



2019 SNOWDONIA RETREATS



**Rated in Top Five
Meditation Retreats
in Europe**

**National
Geographic**

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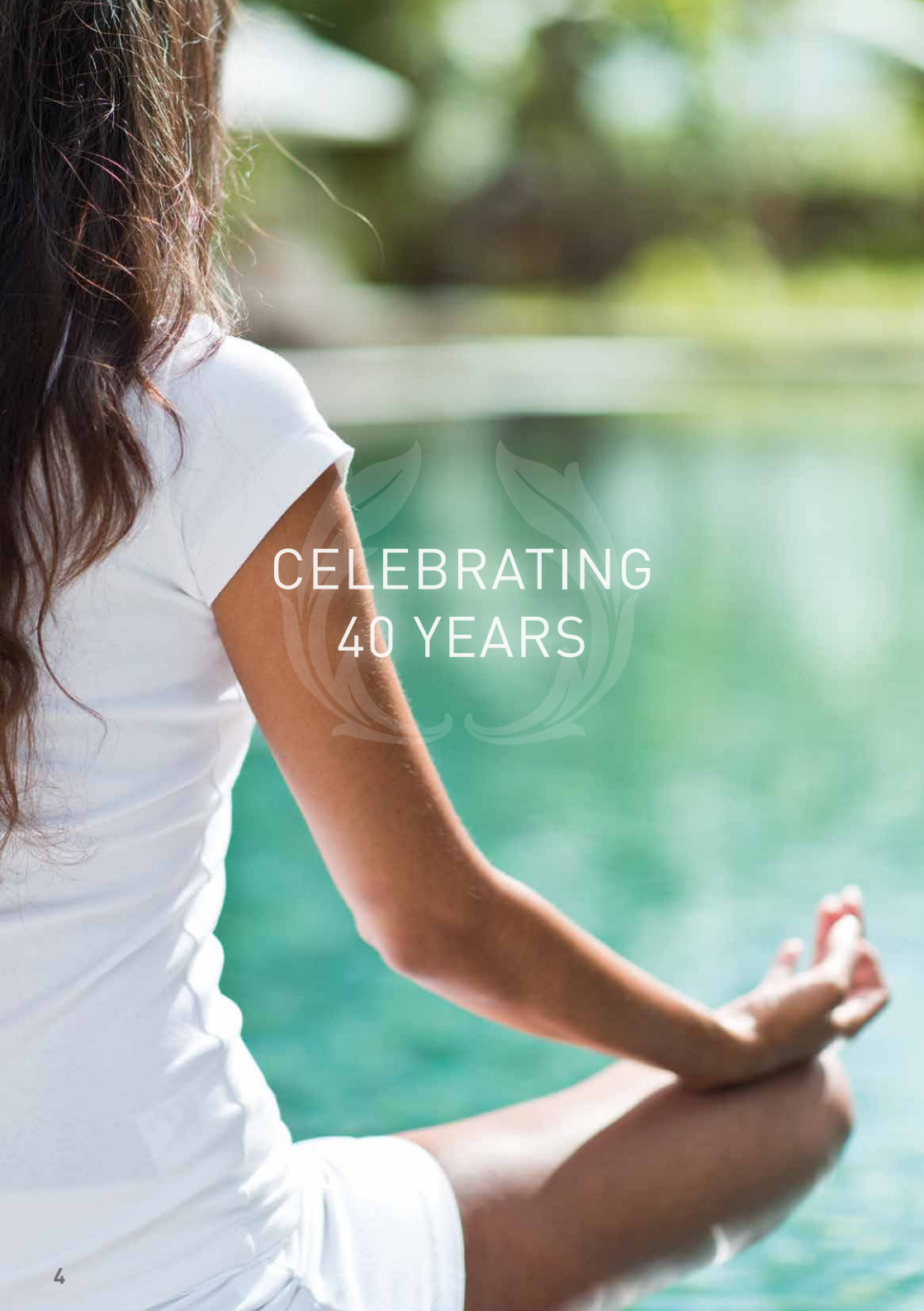


‘This is a brilliant treat for your body, mind and spirit. I got so much information I can use to help friends and family.’

