



RETREATS 2017



'I had a really relaxing weekend which provided me with the energy and insight to go back to my day to day life, invigorated by the company of really lovely people.'

E.R. Doctor, Wolverhampton

'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

'Returning you to a 'place' you want to live in all the time. A catalyst to change, a simple way to refine your flow, move forward, whose power is subtle but HUGE.'

A. S. Manager, Somerset

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Dru is an international school of yoga, meditation, ayurveda and health with training centres located throughout the UK, the Netherlands and Australia.

We are a fresh-thinking, not-for-profit 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.



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 and lakes. You'll also 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.

31 Mar–3 Apr 2017
26–29 May 2017
3–6 August 2017

£495 shared
£599 single

'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





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
- > outdoor adventures to challenge and excite you.

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!

2-6 Aug 2017

*early bird shared £390
standard shared £460

'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.

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 from 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 put to music, which you can use anytime to energise and empower yourself.

A reasonable level of fitness is required.

27-29 Jan 2017

6-8 Oct 2017

£360 shared
£430 single

'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 & Mudra

Discover how mudras (hand gestures) can add potency to your yoga practice and bring balance to your life.

In this weekend retreat you will learn how to use yoga and mudras to harmonise yourself physically, energetically, emotionally and spiritually.

Yoga can bring you into a state of wholeness, peace and clarity. Mudras work on the electromagnetic field to ignite and regulate your life force. Together, yoga and mudra can powerfully balance the elements in your body leaving you feeling totally transformed as if you have stepped back into the 'real' you.

The programme includes yoga and mudra classes, relaxations and time for a short walk in Snowdonia.

3-6 Feb 2017

£495 shared
£599 single

**'Uplifting and fun.
Felt free to be
myself and enjoy
companionship of
like-minded people:
instant friends.'**

T. B. Retired teacher,
Oxfordshire

Advanced Mudra

The Sanskrit word mudra can be translated as 'seal' or 'signature'. Mudras are a vast science. Our particular focus will be the use of mudras as energetic keys for awakening and creating awareness of core qualities within the koshas, prana vayus, chakras and the five elements.

Most importantly, mudras are an essential vehicle for health, healing and awakening. This advanced four-day retreat is perfect if you would like to move more deeply into the science of mudra. It will give you tools to add to your personal practice or your yoga or meditation classes.

The programme will include yoga and mudra classes, guided meditation, specific mantras and time for short walks in the Snowdonia countryside.

12-16 Oct 2017

£570 shared
£710 single
10% off for DPN members

**'This will
benefit your
physical, mental
and emotional
wellbeing'.**

L. O. Book keeper,
Cheshire

Dru Yoga Foundation Course

Visit beautiful Snowdonia National Park for two five-day retreats, and learn the foundations of Dru Yoga at the same time.

If you want to explore Dru in more depth than in a yoga retreat, then this is a perfect way to combine study with a relaxing break in North Wales. Learn the principles of Dru Yoga, pranayama techniques, key classical postures done in the Dru style, flowing sequences, meditation, anatomy and physiology, chakras, koshas and philosophy.

Gain an excellent grounding in the essential foundations of Dru Yoga. Take your personal practice to a new level and deepen your understanding of its benefits. This course will enable you to practise with confidence and has the added benefit that you can continue directly onto the Dru Yoga Teacher Training Course if you wish, with the first quarter credited to you.

The timetable also includes sessions of relaxation, walks in the countryside and study time.

Dates

MODULE 1: **2-7 Nov 2017**

MODULE 2: **TBC**

Tuition

5 x monthly payments of £150

Food/accommodation

£59 per day





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

- > Ayurveda workshops to help you look good and feel young.
- > Discover your constitution type.
- > Balancing detox yoga.
- > Superfood cookery demonstration.
- > Walks in nature.
- > Dru Yoga and relaxation.
- > Castor oil packs and other home therapies.

14-16 Jul 2017

1-3 Sep 2017

£360 shared

£430 single

'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





Yoga & Weight Loss

You can reach your ideal weight easily by combining the correct yoga with a nutritious diet and balanced lifestyle.

