



Dru Yoga and Meditation Retreat

Watamu Treehouse

8 days of Dru Yoga & Meditation on the beach at Watamu Treehouse
Two retreats: You can join either one or do both together!

18th – 21st February 2018: Dru Retreat

22nd – 25th February 2018: Dru Detox Retreat

About the Retreats

The Dru Retreat harmonizes body heart and mind with Dru Meditation and the gentle flowing movements of Dru Yoga, suitable for all ages and fitness levels. The unique setting of Watamu Treehouse allows you to be in touch with the 5 elements of earth, water, fire, air and space – and be touched by them. Completely relax and recharge during this retreat.

The Detox retreat is about releasing anything you no longer need in your life and balancing. The detox and purification works on 4 levels:

- Physically – let your body enjoy yoga sessions, massage therapy, warm healing waters and nutrient rich fresh healthy food
- Emotionally – let go of attachments, desires, and emotional patterns
- Mentally – clear your thoughts and transform to free thinking
- Spiritually – all souls are yearning for inner peace. Nourish yours!

The retreats offer:

- Two yoga / meditation sessions per day
 - Joyful activities in Nature including walks, swims, floats, stand-up paddleboarding
 - Unique Treehouse accommodation
 - Fresh, healthy, nutritious and delicious food
 - Guided relaxations daily
 - Working with the elements and chakras
 - Complementary massage
- **The Detox retreat includes:**
 - Yoga Detox Sequence & Inner Alignment Sequence
 - Meditations, detox mudras & breathing to clear your emotions, mind and be still
 - Liver detox session
 - Guided relaxations to let go of what is not currently serving you
 - Yantra painting for releasing old patterns
 - Special Detox menu to allow your system to rest and rejuvenate
 - Dru Detox Series and Mudra Sequence as a movie download for your home practice



RETREAT COSTS

Full package: 2 retreats and 1 day in-between: 1295 euro per person sharing for 8 day / 7 night full-board accommodation, food, yoga, activities, complementary massage, Malindi transfers
Early bird: 1195 euro if paid by 1st August 2017 or Pay in Instalments:
145 euro to reserve place, 500 euro by 1st October and 650 euro by 1st January 2018

One retreat: 595 euro per person sharing for 4 day / 3 night for full-board accommodation, food, yoga, activities, complementary massage, Malindi transfers
Early bird: 545 euro if paid by 1st August 2017 or Pay in instalments:
95 euro to reserve place, 250 euro by 1st October and 250 euro by 1st January 2018

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