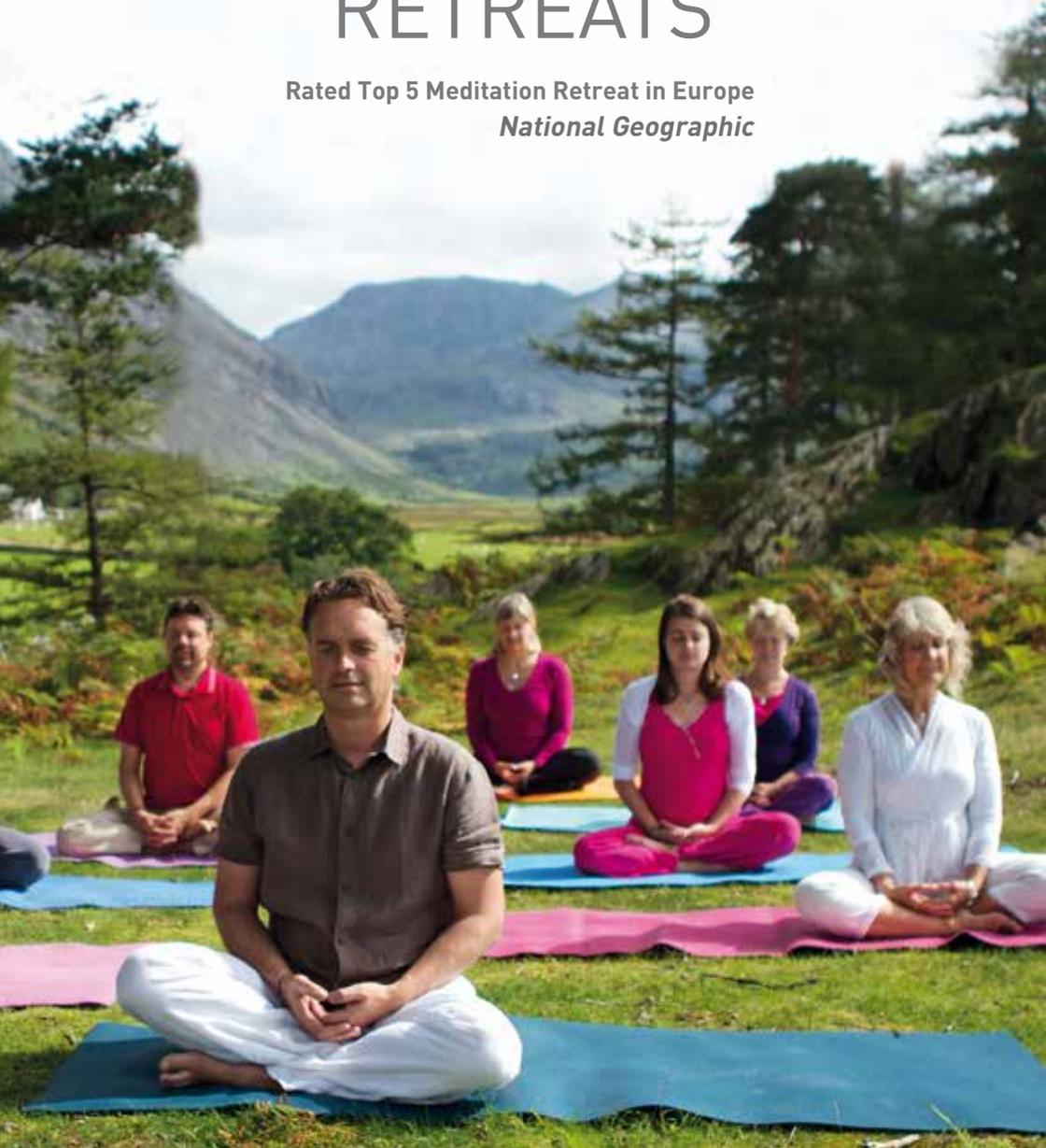




# 2018 SNOWDONIA RETREATS

Rated Top 5 Meditation Retreat 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

**‘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 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.

20-23 Apr 2018  
25-28 May 2018  
20-23 Jul 2018  
24-27 Aug 2018

£515 shared accom  
£619 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



## 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 2018**

\*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 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.

**12-14 Oct 2018**

£375 shared accom  
£445 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 & 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.