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



CELEBRATING
40 YEARS



1978 - 2018

Welcome to Dru.

An international school of yoga, meditation, ayurveda and health, 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.

7-10 Jun 2019

5-8 Jul 2019

9-12 Aug 2019

£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!

25-29 Jul 2019

*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

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

£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

Dru Yoga Foundation Course

Visit beautiful Snowdonia National Park for two five-day retreats, and learn the foundations of Dru Yoga at the same time.

If you want to explore Dru in more depth than in a yoga retreat, then this is a perfect way to combine study with a relaxing break in North Wales. Learn the principles of Dru Yoga, pranayama techniques, key classical postures done in the Dru style, flowing sequences, meditation, anatomy and physiology, chakras, koshas and philosophy.

Gain an excellent grounding in the essential foundations of Dru Yoga. Take your personal practice to a new level and deepen your understanding of its benefits. This course will enable you to practise with confidence and has the added benefit that you can continue directly onto the Dru Yoga Teacher Training Course if you wish, with the first quarter credited to you.

The timetable also includes sessions of relaxation, walks in the countryside and study time.

MODULE 1

1-6 Nov 2018
or **17-22 Jan 2019**

TUITION

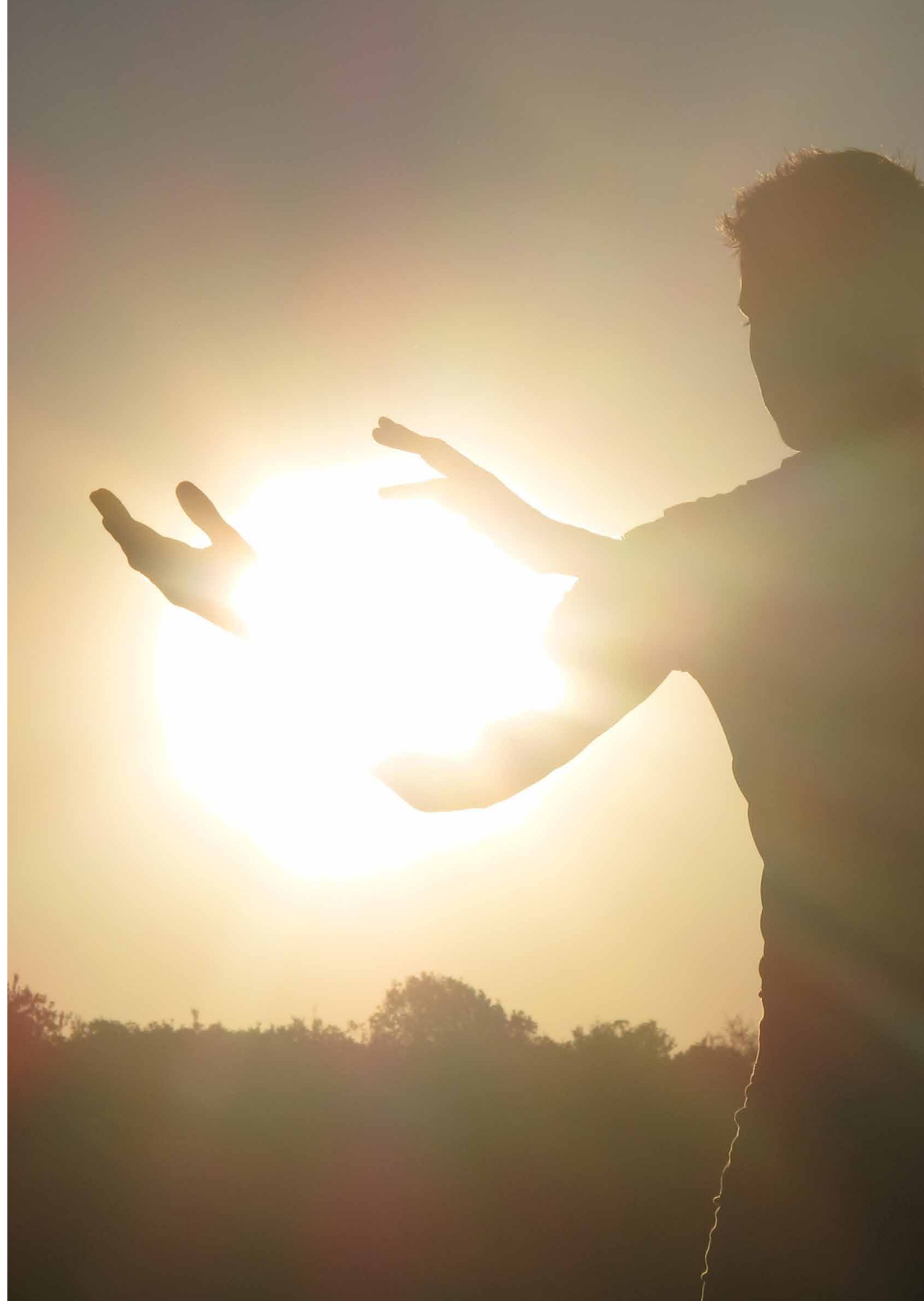
6 x monthly payments of £129

MODULE 2

21-26 Feb 2019

FOOD/ACCOM

£60 per day





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

- > 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.

20-22 Sep 2019

£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.

12-14 Apr 2019

£375 shared accom

£445 single accom

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:

- > how the elements and doshas relate to you
- > 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.



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.

