



FOOD, ACCOMMODATION & TRAVEL

LOCATION

The Doubletree by Hilton Dunblane Hydro hotel is set within 10 acres of private landscaped grounds. This beautiful, Victorian style hotel offers breathtaking views over the village of Dunblane and the surrounding countryside. Just 40 minutes from Edinburgh and Glasgow, it boasts a stunning location with excellent transport links throughout Scotland.

HOTEL FACILITIES

The area also provides an ideal setting to enjoy outdoor experiences, with beautiful riverside walks available nearby. You and your family can enjoy the hotel's stunning grounds, or take advantage of its other facilities. These include a health and fitness club and a 17 metre swimming pool.

ACCOMMODATION AND MEALS

To book your bed, breakfast and evening meals, please call the hotel on 01786 822 551, ask for 'in-house reservations' and give the code which we will provide when you book the weekend. Information on other local accommodation in the Stirlingshire area can be found at the Tourist Information Centre on 01786 475 019.

PRICE

Early bird weekend *rate: £200
Standard rate: £250
Day rate: £135

The cost includes all the workshops, a 2-course lunch and refreshments.

* to be paid in full by 9th Sept 2010

SAT 30th & SUN 31st OCTOBER 2010

DUNBLANE HYDRO HOTEL, PERTH ROAD, DUNBLANE, FK15 0HG

Come and be treated and inspired with Dru yoga, meditation, yoga dance and a wonderful range of well-being workshops. Enjoy the opportunity to escape modern day stresses in a beautiful setting amidst the landscape of Stirlingshire.

Choose from a range of experiential and informative workshops to help you relax, re-energise and be filled with radiant health and vitality. Enjoy good food and be immersed in an environment of fun, activity and like-minded people.



**enjoy
two days
of positive
health**

- de-stress . relaxation . yoga shop
- lose weight . natural beauty
- emotional detox . inner vitality
- worklife balance . feel young
- ease back pain . meditation
- yoga . fitness . yoga dance
- walks in nature . good food

email: scotland@druworldwide.com

01324 820392

visit: DruScotland.com

“One of the best ways to recharge and renew mind, body and soul”

Maureen Brimley

YOGA & WELLBEING WEEKEND



DUNBLANE

30th & 31st OCTOBER 2010

BODY & MIND

HEALTH & NUTRITION

PRODUCTS

NOT FOR PROFIT PROJECTS



WORKSHOP CHOICES...

The programme will also include mentoring opportunities, keynote speakers, evening presentation, entertainment and celebration.



1. NEW TO DRU

NAN MARSHALL

In this interactive workshop you will discover the important principles of nutritional healing. Learn how you can make small changes in your diet & lifestyle to create healthy cells, enhance clarity of mind and improve longevity.

2. CREATIVE DRU

FLOW NAN MARSHALL

Discover your authentic relationship with the Earth we live on. Learn how to tune into the earth's life-giving magnetic pulse with this unique Dru sequence from Nan, and become awake to your own ingenuity and creative spark.

3. DRU POWER YOGA

JOHN JONES

Invigorating, energising and fun! John will take you through a comprehensive series of preparatory movements and stretching sequences for the well-loved Dru Power sequence. Enjoy this sequence, known for its strengthening and rejuvenating results, to up-beat music.

4. BEYOND TIME AND SPACE

JOHN JONES

A voyage of discovery to uplift your heart and mind. Based on the Upanisads this workshop will stimulate enquiry and excite the exploration of your personal yoga practice. Original principles are revealed and integrated to culminate in an affirmation-meditation sequence.

5. THE MAGICAL WORLD OF KOSHAS

CHANDRA GOSWAMI

The koshas, or the 5 layers of our being, affect our life at every level. Balancing your koshas gives you greater confidence, insight and expression. Enhance these qualities by activating the power within your koshas, and remove obstacles to a more energised and confident you.

6. YOUR POWER IS IN YOUR HANDS

CHANDRA GOSWAMI

Discover the power in your hands with fascinating and essential knowledge on mudras (hand gestures). Discover the energy circuits in your fingers and how to influence your own physiological system. Learn a mudra sequence to balance your chakra system and create vibrant health.

7. DRU YOGA DANCE

SUSAN KULAS

Dru Dance is a fusion of yoga and dance moves choreographed to music. It's stress-busting and energetic and focuses on dynamic, flowing movement to create both strength and suppleness. A regular practice of Dru Dance improves your flexibility, muscle tone and core stability.

8. DRU YOGA THERAPY

SUSAN KULAS

Solutions to life's challenges come first from awareness of ourselves, our life, inner and outer expression and knowing what to do to create the changes we need. Dru yoga is an innately therapeutic and deeply healing process. In this workshop Susan will offer you 5 practical keys to bring balance and harmony.

9. THE YOGA OF RELATIONSHIPS

LOUISE ROWAN

There's a secret formula that can help make every relationship work, whether it is with your loved one, your boss or your best friend. Learn how to apply this formula to make relating to people an art form.

10. BALANCE YOUR CHAKRAS FOR SUCCESS

LOUISE ROWAN

Living an empowered and fulfilling life is your birthright. In this workshop Louise will explore both the inner and outer worlds of the Chakra system and how these vital energy centers form an essential map on your journey to optimum physical, emotional and spiritual empowerment.

“A complete boost to the system - taking you from everyday life to heightened, magical awareness of yourself and others.”

Jan O.

“A real chill out experience!”

Craig H.

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