

# **Dru Yoga and Wellbeing Weekend Programme**

**Please note that workshops may be subject to change  
without prior notice.**



## **Saturday 30<sup>th</sup> October**

9.00 Registration and refreshments

10.00 Welcome plenary

11.00 Refreshments

11.30 Workshop Session 1

- New to Dru
- Dru Power Yoga
- The Magical World of  
Koshas

1.00 Lunch

2.00 Mentoring sessions

Optional sessions:  
Relaxation  
Dru yoga

3.00 Refreshments

3.30 Workshop Session 2

- Dru Yoga Dance
- The Yoga of Relationships
- Beyond Time and Space

5.00 End of workshops

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7.30 Celebration Evening

## **Sunday 31<sup>st</sup> October**

9.00 Registration and refreshments

10.00 Workshop Session 3

- Balance Your Chakras for  
Success
- Dru Yoga Dance
- Beyond Space and Time

11.30 Refreshments

12.00 Keynote presentation

1.30 Lunch

2.30 Mentoring sessions

Optional sessions:  
Relaxation  
Dru yoga

3.30 Refreshments

4.00 Workshop Session 4

- Creative Dru Flow
- Your Power is in Your  
Hands
- Dru Yoga Therapy

5.30 Final plenary

6.00 Finish

Final mentoring sessions

## **Dru Yoga and Wellbeing Weekend Mentoring**



### **Think positive and get results**

**Nan Marshall**

**£30/30 min and £60/60 min**

One of the main principles of Dru yoga is that energy follows thought. In this session Nan will give you Dru yoga, mudra and breathing techs to help you determine where negative thought patterns are draining you or holding you back from your inner freedom and outer success.

Learn ways to substitute these with positive thoughts to enhance your confidence, clarity and get the results you want.

Nan's intuitive knowledge and extensive experience – delivered with great enthusiasm and energy! – will give you the programme you need to make deep and lasting changes.

### **The Yoga of Spiritual Practice**

**John Jones**

**£30/30 min and £60/60 min**

A spiritual practice is our personal journey inwards beyond our five senses, mind and intellect to experience inner awareness and our greatest potential.

What is your personal practice at the start your day? How do you decant at the end of your day before enjoying a refreshing sleep? What are the specific elements of an effective and successful practice?

John will help answer these, and many more questions with his extensive and profound knowledge on the science of personal spiritual practice. Drawing from more than 30 years of experience, John will enable you to:

- establish and develop your personal practice
- use yoga and inner work in a practical and step-by-step way to enhance this
- help develop your power through the use of mantra, yantra and symbolism.

This is a rare opportunity to tap into John's insight and experience, and is not to be missed.

### **Live Long and Prosper – The Secrets Mr Spock *Didn't* Mention!**

**Chandra Goswami**

**£30/30 min and £60/60 min**

Wake up each morning with energy, direction and passion for your life! You don't have to boldly go where no-one has been before. Nor do you have to reach the final frontier.

Try this session instead, where Chandra will help you discover and achieve simple ways to:

- Increase your physical energy and stamina
- Direct your emotional energy to overcome unhelpful habits
- Keep your clarity and focus in reaching goals
- Identify your talents and know how to use them
- Create your personal action plan for success.

"You are capable of designing your own destiny. The question is which path will you choose?"  
(*Spock's father to his son*).

## **Activate Your Abundance Kosha!**

**Chandra Goswami**

**£30/30 min and £60/60 min**

The koshas are the five main layers of our being. These relate to our body, energy, thoughts, emotions and our connection with all around us.

Chandra will help you identify

- thoughts that are energy-depleting and energy-giving
- emotions that sap or enhance your self-confidence
- actions that create a more fulfilled sense of self.

Understand your personal kosha picture and use movement and meditation techniques to produce greater abundance, purpose and joy in your life.

## **Voice Projection: Harnessing your Innate Strength:**

**Susan Kulas**

**£60/60 mins**

'The power of sound, the power of music, the power of vowels and the power of speech are the great creative forces of the universe.' – Thomas Ashley Farrand

Your voice is both a powerful tool for transformation and the innate expression of who you are.

Options

1: Bring joy ease and harmony into everyday communication. Including accessing your natural expression

OR

2: Identify your natural tone to increase and strengthen your vocal range.

You will be invited to prepare for this appointment through completing a pre-appointment questionnaire

Option for follow up appointments

## **Therapeutic Dru Yoga for a Balanced Life:**

**Susan Kulas**

**£45/45mins**

Identify 15-30 minute personal therapeutic program

- Ease stress
- Improve focus
- Make balanced choices

You will be invited to prepare for this appointment through completing a pre-appointment questionnaire to identify areas of need.

Option for follow up appointments.

## **Dru Yoga Dance 1:1**

## **Susan Kulas**

**£35**

Assess and refine your current practice for teachers and practitioners

## **Chakra Balancing to Unlock Your Potential**

**Louise Rowan**

**£30/30 min and £60/60 min**

Louise Rowan is an international yoga expert with twenty years experience, having taught yoga, yoga philosophy and meditation worldwide. Well known for her practical application of yogic principles, Louise specialises in chakra analysis and will help you to see which chakra(s) has the least energy, and which contain your greatest potential. She will then show you how to create the way to perfect strength and balance.

- Receive an accurate measurement for how balanced your chakras are.
- Find out where the strengths and weaknesses are in your chakras and which ones may be losing energy.
- Energise, strengthen and empower your chakras with an individualised personal program.

## **Take Your Passion and Make it Happen!**

**Louise Rowan**

**£30/30 min and £60/60 min**

Wish you had the willpower to

- Lose weight
- Stop smoking
- Do your daily yoga practice
- Get up earlier
- Stop losing your temper
- Stand up to others

There is a way – you can do it!

Book a session with Louise and you'll come away with the techniques and your personal strategy for success!

- Establish clear & achievable goals within your area of choice
- Identify what is stopping you from achieving them
- Discover what would happen if you did achieve them
- Draw up a daily action plan for success!

You only live this life once, so go for it!