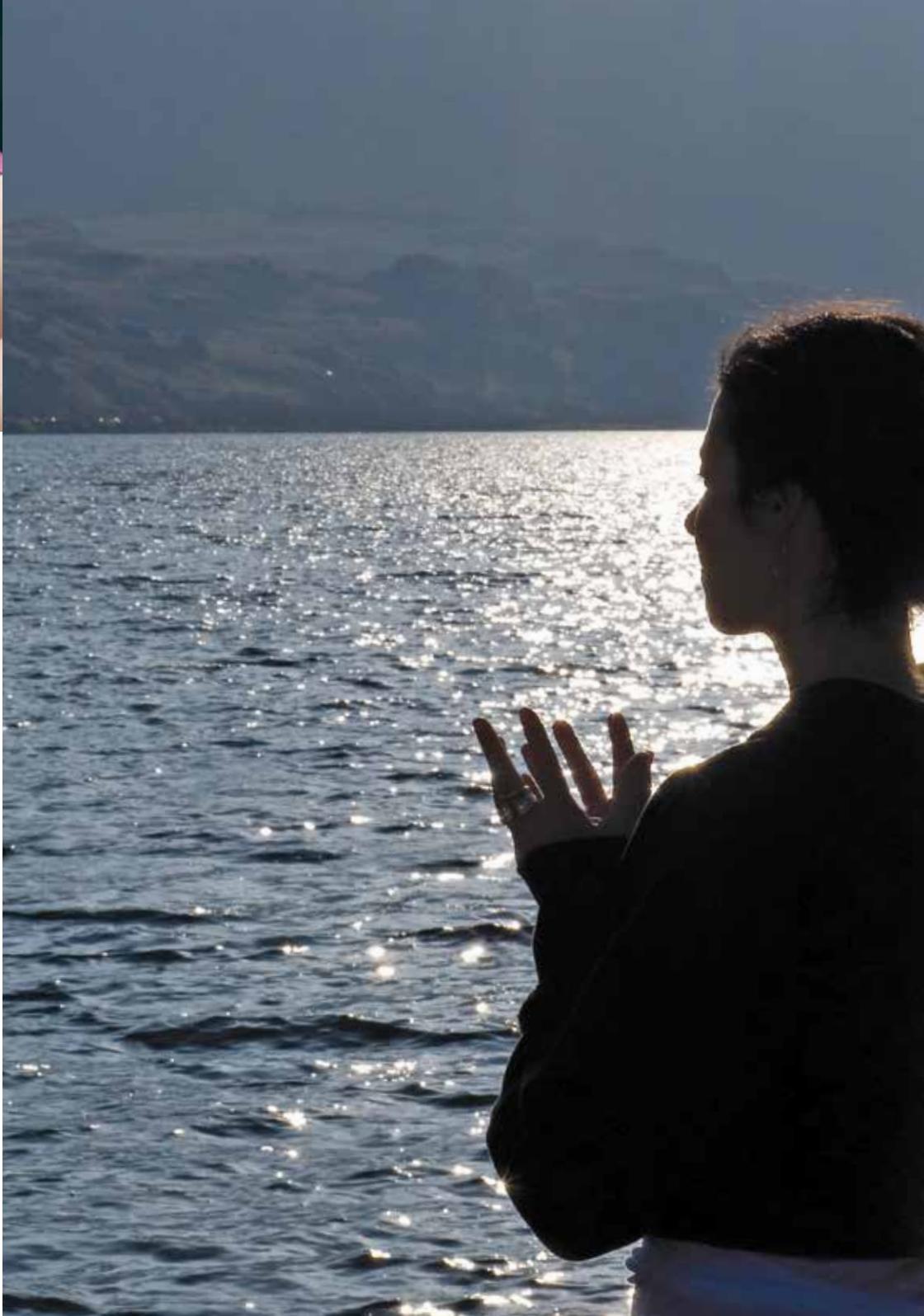
The programme includes yoga and mudra classes, relaxations and time for a short walk in Snowdonia.

**5-7 Oct 2018**

£375 shared accom  
£445 single accom

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

T. B. Retired teacher,  
Oxfordshire





## 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)

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

**6-8 Apr 2018**

£375 shared accom  
£445 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 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:

- > the background to and philosophy of Ayurveda
- > about 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
- > which diet, lifestyle, yoga, meditation and therapies are balancing and rejuvenating for you.

