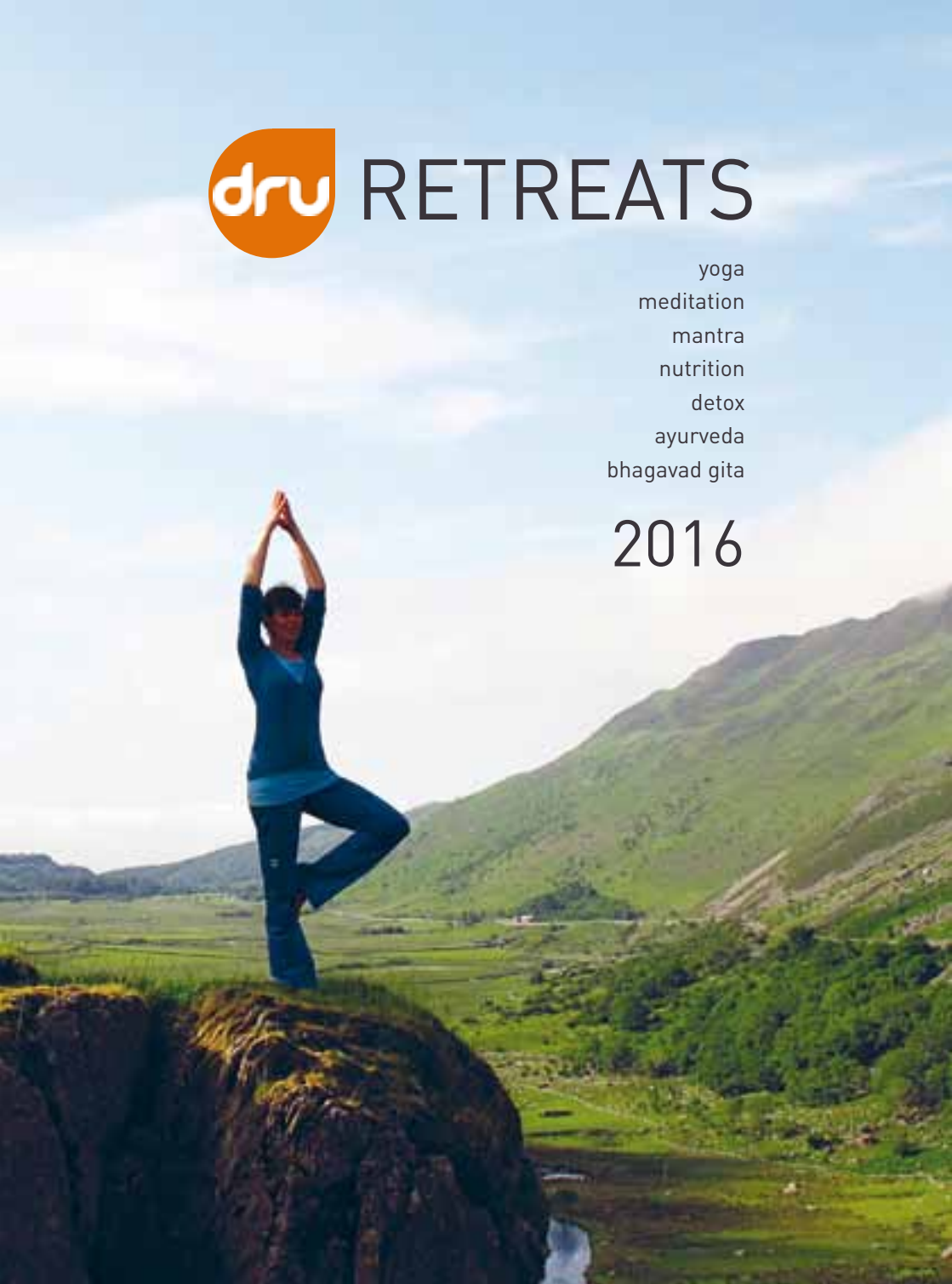




RETREATS

yoga
meditation
mantra
nutrition
detox
ayurveda
bhagavad gita

2016



RETREATS & HOLIDAYS IN SPECTACULAR SNOWDONIA

'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 the company of really lovely people.'

