

SNOWDONIA RETREATS Book early and save!



DRU RETREATS

yoga and walking
nutrition and detox
family yoga holiday
confident woman
algarve yoga retreat
meditation retreat
yoga and dance

2012

‘The location is beautiful, and the course was both relaxing and invigorating. I look forward to coming again and again as there is so much more I feel I can benefit from.’

D.R., Admin Manager, Swansea

To book your retreat fill in a booking form, or call 01248 602900

For all retreat details visit www.druworldwide.com, or email: hello@druworldwide.com

Snowdonia Mountain Lodge

Snowdonia Mountain Lodge, the home of most Dru Yoga retreats, is the perfect place to relax - it's one of the most beautiful locations in the UK.

Whether you're enjoying a yoga holiday or a meditation retreat, our stunning venue will help you unwind and rejuvenate. We serve delicious vegetarian food, and offer single, double or twin en-suite bedrooms with panoramic views of Snowdonia. Teaching sessions are held in our spacious yoga hall and you'll have time to browse through our extensive yoga shop.

Snowdonia Mountain Lodge is easily accessible by rail and road —on the A5, 8 miles from Bangor and 3½ hours direct train ride from London—a world away from the hustle and bustle of city life.

B&B ACCOMMODATION

Why wait to come on a yoga retreat? We also offer B&B accommodation and venue hire.

For info & bookings call 01248 600500 or visit www.snowdoniamountainlodge.com

‘The accommodation was very clean, comfortable and cosy.’

N.J. Solicitor, Merseyside

‘The vegetarian food was excellent. Looking forward to making more vegetarian dishes when I go home.’

Y.B. Garment Technologist, Lancashire



Dru Yoga & Wellbeing Holiday

Looking for a yoga holiday in a stunning location in the UK? This Dru Yoga and Wellbeing weekend is the ideal introduction to the many benefits of Dru.

You will experience relaxing Dru Yoga, dynamic Dru Dance, soothing Dru Meditation and health tips to make you feel on top of the world. You'll also experience yoga in nature, enjoy fantastic vegetarian food and meet interesting people. If you're in the mood, treat yourself to a rejuvenating therapy.

This yoga holiday is perfect for everyone, whether you are new to yoga or have practised for years.

'My expectations have been exceeded in all respects. I feel totally relaxed and like a new person, totally rejuvenated.'

N.J., Solicitor, Merseyside

DATES

9–11 March 2012

9–11 November 2012

EARLY BIRD PRICES*

£325 shared, £395 single

STANDARD PRICES

£380 shared, £450 single

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Dru Yoga & Walking Holiday

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 yoga programme will include mornings of Dru Yoga and Meditation, followed by a delicious lunch then afternoon guided walks in the beautiful Snowdonia National Park or the coastal paths of Anglesey. The walks will be around 4 hours long, including breaks, and will take you to mountains, forests, waterfalls and lakes. You'll also enjoy glorious relaxation sessions and optional therapies to help you to de-stress and re-charge. This holiday is suitable for people of reasonable fitness, and is an ideal introduction to the beauty of North Wales for overseas guests.

'I had a really relaxing weekend which provided me with the energy and insight to go back to my day to day life, invigorated by all the company of really lovely people.'

E.R., Doctor, Wolverhampton

DATES

27–30 April 2012

6–9 July 2012

7–10 September 2012

EARLY BIRD PRICES*

£395 shared, £500 single

STANDARD PRICES

£490 shared, £595 single

*Pay in full more than 2 months in advance
Prices include accommodation, tuition and delicious food



Dru Meditation Retreat

Meditation is one of the most effective ways of reducing stress, boosting the immune system and even looking younger!

These retreats will introduce you to key Dru Meditation techniques for developing a calm, clear mind. You'll learn the Dru Yoga postures which best prepare the body for sitting, as well as enjoying progressive guided meditation sessions with our expert teachers.

There will also be time for relaxation and walks 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.