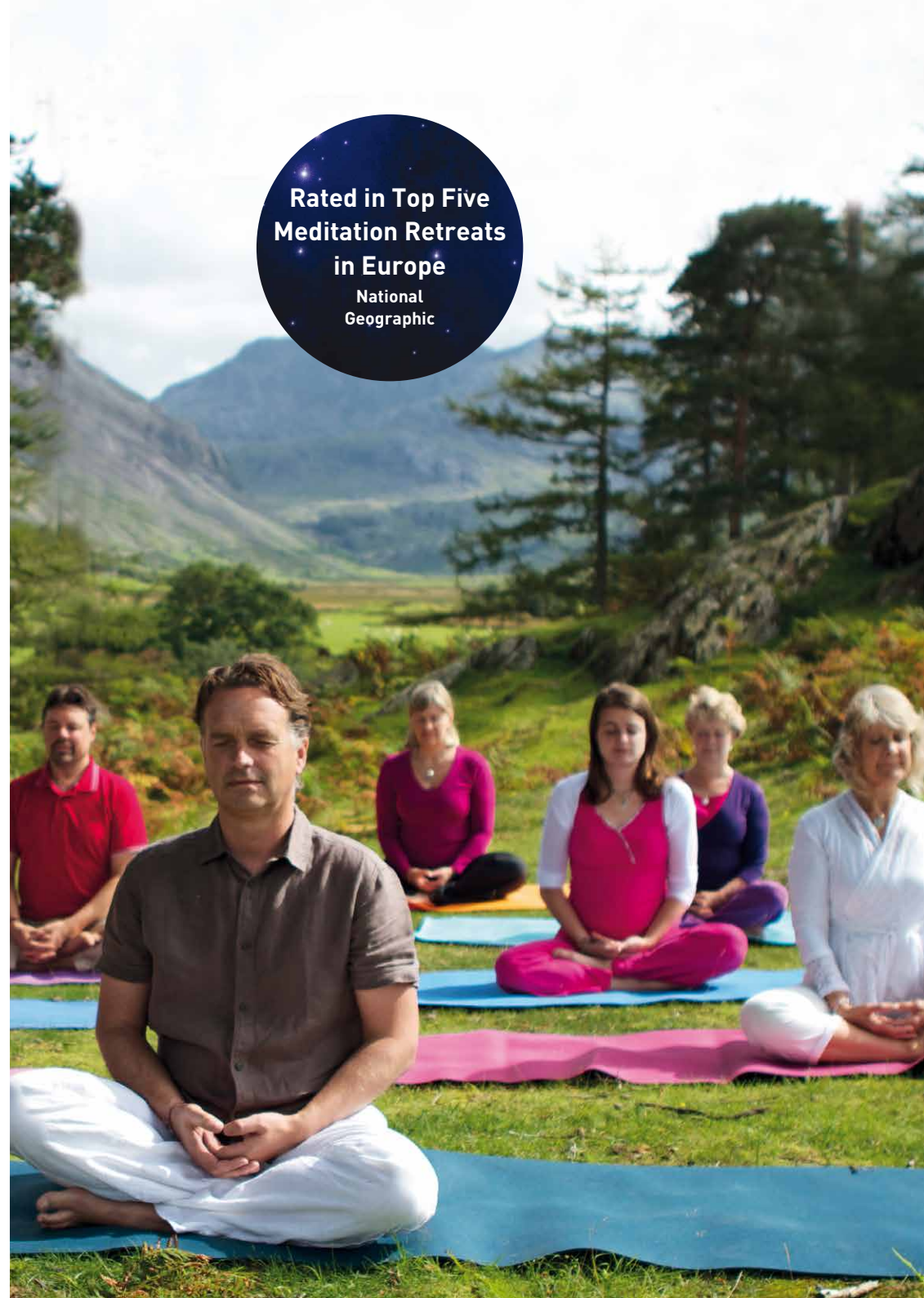
5-7 Apr 2019

£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.

29 Nov-3 Dec 2018

5-9 Dec 2019

£570 shared accom

£710 single accom





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.

Snowdonia Mountain Lodge is also available for venue hire, please visit snowdoniamountainlodge.com for more information.

Call 01248 602900 or visit druyoga.com



'A very enjoyable and relaxing break. The setting and mountain views were amazing, the food was excellent and I enjoyed the benefits of practising Dru yoga and meditation. I recommend it.'

J.S. Optician, Berkshire

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

Sample meditation retreat timetable.

Main sessions vary according to the theme of the retreat.

Friday

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

Saturday

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

Sunday

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

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



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

Tilly Huyzer, The Netherlands



‘The Algarve retreat gave me the best gift—to finally believe in myself.’

Olga Keur,
The Netherlands

Yoga, Sadhana & Meditation retreat in Algarve, Portugal

Do you need a complete reset of your body, mind and spirit? If so, then don't miss this potent retreat where you will deepen your yoga and meditation practice (sadhana) and explore the power of Eastern approaches to health.

