



Yoga, Meditation & Chakra Balancing Retreat

1-7 Feb 2020 | Portugal





with
Rita Goswami

Yoga, Meditation & Chakra Balancing Retreat in the Algarve

“This retreat exceeded all of my expectations. I feel I have become new from the inside out.

Everything contributed—from the sun, the sea, endless golden sands so near to the hotel, lovely rooms, the fabulous teachings, and the sense of nurturing and care from the tutors, support staff and fellow students.

I have so many treasures to take home.”

Hilary, Yoga Teacher, West Yorkshire

“Lots of new information and knowledge that we can select from and use in our personal lives. Great yoga and meditation teaching ideas for immediate use.”

Kate, Yogi Gardener, London

“Being truly nurtured being able to release the attachments that restrained me, replenishing my batteries to give me the vitality (that I’d lost) to enable me to return home with a refreshing attitude to not just cope but to sparkle.”

Julie, Local Government Officer, Wolverhampton

“Please come to the Algarve. You will rest, rejuvenate your body, mind and soul in a beautiful guided way. It’s my fourth time here and I’ll be coming back!”

Anna, Wholesaler, Chester

“It has been a most amazing time with brilliant tuition and the most fabulous students and many amazing experiences. Such a joyous time. I’ve left the usual stresses at home to fully recharge my battery and refresh myself, to face all the usuals of life again.”