'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

DATES

25–27 May 2012

28–30 Sept 2012

EARLY BIRD PRICES*

£325 shared, £395 single

STANDARD PRICES

£380 shared, £450 single

*Pay in full more than 2 months in advance
Prices include accommodation, tuition and delicious food

Dru Meditation & Yoga Holiday in Algarve

Treat yourself to a seven day yoga, meditation and sound holiday in an unspoiled area of Southern Portugal, famous for its beautiful beaches and warm sunshine.

This retreat will be held in stunning Quinta Mimosa, surrounded by ten acres of orange and almond orchards. Two daily classes of Dru Yoga and Meditation will help you leave the stresses of life behind, while the rest of the day you are free to relax on the nearby beaches, by one of the swimming pools, or with a rejuvenating massage. The area is also famous for its golf courses—so partners are welcome on a bed and board basis.

'The Algarve holiday brought me depth with the meditation sessions, relaxation and a real holiday feeling.'

N.B., Yoga Teacher, The Netherlands

DATES

2–9 June 2012

EARLY BIRD PRICES**

£695 shared, £895 single

Non yoga partners: £475

STANDARD PRICES

£795 shared, £955 single

Non yoga partners: £575

**Pay in full more than 4 months in advance
Prices include accommodation, tuition and delicious food



Dru Yoga & Dance Weekend



Blending together the benefits of yoga and dance, Dru Dance is an energetic, stress-busting form of Dru Yoga.

With music from funk to soothing rhythms, this weekend course is the ideal way to experience this bright new form of dance that everyone is talking about. It's invigorating, exhilarating, fun and addictive!

You'll experience a revitalising weekend of Dru Yoga and Dru Dance, including warm-ups and body preps, an invigorating Dru Dance sequence as well as time to relax and enjoy the spectacular scenery. Over the weekend you'll experience 3 dynamic dance workouts, so a good level of fitness is required.

'Every aspect of the course was beneficial - delicious, healthy vegetarian food coupled with a few days of non-stop movements and dance made my body feel great, along with spending time with a lovely group of people!'

C.L., PR Executive, High Wycombe

DATES

3-5 Feb 2012

20-22 July 2012

EARLY BIRD PRICES*

£325 shared, £395 single

STANDARD PRICES

£380 shared, £450 single

Family Dru Yoga Holiday



If you've enjoyed experiencing Dru and would like your family to feel the benefits too, then join us for this long weekend for families in Snowdonia.

This three day holiday will include daily Dru Yoga and Dru Dance classes, arts and crafts, singing, acting and other fun activities. There will also be guided walks in beautiful Snowdonia and visits to the sandy beaches in the area. This holiday is designed for you and your children aged 8-13. Some sessions are for kids and parents separately, and some are for both groups together. Parents will also have time to relax and enjoy pampering therapies

'A great opportunity to introduce children to yoga. They really enjoyed it, and we loved having quality time as a family.'

C. A., Physiotherapist, Wrexham

DATES

28-31 July 2012

EARLY BIRD PRICES*

£340 (per adult)

£225 (per child)

STANDARD PRICES

£395 (per adult)

£255 (per child)

*Pay in full more than 2 months in advance
Prices include accommodation, tuition and delicious food



The Power to Live Your Dreams

A new 3 day self-development course, giving you practical and powerful techniques to enable you to manifest your Dreams.

This three day life-changing residential retreat in Snowdonia will include sessions with top Dru tutors on how to achieve optimum health, financial freedom, succesful relationships and finding your true purpose in life.

DATES

15-18 December 2011

20-23 March 2012

EARLY BIRD PRICES*

£425 shared £515 single

STANDARD PRICES

£450 shared £540 single

If you want to:

- > achieve your deepest dreams
- > fulfil your life's purpose
- > call back your power
- > realise the immense power within you
- > make your classes and yoga business work
- > bring the law of attraction alive in your daily life
- > make a shift and take your life to the next level
- > learn the tools used by illuminated masters
- > do all this with ease - it doesn't have to be a struggle!

*Pay in full more than 2 months in advance
Prices include accommodation, tuition and delicious food



Confident Woman Retreat

Express your femininity in a way that fully empowers your life and all those around you. Experience your true self as a powerful, confident and inspirational woman.

