



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



<b>Yoga &amp; Walking</b> retreat	4
<b>Meditation</b> retreat	6
<b>Yoga Dance</b> retreat	7
<b>Yoga, Nutrition &amp; Detox</b> retreat	8
<b>Ayurveda—Tailored for You</b> retreat	9
<b>Ayurvedic Detox</b> retreat	10
<b>Spirituality of Yoga</b> retreat	13
<b>Sound &amp; Mantra</b> retreat	14
<b>Youth Summer</b> retreat	15
<b>Bhagavad Gita &amp; Meditation</b> retreat	16
<b>Yoga Nidra—Awakening to the Self</b> retreat	18
About the venue	20
Volunteering	24
<b>Karma Yoga</b> retreat	27
Calendar overview	27





## 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.

**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







## 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 profile.
- > Detox yoga to bring balance.
- > Plant-based cookery demonstrations.
- > Walks in nature.
- > Dru Yoga and relaxation.

**21-23 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

# Ayurvedic Detox Retreat

**Experience better health through the healing programme of 'ama pachana', a simple detox the ayurvedic way.**

According to ayurveda, 'ama' is known as a toxic residue which subdues our digestive fire and clogs up the channels of the body, creating imbalances and eventually leading to disease. In fact, ayurveda believes that ama is the root cause of all disease.

'Pachana' means 'to digest', and the process of ama pachana is a simple ayurvedic detox programme which works to rekindle the digestive fire to 'burn up' and remove ama from the body.

People who have done the programme say that they feel 'a lot lighter and clearer'.

If you have any of the following symptoms of ama in your body then it is well worth doing this programme:

- > feeling of heaviness
- > fatigue
- > indigestion
- > bloating, gas, indigestion
- > constipation, sinus congestion
- > generalised aches and pains
- > stiff joints
- > lustreless skin
- > white coating on tongue
- > mental confusion
- > lack of enthusiasm.

**20-24 March 2020**

£750 shared accom

£870 single accom

**'This ayurvedic detox has taught me a new and beneficial way to look at my health and wellbeing. I arrived feeling tired, heavy and congested and left feeling enthused, alive and positive!'**

Rachael B. Senior medical writer

**'If you value your health and want to learn how to stay healthy throughout your life, then this is for you.'**

Sally P. Yoga and meditation teacher



**"Ayurveda treatments always yield side benefits, not side effects."**

Shubhra Krishan





## 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



## 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

## 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!

**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



## 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.

**5-9 Dec 2019**

**3-7 Dec 2020**

£595 shared accom

£745 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



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

With its spectacular panoramic views, situated in the beautiful Nant Ffrancon valley our venue is the perfect place to rejuvenate.

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.



## 3 reasons to visit...

### 1 Come on a retreat

Enjoy any of the retreats in this brochure for a rejuvenating break in some of the world's most beautiful scenery—the landscape of North Wales. Our catering gets rave reviews from our guests. It's delicious plant-based cuisine, tasty and healthy, and complements the retreats perfectly. And when you enjoy a therapy (from full body ayurvedic massage to reflexology) that's when you really feel the true benefits of the whole Dru experience.

### 2 B&B—stay with us anytime

When enjoying a retreat, why not consider coming early and staying on to explore the locality? Bring your family or friends for a holiday in an inspired atmosphere.

### 3 Venue—run your own events

With spectacular surroundings and purpose-developed facilities we are experienced in supporting your events either at Snowdonia Mountain Lodge (21 bedrooms and 2 teaching halls) or Yr Ocar our nearby woodland venue (13 bed spaces). We also have an excellent wellbeing shop and Welcome Centre—the perfect environment to relax, enjoy refreshments and socialise.

For information about B&B and venue hire contact:  
**01248 600500 | [info@snowdoniamountainlodge.com](mailto:info@snowdoniamountainlodge.com)**



## Snowdonia Mountain Lodge

We are an international destination so you can expect to meet people from all around the world. It's a fantastic place to network and make new friends.