This retreat is not about dieting in the normal way and doesn't involve calorie counting. Instead we apply specific Ayurvedic principles to find the correct yoga, diet and lifestyle that is just right for you. It is about being kind to yourself, using natural foods and gentle exercise to help you maintain a healthy weight, and feel good too. With the right foods, it may even be possible to eat more and weigh less! Tutor's blog: druyoga.com/yoga-online/yogic-health-tips

- > Weight loss yoga tailored for your body type.
- > Weight loss cookery demonstrations.
- > Natural foods that are nourishing and sustaining.
- > Herbs and supplements for more energy.
- > Health tips for more vitality.

2-4 Jun 2017

£360 shared
£430 single

Ayurveda to Balance Hormones

As a woman, balancing your hormones naturally is crucial at every stage of life. Whether you suffer from PMS or fertility issues, brain fog or menopause—hormone imbalance is something that can affect everyone.

The aim of this retreat is to use natural ways to balance your hormones through the power of nutrition, relaxation, therapies, natural supplements and lifestyle changes.

We invite you to join us for a relaxing, nurturing weekend that will restore and replenish you from inside out. The retreat will include movement and relaxation sessions as well as Ayurveda lectures and time in nature.

17-19 Nov 2017

£360 shared
£430 single

Ayurveda—Tailored for You

Welcome to the wonderful and fascinating world of Ayurveda! This introductory weekend will give you a practical understanding of Ayurveda which you can then use to keep yourself and your loved ones happy, healthy and vibrant.

How do you make sense of a vast variety of health information that is often contradictory? Ayurveda offers a logical way forward. This traditional natural healing system from India focuses on diet, lifestyle, yoga, meditation and natural therapies, and like a compass it can give you the direction you need to take in your life.

In Ayurveda, there are three constitution types or 'doshas'. Finding your unique constitution gives you a way of developing an effective personal plan to bring you an abundance of health and vitality.

What you will learn about:

- > background and philosophy of Ayurveda
- > the elements and the doshas
- > how to discover your dosha type
- > how to recognise when your dosha is in balance and when it is not
- > what diet, lifestyle, yoga, meditation and therapies are balancing and rejuvenating for you.

3-5 March 2017

£360 shared

£430 single





Ayurvedic Cookery

Our dietary needs vary with our age, lifestyle, changing seasons and time of day. Ayurveda offers the original personalised medicine using everyday foods, herbs and spices in a therapeutic way which suits us best.

Health starts in your kitchen and from this retreat you will understand which foods and combinations will work for you. Enjoy 'hands on' cooking experiences, cookery demonstrations, insights into Ayurvedic nutritional principles and a lot of fun and laughter with the team. You'll be amazed at how creative you can be in the kitchen!

- > Learn how to cook meals that are exciting and bursting with health and vitality.
- > Use the six Ayurvedic tastes to balance your meal.
- > Enhance your digestion with readily available herbs, spices and foods.
- > Perfect daily and seasonal eating.

10-12 March 2017

£360 shared
£430 single

'Ever wanted to know how to cook and enjoy tasty & varied vegetarian food? This retreat helps you to be confident with many healthy, vegetarian ingredients in a lovely setting.'

S. M. Therapist, Wirral

Yantras & Sacred Art

Yantras are the most powerful of all mandalas (symmetric designs that focus the mind and induce meditation). They work with the energy and psychology of the unconscious mind.

7-11 Sep 2017

£570 shared
£710 single

The very process of creating certain yantras has the effect of 'rewiring' the brain. This process is continued by using very specific meditation practices that complement each yantra.

In this retreat you will be creating one of the most ancient and sacred yantras, with the intention of unblocking the unconscious mind and gaining wisdom and direction in your life. You will be guided to help choose the optimum colour sequence for your yantra and help will be given for those who need technical assistance. Yoga sessions and short countryside walks are also included.



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 walks in glorious Snowdonia—the perfect weekend for restoring your inner calm.

