elements and doshas relate to you
- > how to discover your unique dosha type
- > how to recognise when you are in balance and when you're not
- > how to create a health plan so you can take the benefits of your weekend home with you.

**17-19 Apr 2020**

£395 shared accom  
£465 single accom

**'I have really enjoyed learning about another approach to lifting my level of health up higher. The teaching team make it very accessible and interesting as well as interactive. Thank you.'**

L.B. Shop Manager, UK



## Sound & Mantra

**This weekend is the ideal way to explore the power of sound in beautiful Snowdonia. This course will help you to find your natural voice, whether you think you're a singer or not!**

Your voice reflects your unique personality. On this experiential weekend you will develop a personal practice to help you to find your full vocal power.

You will learn how to improve your listening skills, essential breathing exercises and discover the principles of resonance and sacred sound. You will experience group singing sessions, flowing Dru Yoga and the uplifting power of chanting, as well as a refreshing walk in the countryside—all together an inspiring and relaxing weekend.

**3-5 Apr 2020**

£395 shared accom

£465 single accom

**'The perfect way to discover your true voice. And you don't need to be able to sing!'**

S.P. Yoga teacher, Chester

## Spirituality of Yoga

**The practice of yoga extends far beyond the mat. In understanding the spirituality of yoga we will explore simple, powerful and ancient practices that we can apply to our fast-moving everyday lives that will reconnect us back to the natural rhythms of the universe.**

This retreat is for serious practitioners of yoga who wish to immerse themselves in their spiritual practice and connect with the environment in a profound way.

The retreat will include sessions on yoga philosophy, sacred Vedic rituals including a fire ceremony, yoga and meditation sessions, and time in nature.

**21-25 May 2020**

£595 shared accom

£745 single accom



## Yoga & Tree Planting

**Want to join us in reducing your carbon footprint and contributing to the reduction of the temperature on the planet?**

Tree planting offers a practical way of making a difference to the environment, so join us for a weekend of giving back to nature, while also enjoying yoga and meditation sessions.

On this retreat we will have a morning of deeply nurturing walks, Dru yoga and meditation classes for all levels.

After a delicious plant-based lunch we will plant trees in the beautiful Snowdonia National Park and explore the untouched forests and lakes of the area.

**31-2 Jan/Feb 2020**

£395 shared accom  
£465 single accom

## Yoga Nidra—Awakening to the Self

**Yoga nidra literally means ‘yogic sleep’ and is the silence that follows chanting OM. It’s a journey that leads to samadhi (bliss) and ultimately to turiya itself.**

Immerse yourself into the philosophy, science, and practice of these ancient teachings that have the potential to guide you home. This 5-day immersion is for yoga and meditation practitioners and seekers who want to explore Dru Yoga nidra beyond the practice of a technique but as a state of consciousness.

You will discover the difference between nidra and deep relaxation—and enjoy the benefits of both. In this immersion, you will learn the preparations, the various ways to practice, and how to anchor your experience—honouring that this is a process that can transform your life. During our time together our focus will be on healing, spiritual awakening and self-empowerment.

**2-7 Jul 2020**

£695 shared accom  
£845 single accom

**‘Returning you to a ‘place’ you want to live in all the time.’**

A. S. Manager, Somerset

# Bhagavad Gita & Meditation

**The Bhagavad Gita is a timeless manual for successful living and spiritual realisation. It contains a detailed set of instructions for overcoming adversity and reaching our full potential.**

The Gita is a dialogue between Arjuna and his mentor, Krishna. Arjuna represents each one of us, seeking a more fulfilling and successful life. Krishna represents our inner wisdom, or the still voice of spirit within.

This four-day retreat in Snowdonia will include study sessions and lectures on the Gita, chanting sessions to help you pronounce the verses, Dru yoga and meditation classes, as well as walks in the countryside.

You'll learn how to apply the lessons of the Gita to your own self-development and ways to introduce the wisdom of this beautiful text into your yoga or meditation classes.

**3-7 Dec 2020**

£595 shared accom

£745 single accom





## Youth Summer Retreat

**A fantastic five days of Dru Yoga, meditation, music and adventure with like-minded young people aged 14-21.**

Whether or not you've done yoga before, this is a great way to learn practical tools to help you feel empowered and be the greatest 'you' you can be, whilst having a great holiday at the same time!

Elements of this retreat are:

- > grounding Dru Yoga to boost your self confidence
- > Dru Dance which is dynamic and fun
- > Dru Meditation to help you feel calm and focussed.

There will also be plenty of opportunity to relax, with time for music (bring an instrument if you have one), discussions and campfires. Come and join us and make loads of new friends from all over the world!

**25-29 Jul 2019**

**23-27 Jul 2020**

\*early bird shared £410  
standard shared £485

**'I first came on the Youth retreat when I was 14 and I've just kept coming since then. It has totally shaped my confidence and helped me define my own identity. Not only through the things I've learned but also from the amazing friends I've made.'**

Maia, aged 20

\*Pay in full 2 months before retreat.

## Karma Yoga

**Karma yoga means the 'yoga of action', which is focused on giving back to the community in a selfless way.**

Karma yoga retreats are a fantastic way to make new friends, learn new skills and enjoy teamwork by working on different practical projects together. The tasks include: gardening, updating websites, deep cleaning, video editing, social media, graphics, photography or building maintenance.