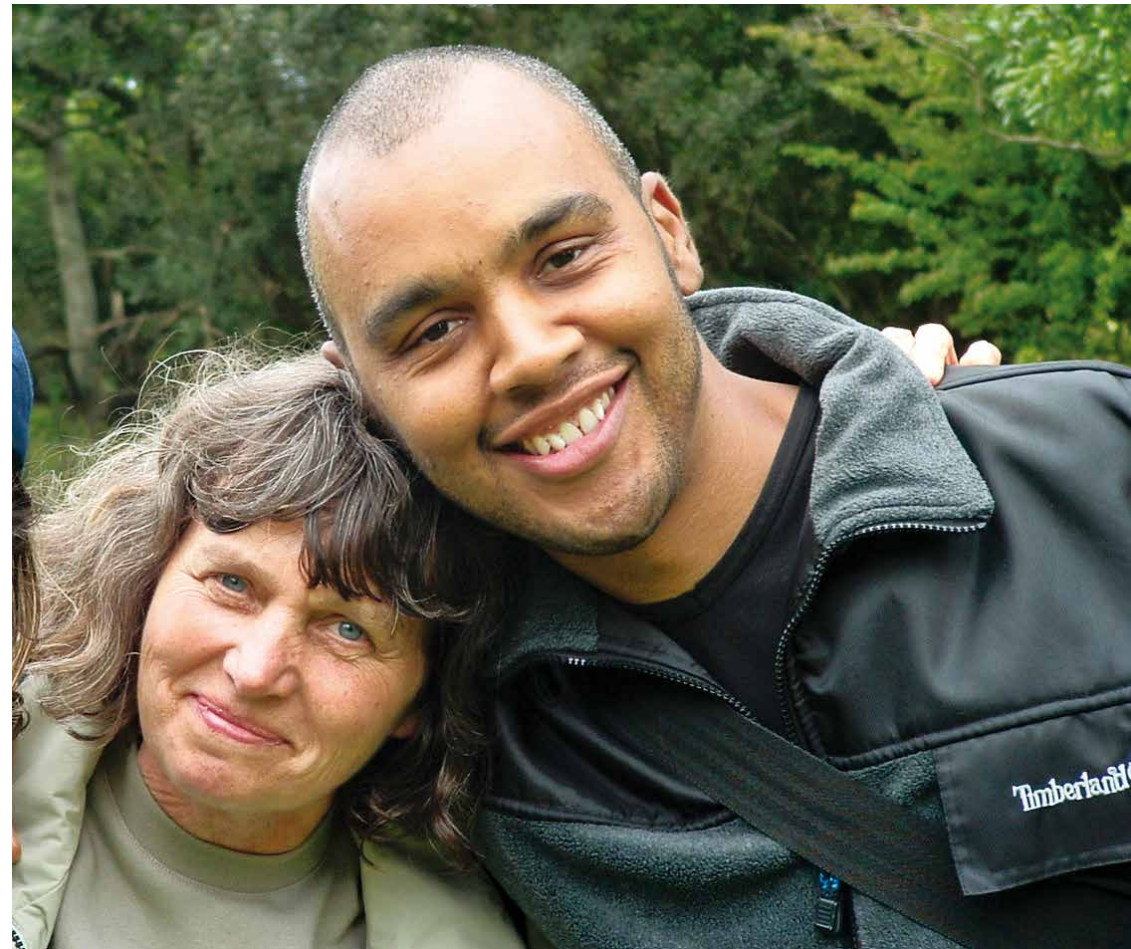
It all starts with friendship.

A few years ago (1978) a group of students from Bangor university realised that the value of their friendship meant more to them than dispersing to pursue careers.

Their shared values of loyalty, commitment, learning, adventure, giving the best of themselves, self-discovery and shared purpose are the foundations of life at Snowdonia Mountain Lodge.

Our social enterprise was born from a rich culture between us as friends, from different traditions, ethnic backgrounds and life experience,

This is the foundation of our shared 'Inspired Life' that we value so highly.





We invite you to add your unique strengths by volunteering at Snowdonia Mountain Lodge

Our volunteers are at the heart of who we are. As a social enterprise, we really care about creating a better world through our health, wellbeing, peace and not-for-profit initiatives and it's been through working together as a team that we have been able to create lasting positive changes.

Volunteers come from all walks of life and from all over the world. Their creativity and care transforms all that we do and offer out to the world. For the yoga enthusiast, volunteering is a way of taking yoga off the mat and into everyday life (karma yoga).

What can you expect?

Karma yoga, walks, yoga classes, story-telling, shared meals, cookery, teamwork, charity support, expert talks, kirtan and chanting, mentoring programmes, social and community events.



Discover the magic behind the scenes. It's a great way to get to know the Dru team, extend your skills, do something worthwhile and have a taste of what it's like to work with a profit-for-purpose social enterprise.

Volunteering is both rewarding and lots of fun. You'll meet amazing people like yourself who want to make a fulfilling contribution to the world.

### 1 Karma Yoga retreat

### 2 Short-term volunteering

Visit for a day/week or more.

### 3 Long-term volunteering

We have a number of places available for several weeks, sometimes several months.

If you are interested in volunteering please email: [volunteers@druworldwide.com](mailto:volunteers@druworldwide.com)



## Karma Yoga Retreat

**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: grounds and 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)





8-10 Nov 2019	Yoga Dance
5-9 Dec 2019	Bhagavad Gita & Meditation
21- 23 Feb 2020	Yoga, Nutrition & Detox
21- 23 Feb 2020	Meditation Retreat
20-24 Mar 2020	Ayurvedic Detox
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



[druyoga.com](http://druyoga.com)



01248 602900



[hello@druworldwide.com](mailto:hello@druworldwide.com)