- > Reset your mind, body & spirit
- > Deepen your yoga
- > Create a powerful spiritual practice
- > Experience profound meditation
- > Super-charge your health.

14-20 Feb 2019

Tuition

Early bird*: £495
Standard: £545

(accommodation, food, flights and transfers not included)

Venue

Alfamar Hotel in Portugal.
Approximately 35 euros per night, half board.

Meditation & the Yoga of Devotion retreat in Algarve, Portugal

This retreat is designed to enhance whatever yoga or meditation practice you have, and it will inspire you to more fully embrace your spiritual destiny. On this special retreat you will:

- > potentise your yoga with energising mudras
- > expand your mind with wisdom from the Bhagavad Gita
- > explore mystical vedic practices
- > learn 3 Dru kriyas to accelerate your yoga and meditation
- > enjoy kirtan chanting (sacred sound) to transform your consciousness.

24 Feb-2 Mar 2019

Tuition

Early bird*: £495
Standard: £545

(accommodation, food, flights and transfers not included)

Venue

Alfamar Hotel in Portugal.
Approximately 35 euros per night, half board.



29 Nov-3 Dec 2018	Gita & Meditation
14-20 Feb 2019	Yoga, Sadhana & Meditation
24 Feb-2 Mar 2019	Meditation & the Yoga of Devotion
5-7 Apr 2019	Meditation Retreat
12-14 Apr 2019	Ayurveda—Tailored for you
7-10 Jun 2019	Yoga & Walking
5-8 Jul 2019	Yoga & Walking
25-29 Jul 2019	Youth Summer Retreat
9-12 Aug 2019	Yoga & Walking
20-22 Sep 2019	Yoga, Nutrition & Detox
8-10 Nov 2019	Yoga Dance
5-9 Dec 2019	Gita & Meditation