**1-3 Jun 2018**

£375 shared accom

£445 single accom



## 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.

**6-8 Apr 2018**  
**17-19 Aug 2018**

£375 shared accom  
£445 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



# 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.**

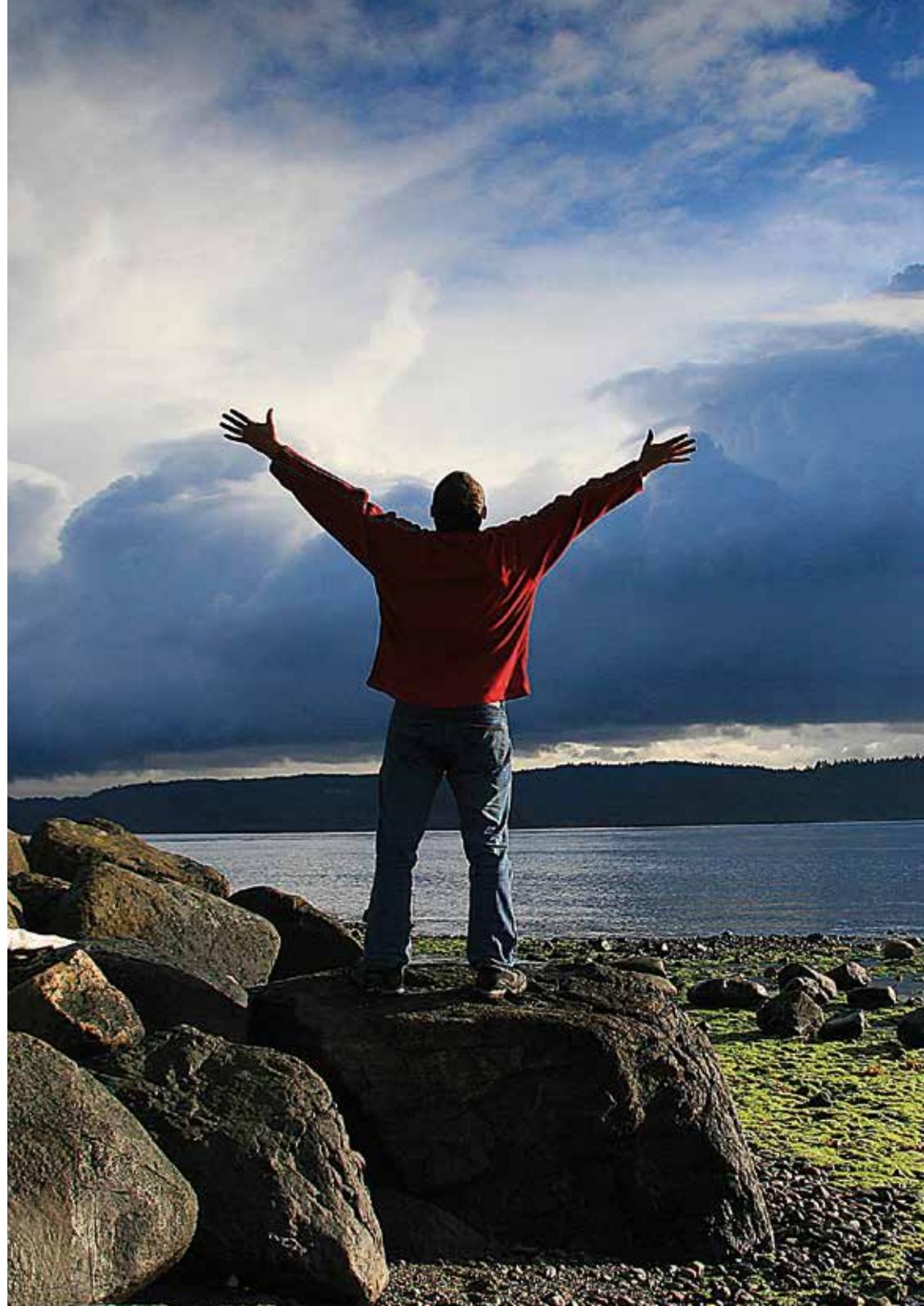
The Gita is a dialogue between Arjuna and his mentor, Krishna. Arjuna represents each one of us, seeking a more fulfilling and successful life. Krishna represents our inner wisdom, or the still voice of spirit within.

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.

**7-11 Dec 2017**  
**30 Nov-3 Dec 2018**

£570 shared accom  
£710 single accom



# Dru Meditation Foundation Course

## Deepen your experience of meditation over two five-day modules 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

Starts **22-27 Nov 2018**

### Course structure

2 residential 5-day modules

### Tuition fees

Please email  
[hello@druworldwide.com](mailto:hello@druworldwide.com)  
for information





## **Snowdonia Mountain Lodge Nant Ffrancon, Gwynedd LL57 3LX**

With its spectacular panoramic views, situated in the beautiful Nant Ffrancon valley in Snowdonia National Park, the Dru Centre is 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, eight miles from Bangor and 3½ hours' direct train ride from London—yet a world away from the hustle and bustle of city life.

**Call 01248 602900 or visit [druyoga.com](http://druyoga.com)**



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

Absolutely yes! 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. It is delicious vegetarian cuisine, tasty and healthy, and complements the courses perfectly. We also cater for vegan and other special diets. Let us know your needs when you book.