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

10-12 Mar 2017

£360 shared
£430 single

'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

Advanced Meditation

This retreat is exclusively for graduates of the Dru Meditation Teacher Training Course. It will help you deepen your meditation practice through revising the key practices from the course.

You will develop your teaching skills and gain confidence in perceiving and transforming the energy of your classes. We will also be sharing some advanced meditation practices to help anchor your spiritual awareness and keep your heart connected and open, no matter what challenges you face.

This retreat is a great way to stay on track with your practice as a student and teacher, and you'll be able to connect with Dru meditators from all over the world. Yoga, meditation, chanting sessions and walks are included in this four-day retreat.

27 Apr-1 May 2017

£570 shared
£710 single

Dru Meditation Foundation Course

Deepen your experience of meditation over two five-day retreats in Snowdonia, with the Dru Meditation Foundation Course.

The timetable will include sessions of Dru Yoga to prepare your body for meditation, including the Dru Prana Kriyas to balance your body's subtle energies.

Learn the principles of Dru Meditation, and how to create a home practice. Experience progressive meditations and breathing techniques to quickly bring stillness and peace to your body and mind.

The programme includes plenty of time for relaxation and a guided walk in beautiful Snowdonia, with outdoor meditations. This course also leads onto the third module of the Dru Meditation Training Course, should you decide to continue your practice.

Dates

MODULE 1: **19-24 Jan 2017**

MODULE 2: **6-11 Apr 2017**

Tuition

4 x monthly payments of £125
+ 1 payment of £110

Food/accommodation:

£59 per day



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.

1-5 Dec 2016

£550 shared

7-11 Dec 2017

£570 shared

£710 single





About the Dru Centre

Join us at the Dru Centre, Snowdonia Mountain Lodge. With its spectacular panoramic views, situated in the beautiful Nant Ffrancon valley in Snowdonia National Park; it's 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 vegetarian meals
- > easy access to the mountains
- > excellent yoga and meditation instructors
- > nurturing therapies

We are easily accessible by rail and road—on the A5, 8 miles from Bangor and 3½ hours' direct train ride from London—yet a world away from the hustle and bustle of city life.

'The possibility of tapping into your heart centre and opening up to something higher in yourself so life can really happen. Very relaxing, de-stressing experience. Lovely to be with like-minded yogis. Thank you.'

J. B. Yoga teacher, Tasmania



I'm a yoga beginner... is that OK?

Absolutely yes! With the exception of the advanced mudra and meditation retreats, everything in this brochure is suitable for beginners as well as for experienced yoga and meditation practitioners.

I'm not flexible. Can I do Dru Yoga?

Dru is for everyone and you'll be surprised how quickly your body becomes more flexible when you practise regularly. Always listen to your body and don't overstretch or strain.

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, vedic astrology and much more.

What's the food like?

Our catering gets rave reviews from our course participants. Its delicious vegetarian cuisine, tasty and healthy, and complements the courses perfectly. We also cater for vegan and other special diets, such as gluten-free etc. Let us know when you book.

Here is a typical meditation retreat timetable.

The main sessions will vary according to the theme of the retreat.

Friday

17.00	Arrival and time for a walk
18.45	Delicious supper
20.00	Welcome, relaxation and overview of the weekend

Saturday

8.00–9.00	Breakfast
9.30–11.30	Dru Yoga session to de-stress and stretch the body
11.00–11.30	Tea break
11.30–13.15	Yoga and Meditation session for focus and positivity
13.15–15.00	Lunch and free time for a walk
15.00–16.30	Meditation and mantra for balancing your emotions
16.30–17.15	Tea break
17.15–18.45	Relaxation and talk on making your practice work at home.
18.45pm	Supper
19.45–21.00	Optional therapies/mentoring to relax you

Sunday

7.30–8.45	Dru Yoga and silent meditation practice
8.45–10.30	Breakfast and time for a walk in the National Park
10.30–11.30	Dynamic Dru Yoga Dance for energy
11.30–12.00	Tea break
12.15–13.15	Yoga and Meditation in action—creating a home practice
13.15	Delicious vegetarian lunch

What are the rooms like?

