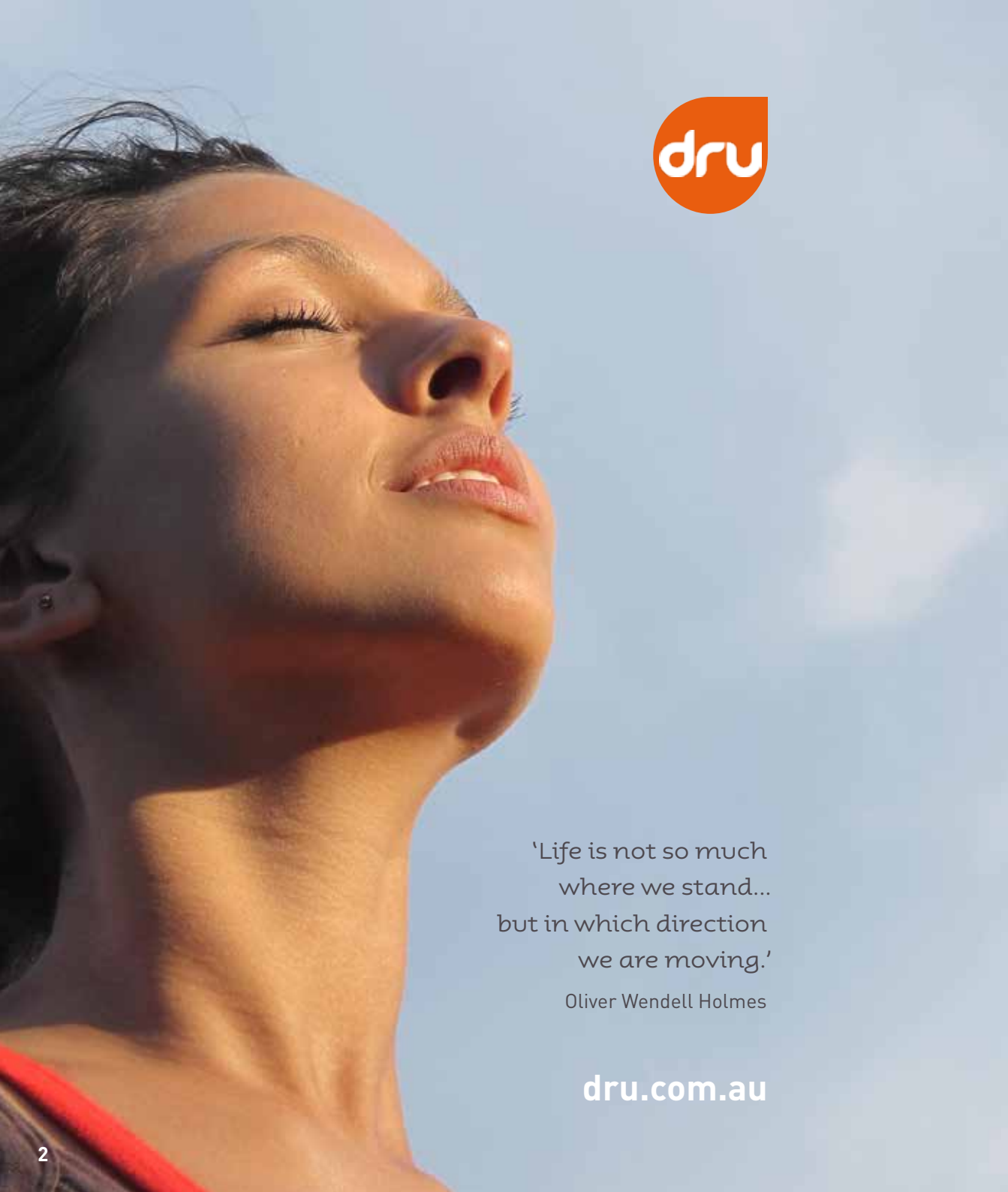




COURSES

yoga training
meditation training
yoga therapy training
post graduate courses
online training support
online classes
sound course
yoga dance





'Life is not so much
where we stand...
but in which direction
we are moving.'