**Call 01248 602900 or visit [druyoga.com](http://druyoga.com)**

## Here is a typical meditation retreat timetable.

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

### Friday

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

### Saturday

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

### Sunday

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

## 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.

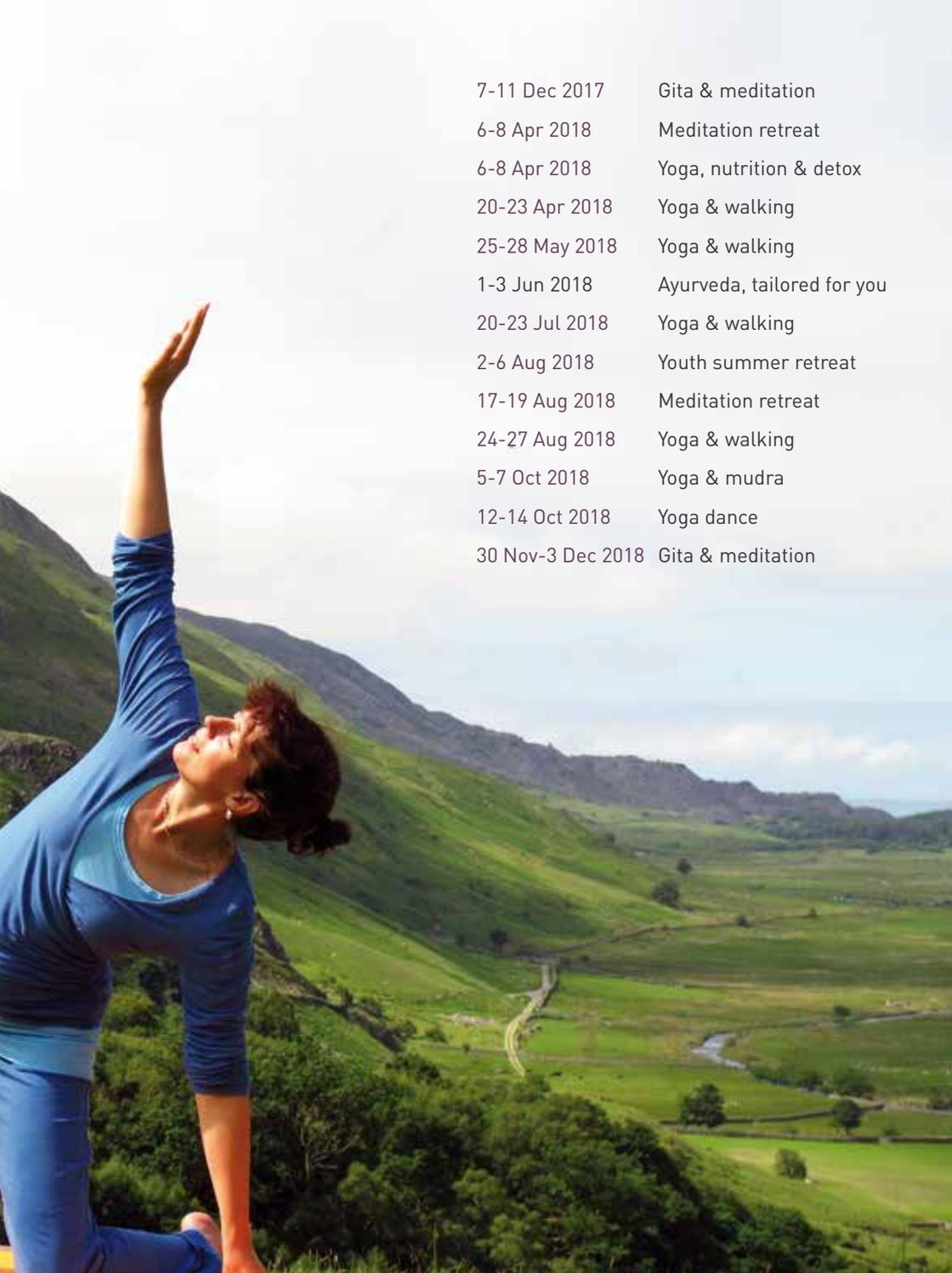
## Where can I buy my yoga accessories?

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 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 a free trial membership!

**Online classes: [druyogaonline.com](http://druyogaonline.com)**



7-11 Dec 2017	Gita & meditation
6-8 Apr 2018	Meditation retreat
6-8 Apr 2018	Yoga, nutrition & detox
20-23 Apr 2018	Yoga & walking
25-28 May 2018	Yoga & walking
1-3 Jun 2018	Ayurveda, tailored for you
20-23 Jul 2018	Yoga & walking
2-6 Aug 2018	Youth summer retreat
17-19 Aug 2018	Meditation retreat
24-27 Aug 2018	Yoga & walking
5-7 Oct 2018	Yoga & mudra
12-14 Oct 2018	Yoga dance
30 Nov-3 Dec 2018	Gita & meditation