E.R. Doctor, Wolverhampton

'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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About Dru

We are an energetic and fresh-thinking, non-profit social enterprise eager to inspire a naturally healthier way of living for everybody, from young to old and from all walks of life. Dru Yoga's increasing popularity is due to its effectiveness at relieving the enormous pressures and stresses of modern life.

In research studies Dru Yoga has been found to reduce stress, reduce back pain, improve wellbeing and prevent injuries. As a result, Dru is now being integrated into schools, hospitals, businesses, government agencies and professional sports.

When 450 Dru Yoga participants were asked about the effects of their practice:

- > **72% found Dru Yoga reduces back pain**
- > **93% experienced improved spine flexibility**
- > **86% enjoyed increased energy levels**
- > **89% experienced improved breathing**
- > **89% can now reduce and control stress levels**
- > **81% had greater confidence and self-empowerment**
- > **84% benefitted from enhanced mood**
- > **83% felt emotionally balanced**
- > **91% gained peace of mind by overcoming negative thinking**

Not for profit projects

We founded Dru upon the ideal of giving back to the world. With the help of our volunteers, we support a variety of community projects around the world, such as free medical camps in India and peace education programmes in schools throughout the UK, in Europe and Australia.

Peace education programmes are being widely used in schools across the world—helping teachers in primary and secondary schools to put peace on the agenda. These packages equip young people with invaluable life skills so that they can deal more effectively with opportunities and challenges. The Peace Package was recently extended for teachers working with war-traumatised Syrian children, and in Uganda it is being used with former child soldiers.

In India, free medical camps have so far provided treatment for over 20,000 impoverished villagers, and given back the gift of sight to over 1,600 people.





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 yoga holiday will include mornings of Dru Yoga and Dru Meditation, followed by a delicious lunch, then afternoon guided walks 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 and lakes. You'll also enjoy de-stressing relaxation sessions and optional therapies to help you to relax and re-charge. This holiday is from Friday evening till Monday lunchtime and is suitable for people of good fitness levels. For overseas guests it's an ideal introduction to the beauty of North Wales.

8–11 Apr 2016
29 Apr–3 May 2016
2–5 Sept 2016

£495 shared
£599 single

'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





Yoga retreat

Explore the health benefits of Dru Yoga and at the same time, enjoy a relaxing break in Snowdonia.

If you'd like to have more energy and vitality, resolve your back pain or just feel fitter and less stressed, then this long weekend of Dru Yoga is highly recommended.

June is a beautiful time to come to North Wales, and this 3-day retreat includes Dru Yoga, relaxation and meditation classes, combined with outdoor sessions and a gentle stroll in the beautiful Snowdonia National Park. You'll be taught by world class yoga teacher trainers, and will return home with a spring in your step and a home practice to incorporate the benefits of yoga into your daily routine. This retreat is perfect for those new to Dru Yoga.

3–6 June 2016

£495 shared
£599 single

'A perfect opportunity to find stillness within myself.'

K. G. Accounts controller,
Cheshire

Yoga & dance

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 a 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 participate in at least 3 dynamic dance sessions, so a good level of fitness is required.

29–31 Jan 2016

14–16 Oct 2016

£336 shared
£406 single

'Every aspect of the course was beneficial—delicious, healthy food & non-stop movements making my body feel great, along with spending time with a lovely group of people!'

C.L. PR Executive,
High Wycombe



Youth weekend

A fantastic five days of Dru Yoga, meditation, music and adventure with like-minded young people aged 14-21.

Whether you've done yoga before or not, this is a great way to learn the most powerful stress-busting tools around and have a great holiday at the same time.

There will be meditation sessions to help you feel calm and focused, and Dru Yoga and Dru Dance, which is dynamic and fun. There will be time outdoors for adventures and for walking to lakes and mountains.

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!

22-26 Jul 2016

*early bird shared £380
standard shared £450

'The best weekend of my life so far, no contest!' Maia, aged 16

'I really had the best time with all of you—it's just amazing what kind of feeling this course gives you.'

Celine, aged 19

Yoga, sound & mantra

This weekend is the ideal way to explore the power of sound in beautiful Snowdonia. This course will help you to find your natural voice, whether you think you're a singer or not!

Your voice reflects your unique personality. On this weekend you will discover your own resonant tone and develop a personal practice to help you to find your full vocal power.

