



## Steps to Enlightenment 2019

*Have you experienced moments of true unity and enlightened thinking?*

*Would you like to know how to sustain such moments so they become a way of being?*

**The Steps to Enlightenment Course** offers you deep insight into your higher (or more subtle) levels of consciousness. It provides you with a practical framework and sadhana that empowers you to take advantage of these aspects of your awareness and bring their strengths into your everyday life.

It is aimed at those who are serious about exploring what it means to live an enlightened lifestyle, to experience an enlightened consciousness and to live in a state of deep connection with our highest potential, great Self.

It is one of the most exciting courses we have ever facilitated.

*"After years of studying philosophy, it was the first course that made me aware of who I am and helped me develop a wholistic view of my life. It gave me a sense of wellbeing, respect for life and an excitement to live my life with empowerment. It has helped me to embrace the past, present and future with a sense of freedom. It helped me to let go of old belief patterns I did not know I was holding. Steps is liberating and it flows into every aspect of life!"*

**Maggie – Dru yoga & meditation teacher and teacher trainer**

Become a master designer of your world by accessing the power of your vijnanamaya and anandamaya koshas.

Be introduced, in depth, to the mystical experiences that the great seers have talked about across the centuries in every spiritual tradition. You will explore how to harness this unlimited power of potential and creation, in your life.

This course has generated massive interest so if you'd like to participate secure your place as soon as possible.

[Steps to Enlightenment](#) is a series of five, 4 day modules over 2 years

#### [Introductory weekend workshop](#)

On the 9th & 10th March 2019 we will be holding an introductory weekend in Canberra. This is specifically for anyone who has not completed the Dru Meditation Teacher Training course. The weekend will give you essential practices that will prepare you for Steps to Enlightenment.

Visit our website for more information about the weekend – [dru.com.au](http://dru.com.au)

#### **Course Dates 2019**

Introductory weekend: 9th & 10th March 2019, In Sync, Canberra

Module 1: April 11<sup>th</sup> to 14<sup>th</sup>, MacKillop Conference Centre, Canberra

Module 2: September 26<sup>th</sup> to 30<sup>th</sup>, MacKillop Conference Centre, Canberra

For more information please contact: Angela Baker

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

0420 586 015

## Booking form

Name .....Date of Birth.....

Address .....

.....Postcode.....

Mobile.....

Home Tel: .....

Occupation .....

Work Tel: .....

Email .....

### 1: Your practice

Do you have a regular yoga & meditation practice/sadhana?  
Please outline what your practice usually involves.

How often and how much time do you do your practice/sadhana?

How would you like your practice/sadhana to develop?

Do you have an expectation of how this course may be of value to you?

## 2: About Your Health

We ask you the following questions to help us ensure the course meets your needs in the best possible way.

Do any of the following apply to you? (please tick as appropriate):

<input type="checkbox"/> Allergies – specify below	<input type="checkbox"/> Anemia
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Arthritis - where?
<input type="checkbox"/> Asthma or breathing problems	<input type="checkbox"/> Back pain—where?
<input type="checkbox"/> Blood pressure: <input type="checkbox"/> High <input type="checkbox"/> Low	<input type="checkbox"/> Cancer
<input type="checkbox"/> Chronic fatigue /ME	<input type="checkbox"/> Circulation problems
<input type="checkbox"/> Depression	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Digestive problems	<input type="checkbox"/> Ear problems <input type="checkbox"/> Eye problems
<input type="checkbox"/> Headaches/Migraine	<input type="checkbox"/> Heart problems- specify
<input type="checkbox"/> Joint problems – specify	<input type="checkbox"/> Lack of energy
<input type="checkbox"/> Menstrual problems/ PMT/Menopause	<input type="checkbox"/> MS
<input type="checkbox"/> Neck problems	<input type="checkbox"/> Pregnancy - <input type="checkbox"/> Now. Due date:
<input type="checkbox"/> Neurological problems	<input type="checkbox"/> Pregnancy recent. Delivery date:
<input type="checkbox"/> Recent surgery - specify	<input type="checkbox"/> PTSD
<input type="checkbox"/> Weight problems	<input type="checkbox"/> RSI / overuse

If you ticked any of the above boxes, please give details below:

Have you seen a counsellor, psychiatrist or other mental health professional in the last 5 years? Please give details. *(This information is important to help us guide you towards the most appropriate meditation practices.)*

Should your health change over the duration of the course please inform us at the earliest opportunity.

Your Signature ..... Date.....

Thank you for your application and for completing this form.

*Course fees may be subject to change during the course. Please return this form to:*  
Dru Australia Attn: Dru Steps Administration PO Box 448 Mawson ACT 2607, Australia  
Tel: 02 6161 1462 Email: [yoga@dru.com.au](mailto:yoga@dru.com.au)

**Course Payment Structure**

SE19	Full course cost	Deposit	No of normal instalments	Normal instalment	Plus 1 Final instalment
Payment in full	4681	0	1	4681	0
Annual payment	4782	600	1	2391	1791
4-monthly	4880	600	4	976	376
Monthly	4980	600	17	249	147

**PAYMENT OF NON-REFUNDABLE DEPOSIT**

**PAYMENT AMOUNT:        \$ 600 Deposit only**  
**\$4681 Full course payment**

**EFT online Direct Deposit**

Please make sure you include your course code, surname and initial in your reference eg SE19 SmithJ  
 ANZ BSB 012 997 Account no 4000 36002

**Cheque (Payable to Dru Australia)**

**Credit Card (fill in slip below)**

.....

**Credit Card Payment for Registration Dru Training Group: SE19**

*Please print clearly in BLOCK CAPITALS*

Name.....Phone:.....

I authorise Dru Australia to debit my VISA / MASTERCARD for the payment of: \$.....

Card number..... Expiry date .....

Name on card ..... Signature .....

**Please return form to:**  
**Dru Australia, PO Box 448 Mawson ACT 2607**