



**Positive health
Positive
wellbeing
Positively Dru**

dru

DRU YOGA FOR BUSY LIVES

From stress to success

2 days of empowering Dru Yoga in Bunbury

Saturday 30th April & Sunday 1st May

0409 955 575
www.dru.com.au

Led by International Dru Tutor
Andrew Wells
Director of Dru Yoga in Australia



YOGA

Sat 30th April & Sun 1st May 2011

Koombana Bay Sailing Club, Anchorage Cove, Koombana Drive, Bunbury

Saturday 30 April The ultimate de-stress!

- > Discover Dru Yoga's fast and easy-to-use techniques for relaxing, soothing the mind and balancing emotions.
- > Explore your three base power centres in yoga (the chakras) to create the life you want.
- > Turn stresses into opportunities in three vital areas of your life—abundance, relationships and manifesting your goals.

Sunday 1 May Dru in depth

- > Use Dru's in-depth body-mind yoga techniques to help you transform your mind or emotions into any positive state you'd like!
- > Activate your heart power, discern the best paths forward and be more in line with your own life's purpose.

Both days \$ 210

Saturday 10 am to 6 pm \$135

Sunday 10 am to 4.30 pm \$115

Morning and afternoon teas provided

Lunch—buy at local shops or BYO

Registration from 9.30 am both days

Concessions available

Both days are suitable for advanced and beginners

- > YTAA and Dru CPD hours available

Bring your water bottle, yoga mat, rug, cushion

Dru Yoga books & CDs available for home study

Dru Australia, 4 Pandanus Street, Fisher ACT 2611 T 02 6161 1462 www.dru.com.au ABN 29 087 206 942

BODY & MIND

HEALTH & NUTRITION

PRODUCTS

NOT FOR PROFIT PROJECTS



PAYMENT FORM

Name Phone

Email Mobile

Address

Total amount

I enclose a cheque/money order made out to Dru Australia

I authorise Dru Australia to debit my credit card

Signature

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please circle

Mastercard

Visacard

Card holder's name Expiry date

Return form to: Sarah Collin, PO Box 4254, Croydon Hills, Vic 3136 Ph: 0409 955 575