You will learn how to improve your listening skills, essential breathing exercises and discover the principles of resonance and sacred sound. You will experience group singing sessions, flowing Dru Yoga and the uplifting power of chanting, as well as a refreshing walk in the countryside—all together an inspiring and relaxing weekend.

26-28 Feb 2016

£336 shared
£406 single

'The perfect way to discover your true voice. And you don't need to be able to sing!'

S.P. Yoga teacher, Chester

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

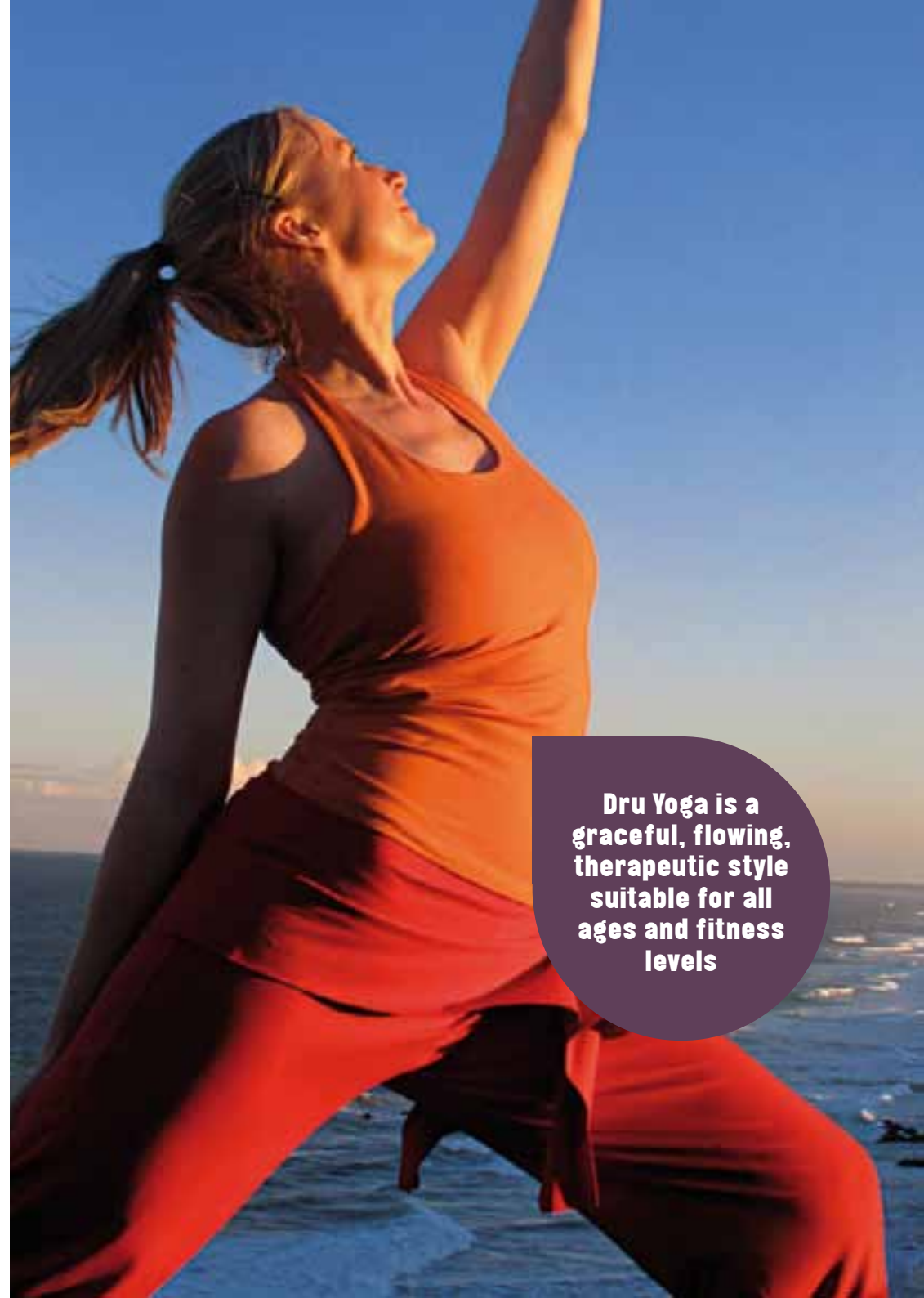
30 June–5 July 2016
or **18–23 August 2016**

Tuition: 5 x monthly payments of £150

MODULE 2

10–15 November 2016

Food/accommodation: £57 per day



Dru Yoga is a graceful, flowing, therapeutic style suitable for all ages and fitness levels



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.