Alison, Yoga Therapist, Aberdeenshire



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Tuition price: £545

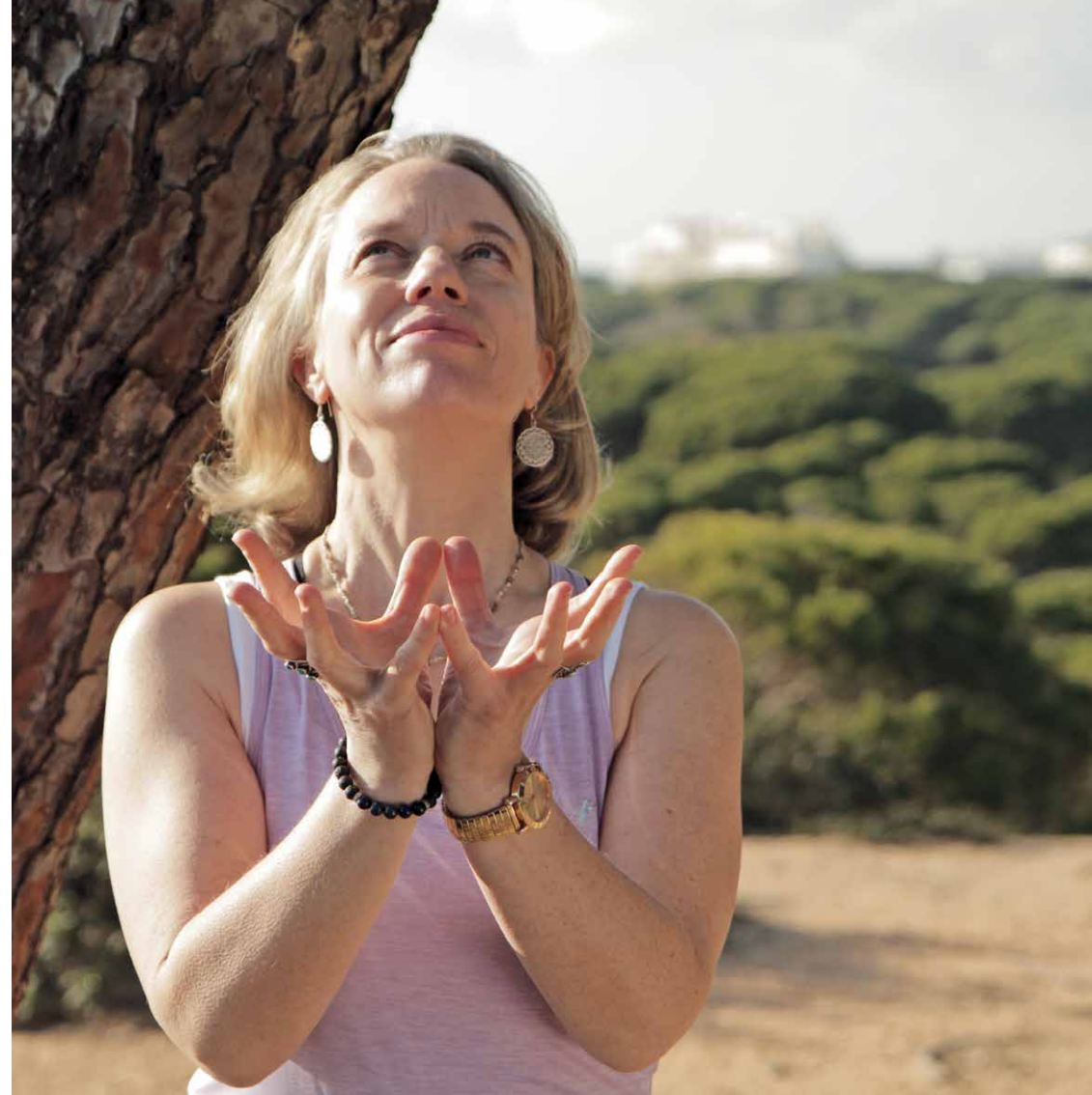
+ shared half board at €30 per night

This fascinating retreat, hosted by Dru co-founder Rita Goswami, is ideal for Dru Yoga students, teachers and trainee teachers. It will renew your personal practice and help you take it deeper.

Our daily sessions on the chakras will revolutionise how you optimise your health and energy levels, control your mind, balance your emotions and increase your spiritual self-development.

As well as the practical workshops, enjoy fascinating talks exploring yoga philosophy. Allow our meditation masters to bring strength and calmness to your life by adding greater depth to your meditation practice.

There will also be sunrise yoga sessions, beach walks and opportunities for afternoon siestas and free time to give you the rest and relaxation you deeply deserve.



“The retreat inspired me to make positive changes in my daily practice. I would recommend this experience to everyone.”

Tilly Huyzer, The Netherlands.

“Really excellent tutoring. Their wealth of experience was used to inspire, create wonderful opportunities for discussion and promote space for very deep thinking.”

Gaynor, Consultant, Coventry

VENUE

The retreats are held in the large Alfamar Sport and Beach Hotel, a stone's throw from a beautiful sandy beach with fabulous red cliffs. It's the perfect location for long beach walks, sunrise meditations or a dip in the sea if you're brave!



FOOD & ACCOMMODATION

We come again and again to this venue due to its excellent location, and although the hotel's accommodation and food are of a simple standard, we find it suits our needs. The food is buffet-style, with fresh salads and a vegetarian/vegan option at each meal. You'll need to book 6 nights accommodation with us for any of the retreats in this brochure. Shared half-board accommodation for 6 nights is €180.

HOW TO BOOK

- 1 Book online by paying for tuition druyoga.com/portugal
- 2 Fill in the booking form we send you
- 3 Book your accommodation with our office 01248 602900
- 4 Book your train or flight and transfers
- 5 Look forward to your retreat

EMPOWER your spiritual practice.

CONNECT with a warm community of yogis.

