



yoga ■ meditation ■ personal development ■ ayurveda ■ health

ignite YOUR
Dreams
supercharge
YOUR life

Canberra

31 Oct 1 & 2 Nov 2014

Rydges Capital Hill

17 Canberra Ave

Forrest ACT 2603

Adelaide

22 & 23 Nov 2014

The Grand Chifley

208 South Terrace Adelaide SA 5000

**Experience in-depth workshops and inspiring plenaries
with 3 great event themes**

1 Create the life you really want

Harness the power of Dru Yoga to design and realise your dreams

2 Let the real you shine

Find out about potent Dru meditations that allow you to express who you really are

3 Rejuvenate and recharge your health

Discover the healing power of Dru Yoga Therapy including an introduction to Ayurveda

plus optional

Mentorings

Design your life with a tailored mentoring aimed at helping you to reach your goals

Therapies

Nurture yourself deeply with a variety of Dru therapies to indulge body and soul

Day tickets \$275 Discount \$220

Adelaide (2 days) \$495 Discount \$395

Canberra (3 days) \$735 Discount \$590

Discount—Early bird by Sept 17 or DPN or concession

Cost includes all workshops, plenaries, lunch, morning and afternoon tea. Mentorings and therapies additional.

Accommodation available at venue.

BOOKING

dru.com.au/ignite-your-dreams

info@dru.com.au

02 6161 1462

Deposit \$175 to secure your place



Led by Dru international keynote presenters

Mansukh Patel



An inspired author, subject of 47 documentaries and dynamic

motivational speaker whose life is dedicated to helping others ignite their passion and fulfil their personal aspirations. He has travelled the world over the last 30 years gathering and distilling effective techniques and sharing wisdom that empowers people to reach their full potential.

Savitri MacCuish



Savitri is a global ambassador of peace, international

speaker, retreat leader and author. She trains people around the world in authentic leadership and management skills. Savitri is one of the pioneers of Dru's war zone detraumatization work and is director of the World Peace Flame Foundation and Dru Netherlands.

Andrew Wells



Co-director of Dru Australia, international teacher trainer, author and

inspirational seminar leader. Andrew has taught Dru Yoga in over 30 countries including detraumatization programmes, and created many videos, books and CDs for personal empowerment and healing emotional pain.

Trish Brown



Co-director of Dru Australia; senior trainer for Dru Yoga, Meditation,

Prenatal and Postgrad; international presenter at conferences and retreats; freelance writer on yogic philosophy and respected natural health professional, Trish offers an effective holistic approach to body/heart/mind wellbeing.

Meet all the team online

dru.com.au/ignite-your-dreams

Book early! Save up to 20% and ensure your workshop choices

Choose from 18 leading edge Dru workshops

realise your dreams · **optimise your potential** · **re-energise**
ease back pain · **mudras and mantras** · **increase endorphins**
emotional detox · **relaxation** · **personal development**
nurturing therapies · **health and wellbeing** · **worklife balance**
empowering yoga · **toning and strengthening** · **ayurveda**
yoga therapy · **manifestation** · **practical spirituality** · **yoga**
philosophy · **potent meditation** · **inspiring keynote speakers**

Please book online

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Dru Australia PO Box 448 Mawson ACT 2607 02 6161 1462 dru.com.au

BODY
& MIND

HEALTH
& NUTRITION

PRODUCTS

NOT FOR PROFIT
PROJECTS



ignite YOUR
Dreams
supercharge
YOUR **life**

Canberra 3 days

31 Oct, 1 & 2 Nov 2014

Adelaide 2 days

22 & 23 Nov 2014

International & Australian Dru presenters
yoga ■ **meditation** ■ **personal development**

plus a host of senior Dru presenters including

Chandra Goswami (1)

Director of Dru Scotland, international Dru trainer, Chandra helps others find their passion and design their lives.

Nanna Coppens (2)

Senior international tutor in Dru Yoga, Meditation and Postgrad, Nanna has a unique gift for practicalising ancient yoga philosophy.

Petra Opsteeg (3)

Senior tutor in Dru Yoga and Dru Sound, Petra's passion is the yoga of sound and its effects on our subtle anatomy.

Jes Scharbow (4)

Executive manager of Dru Australia, pioneer of Dru Dance, Jes is a senior trainer of Dru Yoga, Meditation and Postgrad.

Noelene Francis (5)

Co-director of Dru Australia, Senior tutor on Dru Yoga, Dru Meditation and Dru Sound courses, Noelene combines a love of yoga and music.

Rebecca Coby Langford (6)

Creator of the Dru Yoga online studio, Coby combines osteopathy and yoga for self management of back pain.