22–24 Apr 2016

£336 shared
£406 single

'Benefits the physical, mental and emotional being'.

L. O. Book keeper, Cheshire

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

T. B. Retired teacher,
Oxfordshire

Algarve yoga & meditation holiday

Join the Dru team for seven days of revitalising yoga and relaxing meditation in the peaceful surroundings of Monte na Luz in Portugal, set on a hillside of olive, carob and almond orchards, with views of the sea and the surrounding countryside.

A wonderful a week of sunshine and flowing Dru Yoga and meditation classes, with plenty of free time to enjoy the swimming pool and local scenery. The magnificent Algarve coast is just 25 minutes away by car, near enough to explore the white sandy beaches every afternoon. Beginners and advanced Dru Yoga and Dru Meditation students are welcome on this yoga holiday. What's included:

- > shared or single accommodation
- > 2 x in-depth yoga and meditation classes most days
- > delicious brunch and gourmet 3 course supper
- > free time to explore the area or just relax by the pool.

2–9 Sept 2016

*early bird shared £745
*early bird single £990

standard shared £845
standard single £1,090

'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 would recommend it to anyone.'

J.S. Optician, Berkshire



‘This is a wonderful way to explore a healthy lifestyle through nutrition and detoxification.’

N. R. USA

Yoga, nutrition and 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 retreat provides the ideal introduction to the ayurvedic retreats.