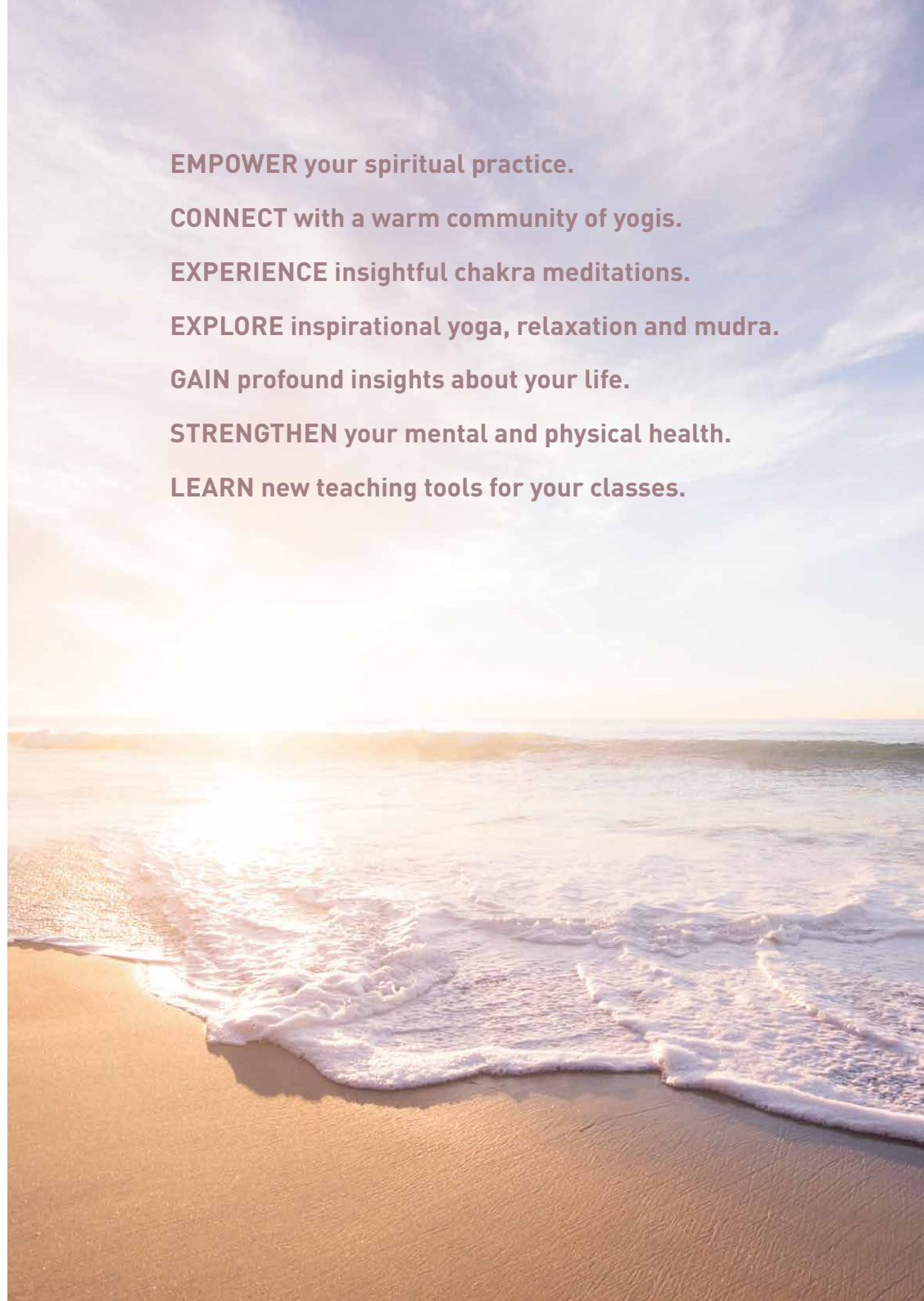
EXPERIENCE insightful chakra meditations.

EXPLORE inspirational yoga, relaxation and mudra.

GAIN profound insights about your life.

STRENGTHEN your mental and physical health.

LEARN new teaching tools for your classes.



Would you benefit from a **supportive, rejuvenating break?**

Do you need **fresh ideas to help deepen** your yoga and meditation classes?

Would you like to gain **profound insights about your spiritual practice?**

Then **join** our **senior tutors** in the warm Algarve sunshine for this **in-depth** yoga, meditation and philosophy retreat.

druyoga.com/portugal
01248 602900