Oliver Wendell Holmes

dru.com.au

ABOUT DRU YOGA	4
DRU YOGA—7 KEYS	6
DRU YOGA TEACHER TRAINING	8
DYTT frequently asked questions	12
Online training support	14
DRU MEDITATION—3 STAGES	16
DRU MEDITATION TEACHER TRAINING	18
DMTT frequently asked questions	22
DRU POST GRADUATE TRAINING	24
DRU YOGA THERAPY DIPLOMA	24
POST GRADUATE MASTERY COURSE	28
DRU DANCE TEACHER TRAINING	29
DRU KIDS & TEENS	30
DRU ONLINE	32
GITA ONLINE COURSE	32
MEDITATION ONLINE COURSE	32
DRU YOGA ONLINE	33
DRU SOUND	34
POWER OF YOUR DREAMS ONLINE	36
Contact details	38
Testimonials	39



About Dru Yoga

Dru Yoga is a graceful and potent form of yoga, based on flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, it works on body, mind and spirit—improving strength and flexibility, creating core stability, building a heightened feeling of positivity, and rejuvenating your whole being.

Dru works for everybody, from young to old and from all walks of life. It's a style of yoga that can be quickly dipped into or learned in more depth over a lifetime.

Dru's increasing popularity is due to its effectiveness at relieving the enormous pressures and stresses of modern life. In three separate research studies published in scientific journals, Dru Yoga has been found to reduce stress and back pain, improve wellbeing and prevent injuries. As a result, Dru is now being integrated into schools, hospitals, businesses, government agencies and professional sports.

1 living with purpose

With yoga and meditation at our core, we're an honest, energetic and fresh-thinking organisation eager to inspire a naturally healthier way of living. Dru has grown to become one of the largest yoga organisations in Australia and the UK. We give people the tools to transform themselves.

2 working together

Since our birth as an organisation almost four decades ago, when a small group of university students came together to make a difference in the world, we have grown internationally into a dedicated team of hundreds of Dru teachers and thousands of volunteers. We believe that together we can make a difference to the world.

3 giving back

We founded Dru on the idea of giving back to the world, and this continues to be an ideal that burns brightly in us today. With the help of our volunteers we support a variety of global not-for-profit projects, such as free medical camps in India and peace education programs in schools throughout Europe and Australia.

4 positive health

Here at Dru we're passionate about positive health and wellbeing. With Dru techniques in yoga, pranayama, meditation, yoga therapy, relaxation, sound, mudra, mantra and more, you can reclaim your health and energy, and be empowered to live the life you want.



1 flow

Aim to create a continuous flow of movement and breath during each stage of your Dru Yoga practice. This will help you release your latent energy more quickly and more completely.

2 the breath

You will discover how to use your breath to direct your awareness to specific parts of your body in order to heal or energise yourself and to release tightness and pain. The general principle is to breathe in with upward movements, and breathe out as you lower down. Breathe in by filling your lungs from the base to the top and breathe out by emptying your lungs from the base to the top.

3 soft joints

Keep your joints strong, yet relaxed and flexible during movement. When you raise or lower your arms, your shoulders and elbows remain relaxed with hands held slightly forward so they are within your peripheral vision. When standing, your legs are strong and your knees remain 'soft' not locked.

4 core stability

Muscles have a primary function either to create stability (stabilisers) or to help generate movement (mobilisers). When these two kinds of muscles function correctly, there is harmony—but if one type becomes weak the other has to compensate.

In Dru Yoga, muscle balance is improved naturally. The emphasis on flowing movements in a wide variety of positions strengthens the postural muscles and gives the main movement muscles a full stretch. In particular, the major core muscles which stabilise and strengthen the spine—pelvic floor, transversus abdominis and lumbar multifidus—are activated when the movements are practised with a gentle contraction of the lower abdomen. This helps develop good posture and greatly improves spinal alignment.

5 spinal wave

Life and vitality are brought to the spine by the natural wave-like movements created from the base to the top of the spine when we move and breathe correctly.

These movements also encourage the free flow of cerebrospinal fluid and other body secretions. Muscles receive their instructions from the brain via the spinal cord. Therefore it is vital to maintain a healthy, flexible and strong spine through this natural wave-like movement.