Blog: KeithonFood.com

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

26–28 Feb 2016

8–10 Jul 2016

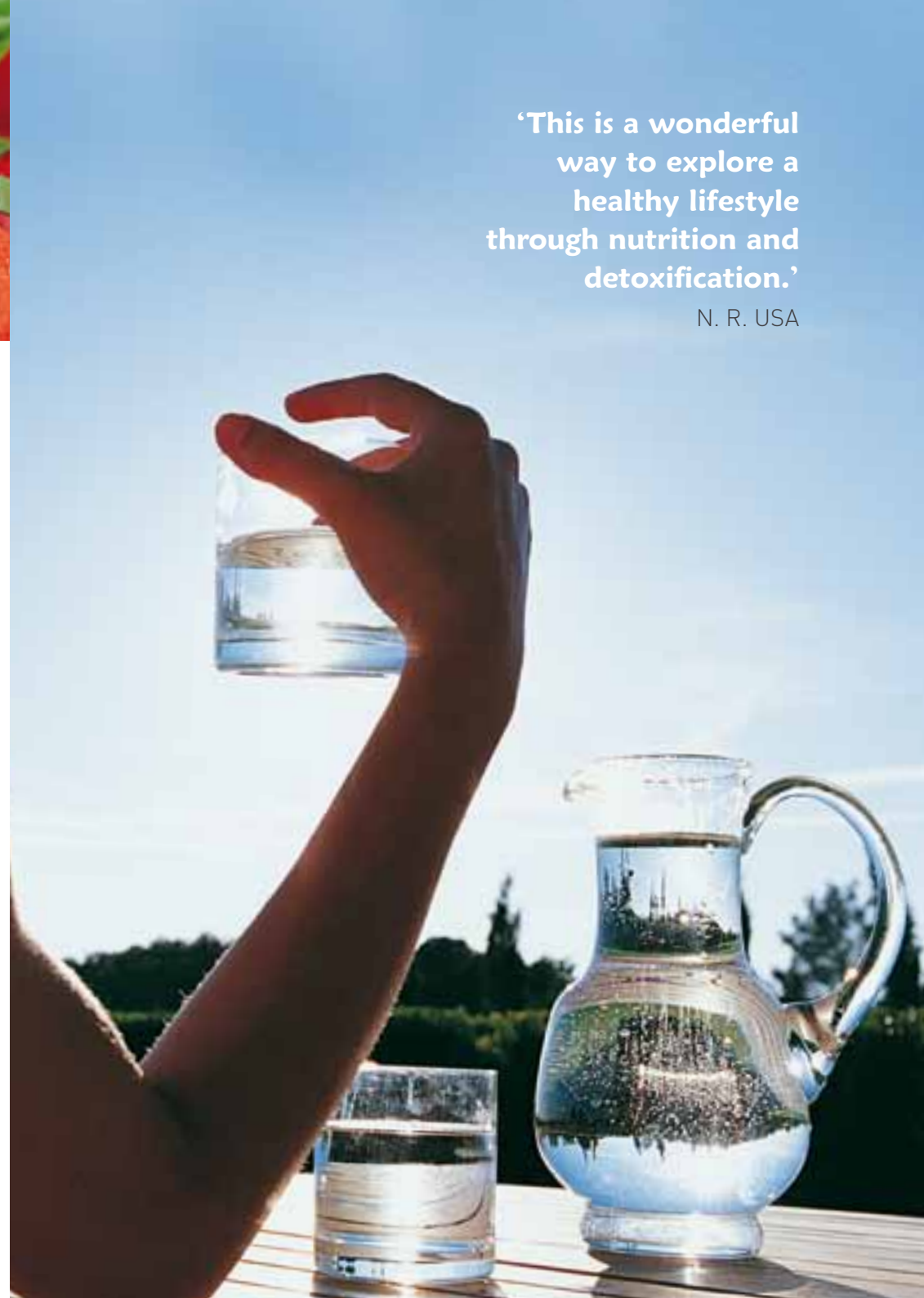
25–27 Nov 2016

£336 shared

£406 single

‘Ever wanted to know how to cook and enjoy tasty & varied vegetarian food? This retreat helps you to be confident with many healthy, vegetarian ingredients in a lovely setting.’ S. M. Wirral

‘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. Shropshire



5 day detox—ama panchana

10–16 Mar 2016

6–12 Oct 2016

5-day £725 shared, £875 single

7-day £1,015 shared, £1,225 single

Welcome to the only ayurvedic ama panchana detox retreat of its kind available in the UK. Achieve better health through the ayurvedic healing programme of ama panchana—a simple detox the ayurvedic way.

According to ayurveda, ama is known as a toxic residue which subdues our digestive fire and clogs up the channels of the body, creating imbalances and eventually leading to disease. In fact, ayurveda believes that ama is the root cause of all disease.

Panchana means 'to digest', and the process of ama panchana is a simple ayurvedic detox programme which works to rekindle the digestive fire to 'burn' up and remove ama from the body.

People who have done the programme say that they feel 'a lot lighter and clearer'.

7-day detox programme

If you would prefer the 7-day programme, which starts on the same day as the 5-day programme, there is the option of a mild purgation and/or enema depending on the imbalance.

To secure your place either book online at druyoga.com, or call 01372 725327 or email london@druworldwide.com.



If you have any of the following signs or symptoms of ama in your body, then it is well worth doing this programme:

- > feeling of heaviness
- > fatigue
- > indigestion
- > bloating, gas, indigestion
- > constipation, sinus congestion
- > generalized aches and pains
- > stiff joints
- > lusterless skin
- > white coating on tongue
- > mental confusion
- > lack of enthusiasm

'I arrived feeling tired, heavy and congested and left feeling enthused, alive and positive.' R. B. Senior
medical writer

'An excellent experience I would recommend for all to try.' B. P. Company owner

'If you value your health and want to learn how to stay healthy throughout your life, then the ama panchana is for you.'

S. P. Yoga and meditation
teacher, Chester



Ayurveda—tailored for you

On this introductory Ayurveda weekend, you will learn how to keep yourself 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 about:

- > the history & philosophy of Ayurveda
- > 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
- > what diet, lifestyle, yoga, meditation and therapies are balancing and rejuvenating for you

12–14 Aug 2016

£336 shared
£406 single

Ayurveda—prepare for menopause

Peri-menopause and menopause can be experienced as a challenging time, including symptoms like hot flushes, night sweats, skin problems, digestive upsets and weight gain, to name a few! Or it can be a time of freedom, growth and wisdom.

This weekend retreat (hosted at our beautiful woodland venue, Yr Ocar) offers a variety of practical tips and natural strategies, treatments and practices from the healing modalities of Ayurveda and Dru Yoga.