The programme will include approximately six hours of volunteer work daily, with a morning yoga and meditation class, a chanting session and talk on yoga philosophy.

Your working environment will be in the midst of the beautiful scenery of Snowdonia National Park, with beautiful walks and time in nature included.

**23-26 Feb 2020**

**20-23 Apr 2020**

**11-14 May 2020**

**15-18 Jun 2020**

**7-10 Sep 2020**

**29-2 Nov/Dec 2020**

£125 shared accom  
(twin or triple)



## **Snowdonia Mountain Lodge, Nant Ffrancon Bethesda, Bangor, Gwynedd LL57 3LX**

With its spectacular panoramic views, situated in the beautiful Nant Ffrancon valley in Snowdonia National Park, the Dru Centre is the perfect place to relax and rejuvenate.

Thousands of people from all over the world come here every year to enjoy:

- > the positive 'feel good' ambience
- > delicious plant-based meals
- > easy access to the mountains
- > excellent yoga and meditation instructors
- > nurturing therapies

We are easily accessible by rail and road—on the A5, eight miles from Bangor and 3½ hours' direct train ride from London—yet a world away from the hustle and bustle of city life.

Snowdonia Mountain Lodge is also available for B&B and venue hire, visit [snowdoniamountainlodge.com](http://snowdoniamountainlodge.com) for more information.

**Call 01248 602900 or visit [druyoga.com](http://druyoga.com)**

**'A very enjoyable and relaxing break. The setting and mountain views were amazing, the food was excellent and I enjoyed the benefits of practising Dru yoga and meditation. I recommend it.'**

J.S. Optician, Berkshire



## What is Dru Yoga?

Whatever your age, fitness levels or health goals, Dru is one of the most adaptable forms of yoga on the planet.

Dru Yoga is a therapeutic, evidence-based yoga which has been shown in many peer-reviewed journals to reduce back pain and sickness absence in the workplace. In clinical trials Dru Yoga has also been shown to: increase energy levels, improve resilience to stress, reduce injuries and enhance emotional wellbeing.

## What about therapies & mentoring?

From ayurvedic Abhyanga full body massage to foot reflexology—when you enjoy a therapy on one of our retreats, that's when you really feel the true benefits of the whole Dru experience. You can also book a personal mentoring with one of our expert tutors on topics such as: chakra analysis, blood analysis, yoga therapy, vedic astrology and much more.

## What's the food like?

Our catering gets rave reviews from our guests. It is delicious plant-based cuisine, tasty and healthy, and complements the retreats perfectly. We also cater for gluten-free, vegan and other special diets. Let us know your needs when you book.

**Call 01248 602900 or visit [druyoga.com](http://druyoga.com)**



### What are the rooms like?

With a certificate of excellence from Tripadvisor, Snowdonia Mountain Lodge has 21 bedrooms; a selection of single, double, twin bedded and family rooms. All rooms are simply furnished, ground floor and ensuite.

### Where can I buy my yoga accessories?

We have an excellent yoga shop packed with healthy snacks, health products, gifts, books, yoga and meditation accessories. The Welcome Centre itself is the perfect environment to relax, enjoy refreshments and socialise.

### How can I take home what I've learned?

- 1 **Filmed sessions** To help you take the benefits of Dru home, many of the retreat sessions are filmed so you can purchase movie or MP3 files for a nominal charge.
- 2 **Dru Online** We offer high quality online classes at the press of a button. Topics include: yoga, meditation, sound and mantra, yoga therapy, ayurveda, nutrition, yoga dance, back care, relaxations and much more. Whatever your age, ability or health condition, there is something for you. Enjoy ready-made classes with expert teachers in the comfort of your own home.

What's more, you can start off with a free 30-day trial membership!

**Visit: [druyogaonline.com](http://druyogaonline.com)**

**'I always enjoy coming 'home' to the Dru Centre. It's lovely to meet new people and to share the experience with my daughter. Dru Meditation is just like coming home to have a little rest inside.'**

C.R. Yoga Teacher, UK

**'A weekend of calm and a chance to take stock in an otherwise busy life.'**

Y.M. Sonographer, Suffolk

**'Lovely food and brilliant teaching. The walk and meditation down by the river was an absolute highlight.'**

H.C. Designer, London



5-8 Jul 2019	Yoga & Walking
25-29 Jul 2019	Youth Summer Retreat
9-12 Aug 2019	Yoga & Walking
20-22 Sep 2019	Yoga, Nutrition & Detox
8-10 Nov 2019	Yoga Dance
31 Jan-2 Feb 2020	Tree Planting & Yoga
7-9 Feb 2020	Yoga, Nutrition & Detox
21- 23 Feb 2020	Meditation Retreat
3-5 Apr 2020	Sound & Mantra
17-19 Apr 2020	Introduction to Ayurveda
21-25 May 2020	Spirituality of Yoga
29-1 May/Jun 2020	Yoga & Walking
2-7 Jul 2020	Yoga Nidra
31-3 Jul/Aug 2020	Yoga & Walking
21-23 Aug 2020	Meditation Retreat
11-13 Sep 2020	Yoga Dance
3-7 Dec 2020	Bhagavad Gita & Meditation

Call 01248 602900 or visit [druyoga.com](http://druyoga.com)

**‘My highlight of the retreat was getting in touch with me! Reconnecting with my body, mind and soul in a glorious setting. Fresh air, mountains and rivers—heaven. Amazing supportive teachers.’**

K. R., Derby