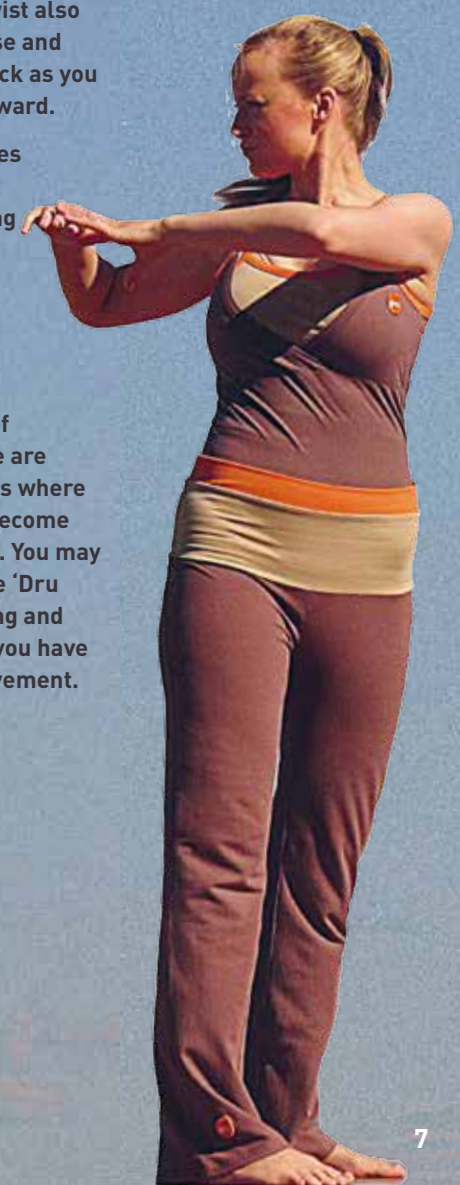
6 spinal twist

Twisting movements always start from the base of the spine, flowing upwards into the neck so that the head turns last. Reversing the twist also begins at the base and flows into the neck as you come to look forward.

Twisting increases blood flow to the spine—increasing spinal flexibility and mobility.

7 Dru points

Within the flow of movement, there are points of stillness where the energy can become powerful for you. You may experience these 'Dru still points' during and especially after you have completed a movement.





DYTT—Dru Yoga Teacher Training course

Choosing the right yoga school to train with is a big decision and will shape your entire career as a yoga teacher. Since 1987 we have trained thousands of Dru Yoga teachers world wide, with many hundreds currently in training.

The DYTT course is designed for:

- > **yoga newcomers** who want a more confident personal practice
- > **yoga students** who want to explore Dru in more depth
- > **yoga practitioners** who want to learn to teach
- > **yoga teachers** from other schools who want to experience Dru's unique style.

'Having practised yoga on and off for a couple of decades, I am astounded by the richness of the Dru Yoga Teacher Training course. It has helped me establish a daily practice—and as a result more depth has arisen in my life. I am more joyful, peaceful and at ease in the world.'

LG, national charity manager



The Dru Yoga Teacher Training course is registered with Yoga Australia and affiliated with the International Yoga Teachers Association (IYTA), so you can be confident that your training...

- > includes a comprehensive, **in-depth** syllabus
- > provides clear, easy-to-follow **illustrated manuals**
- > is taught by top **international tutors**
- > receives **recognition** from both national and international yoga organisations
- > leads to membership of a vibrant **global network** of Dru teachers and a connection with like-minded friends
- > includes Dru online resources to support your learning and teaching

The course is a 500 hour training program structured over 3 years

- > usually consisting of **9 x 4-day modules** or **6 weekends per year**
- > allowing you to start **teaching** halfway through the course, after passing the interim assessment
- > providing a **flexible course structure** (miss a day or module and catch up elsewhere)
- > offering a variety of **payment plans**

How is the course arranged?

During the first half of this experiential course you will learn the foundations of Dru Yoga—essential principles, postures, sequences, pranayama, meditation, anatomy and physiology, communication and teaching skills. In the second half you will refine your understanding and learn how to develop and teach therapeutic programs.

What about home study?

There are four written assignments—a project about the spine, a chakra project, lesson planning and a yoga philosophy assignment, plus ongoing written reflective journal sheets. You will also have two practical teaching assessments.

When can I start to earn an income from teaching?

After you pass your interim assessment half way through the course, you can begin to offer classes as a Dru student teacher. If you gather a group of 6 friends together at home every week, and ask them to pay \$15 each, you could earn enough to cover most of your course fees.