You will learn what to do in the approach to, during and after menopause to stay balanced and vibrantly healthy in mind, body and emotions. You will learn how to apply the correct diet for you, as well as lifestyle, herbal formulas and therapies, yoga, meditation, pranayama and relaxations to help you make this one of the most powerful and exciting times of your life.

2–4 Sept 2016

£336 shared
£406 single

'Leaving much calmer and peaceful with a better attitude to life. I hope to keep up when back home.'

M.R. Teacher, Yorkshire



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 postures 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 walks in glorious Snowdonia—the perfect weekend for restoring your inner calm.

If you are interested in the Dru Meditation Teacher Training Course, then this is also the ideal preparation.

19–21 Feb 2016

£336 shared
£406 single

'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

Meditation & walking

This retreat combines Dru Meditation with walks in Snowdonia National Park, where you'll find an awareful way of enjoying the beautiful mountains of North Wales.

The timetable will include meditation and yoga sessions, with a longer walk of 2-3 hours on Saturday which will take you to the hills, forests, waterfalls and lakes in Snowdonia, or to the coast of Anglesey, weather permitting.

It's a fantastic way of learning the stress-reducing benefits of meditation in beautiful surroundings. If you are interested in the Dru Meditation Teacher Training Course, then this is also an ideal preparation.

**7–10 Aug 2016
23–26 Sept 2016**

£495 shared
£599 single

'I feel totally refreshed and energized and hope it will continue. The content is accessible to anyone with an interest in meditation.'

A.E. Retired radiographer,
Merseyside

Dru Meditation Foundation Course

Deepen your experience of meditation over two five-day retreats 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, if the weather allows! This course also leads onto the third module of the Dru Meditation Training Course, should you decide to continue your practice.

MODULE 1

3–8 November 2016

MODULE 2

to be confirmed

Tuition: 4 x monthly payments of £125 + 1 payment of £110

Food/accommodation:
£59 per day

Through Dru Meditation's many powerful techniques, you will learn to access a deep inner peace.





Bhagavad Gita & meditation

The Bhagavad Gita (a timeless manual for successful living and spiritual realisation) contains a detailed set of instructions for overcoming adversity and reaching our fullest 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.

4-8 Dec 2015

1-5 Dec 2016

£550 shared

£650 single





About the Dru Centre

Join us at the Dru Centre, Snowdonia Mountain Lodge. With its spectacular panoramic views, situated in the beautiful Nant Ffrancon valley in Snowdonia National Park, it's 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, 8 miles from Bangor and 3½ hours' direct train ride from London—yet a world away from the hustle and bustle of city life.

'The possibility of tapping into your heart centre and opening up to something higher in yourself so life can really happen. Very relaxing, de-stressing experience. Lovely to be with like-minded yogis. Thank you.'

J. B. Yoga teacher, Tasmania



I'm a yoga beginner... Is that OK?

Absolutely yes! All of the retreats in this brochure are 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's delicious vegetarian cuisine, tasty and healthy, and complements the courses perfectly. We also cater for vegan and other special diets, such as gluten-free etc. Let us know when you book.



What's a typical retreat timetable?

Friday

5pm	Arrival
6.45pm	Delicious supper
8pm	Welcome, stretch and relax, overview of the weekend

Saturday

8-9am	Breakfast
9.30-11am	Dru Yoga—activation, EBR and Prana Kriya session
11-11.30am	Tea break
11.30-1.15pm	Dru Meditation for inner calm
1.15-2.30pm	Lunch
2.30-4.30pm	Walk with meditation in Snowdonia National Park
4.30-5pm	Tea break
5-5.30pm	Dru Dance or Dru Yoga session
5.30-6.45pm	Deep relaxation to relieve stress
6.45pm	Evening meal
7.30-9.30pm	Relax, book a personal mentoring or nurturing therapy

Sunday

7.30-8.45am	Dru Yoga and Dru Meditation
8.45-10am	Breakfast
10.15-12.15pm	Dru Yoga for vitality
12.30-1.15pm	Creating a home practice and conclusion
1.15pm	Lunch
2.30pm	Depart

Timetables vary according to retreat theme and group's needs

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 also provides the perfect environment to browse, 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 of the yoga and meditation classes for a nominal charge.
- 2 Dru Online** We offer hundreds of high quality online classes at the press of a button—in the comfort of your own home. Enjoy ready-made yoga and meditation classes with expert teachers. Whatever your age, ability or health condition, there is something for you. What's more, you can start off with 2 months free membership!