Do you feel that there is more in you than you are expressing? Are you not more than the thoughts in your head, the roles that you play and the relationships you yearn for? Our new Confident Woman retreats, held at Yr Ocar, are a MUST for every modern woman wishing to express her power.

- > feel strong and happy in your own skin
- > develop your intuition and creativity
- > discover how nature can enhance your feminine power
- > honour your desires and stay true to your Self.

Experience your perfection —this weekend will also include a free personal style consultation; teaching you to how to dress perfectly for your gorgeous body shape.

DATES

18–20 May 2012

EARLY BIRD PRICES*

£325 shared, £395 single

STANDARD PRICES

£380 shared, £450 single

Ayurvedic Nutrition & Detox

Treat yourself to a weekend of relaxing yoga, ayurvedic workshops and hands-on healthy cooking that will give you vital energy all year.

Take time to detox, nourish, strengthen and rebalance your body and mind. Led by Dru's head chef, this retreat held at our woodland venue, Yr Ocar, will include ayurvedic workshops, cookery, Dru Yoga and relaxation and walks in nature.

- > ayurvedic workshops to help you look good and feel young
- > discover your constitution type
- > hands-on cooking with the experts
- > dru yoga and relaxation
- > walks in nature
- > delicious healthy vegetarian food.

'If you have any health problems this is the course for you! Practical solutions and interesting recipes for healthy food.'

R. F., retired, UK

DATES

13–15 April 2012

12–14 October 2012

EARLY BIRD PRICES*

£325 shared, £395 single

STANDARD PRICES

£380 shared, £450 single

*Pay in full more than 2 months in advance
Prices include accommodation, tuition and delicious food



Youth Self Development

A fantastic long weekend of Dru Yoga, walking, music and adventure with like-minded young people aged 14-21.

There will be Dru Yoga and Dru Dance which is dynamic and fun, as well as meditation sessions to help you feel calm and focussed. There will be plenty of time outdoors, weather permitting, visiting local beaches, lakes and mountains and tuning into the power of nature.

You will learn the secrets of success of great peacemakers like Gandhi and Martin Luther King. There will also be plenty of time to relax, with time for music (bring an instrument if you have one), discussions and campfires. You will make loads of new friends from all over the world.

‘The best weekend of my life so far—no contest.’

Maia, aged 16, Cornwall

DATES

23–26 July 2012

EARLY BIRD PRICES*

£285 shared

STANDARD PRICES

£340 shared

Yr Ocar, woodland venue

Join us at our magnificent retreat venue Yr Ocar, nestled alongside a sparkling river, in a beautiful wooded valley in Snowdonia.

Take the time to detox, nourish, strengthen and rebalance your body and mind—the opportunity to improve your health at the same time as having a wonderful weekend away!

B&B and venue hire available, visit www.yrocar.com



*Pay in full more than 2 months in advance
Prices include accommodation, tuition and delicious food

2012

FEB 3-5	YOGA & DANCE
MARCH 9-11	YOGA & WELLBEING
MARCH 20-23	THE POWER TO LIVE YOUR DREAMS
APRIL 13-15	AYURVEDIC NUTRITION & DETOX
APRIL 27-30	YOGA AND WALKING
MAY 18-20	CONFIDENT WOMAN RETREAT
MAY 25-27	MEDITATION RETREAT
JUNE 2-9	MEDITATION & SOUND IN ALGARVE
JULY 6-9	YOGA & WALKING
JULY 20-22	YOGA & DANCE
JULY 23-26	YOUTH SELF DEVELOPMENT
JULY 28-31	FAMILY YOGA HOLIDAY
SEPT 7-10	YOGA & WALKING
SEPT 28-30	MEDITATION RETREAT
OCT 12-14	AYURVEDIC NUTRITION & DETOX
NOV 9-11	YOGA AND WELLBEING

01248 602900

www.druworldwide.com

**BODY
& MIND**

**HEALTH
& NUTRITION**

PRODUCTS

**NOT FOR PROFIT
PROJECTS**