Are there payment options?

There are a variety of options available. Call the Dru Office on 02 6161 1462 for details. Some students pay for the whole course in advance—most pay quarterly or monthly during their training.

What if I want to do the course just for my own personal development?

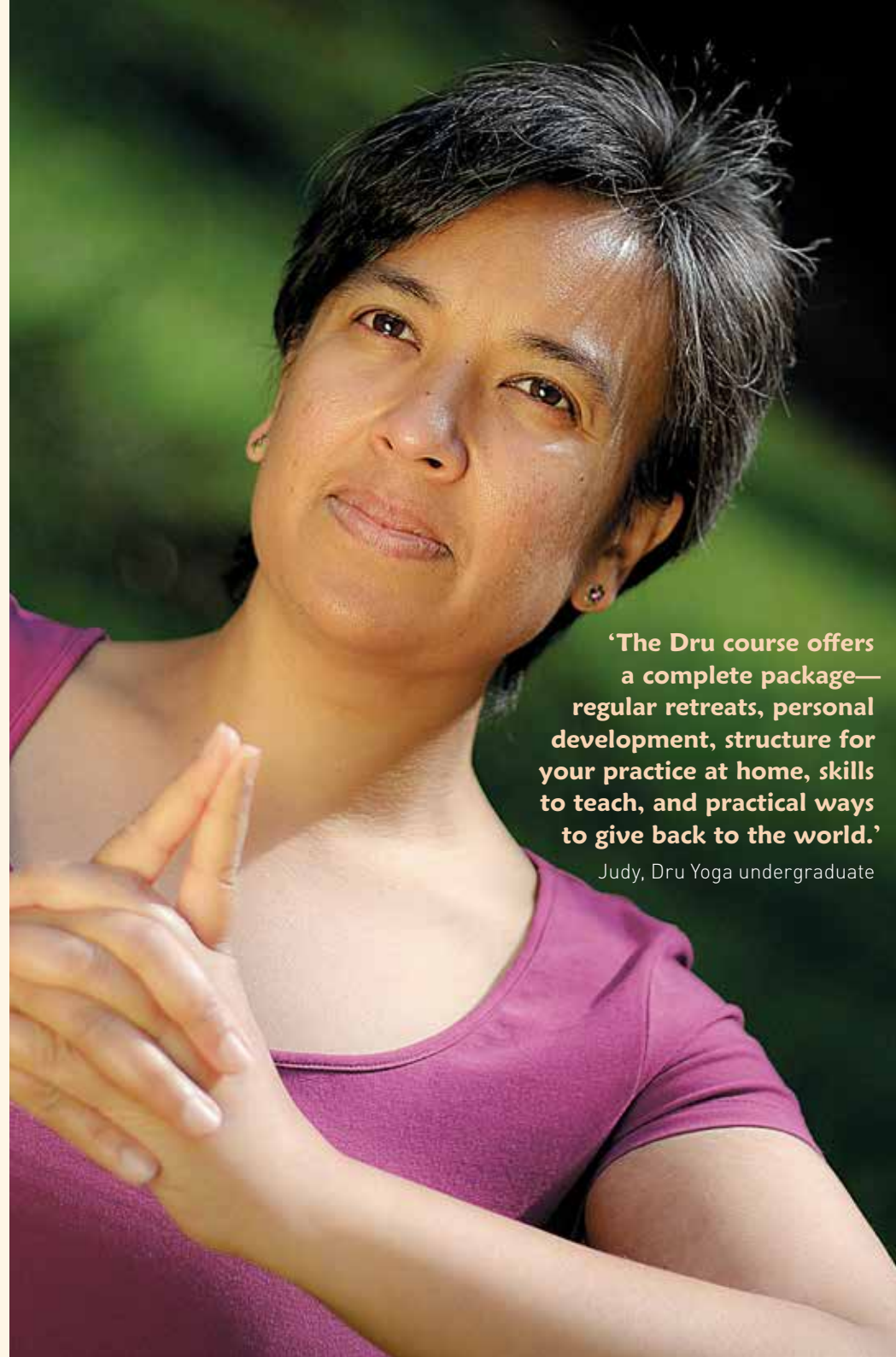
About one third of our students do the course for their own personal growth, benefiting from Dru's deep insights into the body-mind system. Here are some examples of what you will learn:

- > safe practice of classical yoga postures and Dru Energy Block Release sequences that mobilise and strengthen your body
- > techniques that effortlessly transform unhelpful emotions and thoughts into positive states of awareness
- > meditation, deep relaxation, breath work (pranayama) and mudras

What happens if I miss some course days?

