

dru

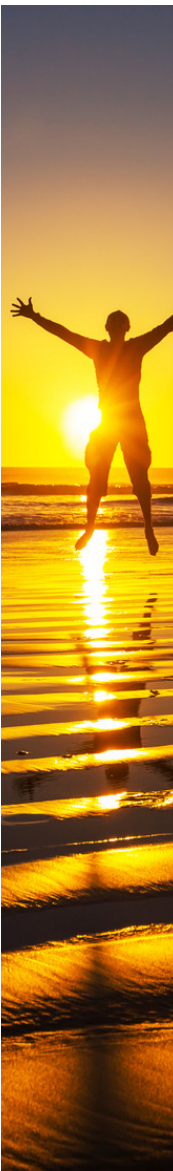
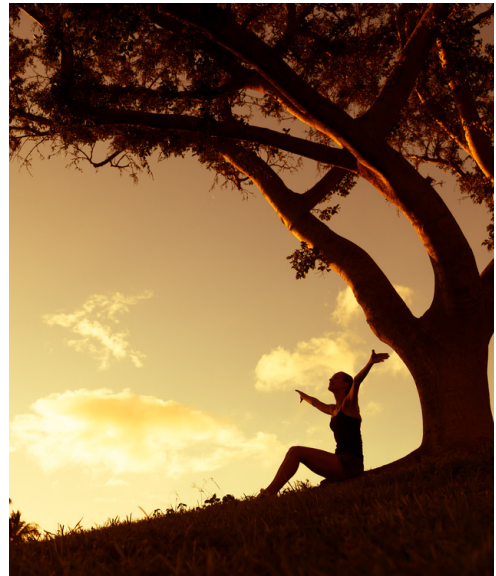
WELCOME TO
THE 5 DAY
SPIRITUALITY
OF MEDITATION
CHALLENGE

AWAKEN YOUR INNER TEACHER

5-DAY MEDITATION CHALLENGE

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ANNAMAYA KOSHA
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PRANAMAYA KOSHA
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MANOMAYA KOSHA
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VIJNANAMAYA KOSHA
- 05** Working with the blissful body
ANANDAMAYA KOSHA



This 5-day meditation challenge is designed to harness the science of meditation in a systematic way. We will be entering into meditation using the 5 layers of being known as the koshas.

Dru Meditation draws on thousands of years of yogic wisdom to help you discover stillness, no matter how busy you are. It takes you deeply into the science of meditation, showing you how to bring your awareness from the physical body onward, through the deepest layers of your being.

Dru Meditation uniquely focuses on the five koshas-the different levels through which we experience the world.

DAY ONE - ANNAMAYA KOSHA

MY JOURNAL

DURING THE DAY

Pause a couple of times during the day and be aware of your body. Do a scan from head to foot and ask your body wisdom what would nourish your body. Your body wisdom is your inner teacher giving you advice at a physical level. Send it some gratitude!

DAY TWO - PRANAMAYA KOSHA

MY JOURNAL

DURING THE DAY

Pause a few times during the day, and ask your body wisdom how to improve your breathing. Be aware of your breath - do you need to breathe slower or faster?

You might like to feel as if the tides of the universe are helping you to breathe in exactly the way that will most suit your needs.

Or perhaps you could breathe in as deeply as feels comfortable and then on an outbreath let go of any feelings or thoughts that aren't helpful.

How am I feeling because of my breath?

DAY THREE - MANOMAYA KOSHA

MY JOURNAL

DURING THE DAY

Pause a few times and listen to your breath for a few moments. Let it flow with the So Ham awareness - "I am That". Ask your inner wisdom, 'What can I do now to empower myself or the people around me?'

How does your motivation change if you start doing this?

DAY FOUR - VIGNAANAMAYA KOSHA

MY JOURNAL

DURING THE DAY

Every now and then check-in with yourself. How are my thoughts right now? Ask, 'What can I do to elevate my thoughts and connect with my inner teacher?'

Spend a few breaths in silent gratitude to your inner teacher.

DAY FIVE - ANANDAMAYA KOSHA

MY JOURNAL

DURING THE DAY

A few times during the day ask yourself, "What could I bring more joy to my life?" A quiet cup of coffee, watching the birds fly by... saying something incredible to a friend, creating a magic moment?

Let your inner teacher give you an answer.

LIKE WHAT YOU
HAVE EXPERIENCED?



TAKE THE NEXT STEP


EXPLORE MEDITATION MASTERY

Right now, the world needs empowered people with strong minds who can be pillars of support in society. It is easy to achieve this, given the right training. And it's one of the greatest gifts you can give to yourself and to the world.



EXPLORE IT HERE

[HTTPS://DRUYOGA.COM/MEDITATION-MASTERY-COURSE](https://druyoga.com/meditation-mastery-course)

The background of the entire page is a sunset over the ocean. Two silhouettes of people are jumping joyfully, their arms raised in the air. The text is overlaid on this background.

**YOUR NEXT STEP
COULD BE TO
MASTER
MEDITATION IN A
WHOLE NEW WAY**

**THE MEDITATION MASTERY COURSE
SHOWS YOU HOW TO BECOME A
REMARKABLE MEDITATOR, AND THEN GO
ON TO SHARE MEDITATION WITH
STUDENTS, CLIENTS, FRIENDS.**