We received a certificate of excellence this year from Tripadvisor for our accommodation. Snowdonia Mountain Lodge has 21 bedrooms, with a selection of double, twin bedded and family rooms. Recently refurbished, all rooms are ground floor and ensuite. Towels, linen, hairdryers and tea/coffee making facilities are included in the rooms.

Where can I buy my yoga accessories?

We have an excellent yoga shop in the reception area packed with healthy snacks, health products, gifts, books, yoga and meditation accessories. The reception area 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 also 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 2 months free membership!

Online classes: druyogaonline.com



BOOKING We recommend you book early to avoid disappointment, with a non-refundable deposit of £100 to confirm your booking. Six weeks before your course, you will receive an email with travel details and other essential information.

PAYMENT You may pay online, by credit card, sterling cash, bank transfer or cheque. Please complete your payment at least four weeks before the start of your course. All bookings made less than four weeks before a course starts require full payment.

CANCELLATION If your cancellation is received by us, in writing, more than 28 days before the start of the course, you will receive a full refund of the paid balance, minus the non-refundable deposit.

For cancellations received between 28 and 21 days before the start date, we will refund 75% of the paid balance.

For cancellations received between 21 and 14 days, we will refund 50% of the paid balance. Unfortunately we cannot give a refund for cancellations made less than 14 days before a course.

T&Cs All information included in any of our publicity is correct at the time of going to print and is subject to change. Whilst every effort is made to provide the programmes and services as advertised, we do not accept liability for any changes we may have to make. All dates, prices, programmes and specified tutors are subject to change without prior notice. Please note that by booking on a retreat, you agree to these terms and conditions.

You can book online at druyoga.com or send this booking form to: Dru Retreats, Snowdonia Mountain Lodge, Nant Ffrancon, Bethesda, Gwynedd LL57 3LX

First name Date of birth

Surname Occupation

Address Tel (work)

..... Tel (home)

Post code Mobile

Email Male Female

RETREAT

Retreat name

Retreat date Retreat cost

How did you hear about this retreat?

PAYMENT To confirm my booking(s) I enclose a total payment of £

I enclose a sterling cheque/postal order payable to Dru (UK)
Overseas participants, please pay in £ sterling by banker's draft or cheque on a UK bank.

Credit /Debit Card: I authorise Dru (UK) to debit my

VISA MASTERCARD OTHER

CARD NUMBER

Expiry date / Security Number Issue Number

(last 3 numbers on signature strip)

Electronic Bank Transfer Please note that you must pay all bank charges. Please email hello@druworldwide.com if you make a direct payment with your name, course and date of transfer.

Bank details Lloyds TSB Bank plc, 268 High Street, Bangor, North Wales, UK.
Account name: Dru (UK) Account no. 00666964 Sort code: 30-90-43

Overseas Customers IBAN code: GB05LOYD30904300666964 & BIC code: LOYDGB 21339





27-29 Jan 2017	Yoga dance
3-6 Feb 2017	Yoga & mudra
3-5 Mar 2017	Ayurveda—tailored for you
10-12 Mar 2017	Ayurvedic cookery
10-12 Mar 2017	Meditation retreat
31 Mar-3 Apr 2017	Yoga & walking
27 Apr-1 May 2017	Advanced meditation
26-29 May 2017	Yoga & walking
2-4 Jun 2017	Yoga & weightloss
14-16 Jul 2017	Yoga, nutrition & detox
2-6 Aug 2017	Youth summer retreat
3-6 Aug 2017	Yoga & walking
1-3 Sep 2017	Yoga, nutrition & detox
7-11 Sep 2017	Yantra & sacred art
6-8 Oct 2017	Yoga dance
12-16 Oct 2017	Advanced mudra
17-19 Nov 2017	Ayurveda for balancing hormones
7-11 Dec 2017	Gita & meditation

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