Visit druyogaonline.com

'Stay extra nights' special

Come early. Stay later.

Don't rush off travelling straight after your relaxing retreat. Extend the 'feel-good' retreat experience to allow the benefits to stay with you longer. Our offer includes a free buffet lunch and free entry to any open yoga classes taught by our resident experts.

We invite you to stay extra nights either side of your retreat.

Take time to:

- > relax and enjoy the ambience and beauty of Snowdonia. Explore the nearby mountains, lakes and forests and visit the award-winning beaches on nearby Anglesey
- > meet and network with like-minded people from all over the world
- > treat yourself to nurturing therapies and mentorings
- > £30 shared/£44 single per person, per night
Lunch is free!

Please check room availability before you make your travel plans. Email info@snowdoniamountainlodge.com, quote 'retreat-B&B offer' and say which retreat you are on.





BOOKING We recommend you book early to avoid disappointment, with a non-refundable deposit of £100 to confirm your booking. Six weeks before your course, you will receive an email with travel details and other essential information.

PAYMENT You may pay online, by credit card, sterling cash, bank transfer or cheque. Please complete your payment at least four weeks before the start of your course. All bookings made less than four weeks before a course starts require full payment.

CANCELLATION If your cancellation is received by us, in writing, more than 28 days before the start of the course, you will receive a full refund of the paid balance, minus the non-refundable deposit.

For cancellations received between 28 and 21 days before the start date, we will refund 75% of the paid balance.

For cancellations received between 21 and 14 days, we will refund 50% of the paid balance. Unfortunately we cannot give a refund for cancellations made less than 14 days before a course.

T&Cs All information included in any of our publicity is correct at the time of going to print and is subject to change. Whilst every effort is made to provide the programmes and services as advertised, we do not accept liability for any changes we may have to make. All dates, prices, programmes and specified tutors are subject to change without prior notice. Please note that by booking on a retreat, you agree to these terms and conditions.



First name Date of birth

Surname Occupation

Address Tel (work)

..... Tel (home)

Post code Mobile

Email Male Female

RETREAT

Retreat name

Retreat date Retreat cost

EXTRA NIGHTS Please check whether these dates are available:

Extra night 1 (date)	Extra night 2 (date)	Extra night 3 (date)	Extra night 4 (date)
.....

How did you hear about this retreat?

PAYMENT To confirm my booking(s) I enclose a total payment of £

I enclose a sterling cheque/postal order payable to Dru (UK)
Overseas participants, please pay in £ sterling by banker's draft or cheque on a UK bank.

Credit /Debit Card: I authorise Dru (UK) to debit my

VISA MASTERCARD OTHER

CARD NUMBER

Expiry date / Security Number Issue Number

(last 3 numbers on signature strip)

Electronic Bank Transfer Please note that you must pay all bank charges.

Bank details Lloyds TSB Bank plc, 268 High Street, Bangor, North Wales, UK.
Account name: Dru (UK) Account no. 00666964 Sort code: 30-90-43

Overseas Customers IBAN code: GB05LOYD30904300666964 & BIC code: LOYDGB 21339

4-8 Dec '15 Gita & meditation

7-10 Aug Meditation & walking

2016

29-31 Jan '16 Yoga & dance

12-14 Aug Ayurveda—tailored for you

19-21 Feb Meditation retreat

2-5 Sept Yoga & walking

26-28 Feb Yoga, sound & mantra

2-4 Sept Ayurveda for menopause

26-28 Feb Yoga, detox & nutrition

23-26 Sept Meditation & walking

10-16 Mar Ayurvedic 5-day detox

6-12 Oct Ayurvedic 5-day detox

8-11 Apr Yoga and walking

14-16 Oct Yoga & dance

22-24 Apr Yoga & mudra

25-27 Nov Yoga, detox & nutrition

29 Apr-3 May Yoga & walking

1-5 Dec Gita & meditation

3-6 Jun Yoga retreat

8-10 Jul Yoga, detox & nutrition

22-26 Jul Youth weekend



01248 602900

druyoga.com

hello@druworldwide.com