We are an international school and our syllabus is standard throughout the world. If you miss sessions you can catch up in two ways:

- 1 **locally** in a one-to-one or group session (at tutor's discretion—includes an additional cost)
- 2 **by visiting a Dru Yoga course elsewhere** (no extra tuition charged) when that part of the course is being taught, either within Australasia or overseas in the UK.



‘The Dru course offers a complete package—regular retreats, personal development, structure for your practice at home, skills to teach, and practical ways to give back to the world.’

Judy, Dru Yoga undergraduate

Course manuals

We provide 16 well-crafted, fully illustrated, detailed course manuals to assist your home learning process. They will become invaluable resources, both during the course and in your life as a practising Dru Yoga teacher.

When do I qualify as a Dru Yoga teacher?

Once you've attended all the course days, completed the necessary assignments and course payments and passed the final teaching assessments.

DPN— Dru Professional Network

The DPN is the global professional body for qualified Dru Yoga teachers and student teachers. Membership offers a wide range of benefits including:

- > substantial savings on professional yoga teacher's insurance
- > class listing on *Australian Yoga Life* website—one of Australia's most popular listings of yoga teachers
- > 10% discount on all Dru branded products and stock
- > 30% discount on bulk orders of Dru branded products (over \$150)
- > access to our dedicated team of tutors for ongoing support
- > a referral service from the national Dru office and druyoga.com/au. We'll recommend you when people enquire about classes in your area.

Online training support

We provide extra online support resources free for all DYT students, to aid their learning and increase their confidence in teaching.

This **Dru Star Lounge** knowledge hub is a component of the **Dru Online Studio**.

With Dru Online Studio you can explore hundreds of classes on yoga, meditation, ayurveda, cookery, vedic astrology, kirtan, nutrition and more. Our classes are suitable for all fitness levels, ability, age and experience.

Dru Online Studio also provides examples of: class structures; timings for the different aspects of a Dru class; teaching effectively with and without using a demonstrator; use of kosha language and vocabulary; instructions for 100s of postures and Dru sequences, body preps, relaxations and guided meditations; presenting health considerations, safety guidance and modifications.

Learn from experienced international Dru teachers.

There are also specialised topics such as using different themes for your classes, working with mudras, yoga for back care, core stability, Dru Dance, weight management, prenatal yoga and so much more!

Visit druyogaonline.com

Dru Star Lounge an in-depth knowledge hub

Online support within the Dru Online studio, exclusively for Dru Yoga students and graduates...

- > in-depth specialised topics presented by our renowned world class experts including Chris Barrington, Annie Jones, Louise Rowan, Lalita Doerstel, Anita Goswami, Rita Goswami, John Jones, Patricia Brown, Janet Scharbow and many more
- > multimedia material and lecture style sessions from the DYT course allowing you to deepen and anchor your knowledge at any time
- > exclusive sessions from many key global Dru events and the Dru Yoga Summer School in Wales

and much more...

This support can also be accessed at a reduced rate by all Dru graduates.

Visit druyogaonline.com to find out more.

druyogaonline.com

Dru Meditation is about finding a still inner point from which you can look at the world in a different way and discover a new perspective on your life. Using powerful movement, breathing and concentration techniques, you will learn to access a deep inner peace, no matter what challenges you might be facing.

Dru takes you into the science of meditation, showing you how to bring your awareness from the physical body, through to the deepest layers of your being. Dru Meditation focuses progressively on the five koshas—which are the different levels through which we experience the world.

1 observing yourself

We like to define meditation as the perfect balance between alertness and relaxation.

It doesn't matter if you practise in a chair or sit cross legged on the floor. It's all about stilling the body and quietening the mind. Dru Meditation, in common with many other types of meditation, starts with gentle awareness of the body and breath. This mindful awareness reduces stress, lowers blood pressure, alleviates chronic pain and relieves insomnia. You can experience these health benefits at Dru Meditation retreats and workshops, or with the Dru Meditation online home study course.

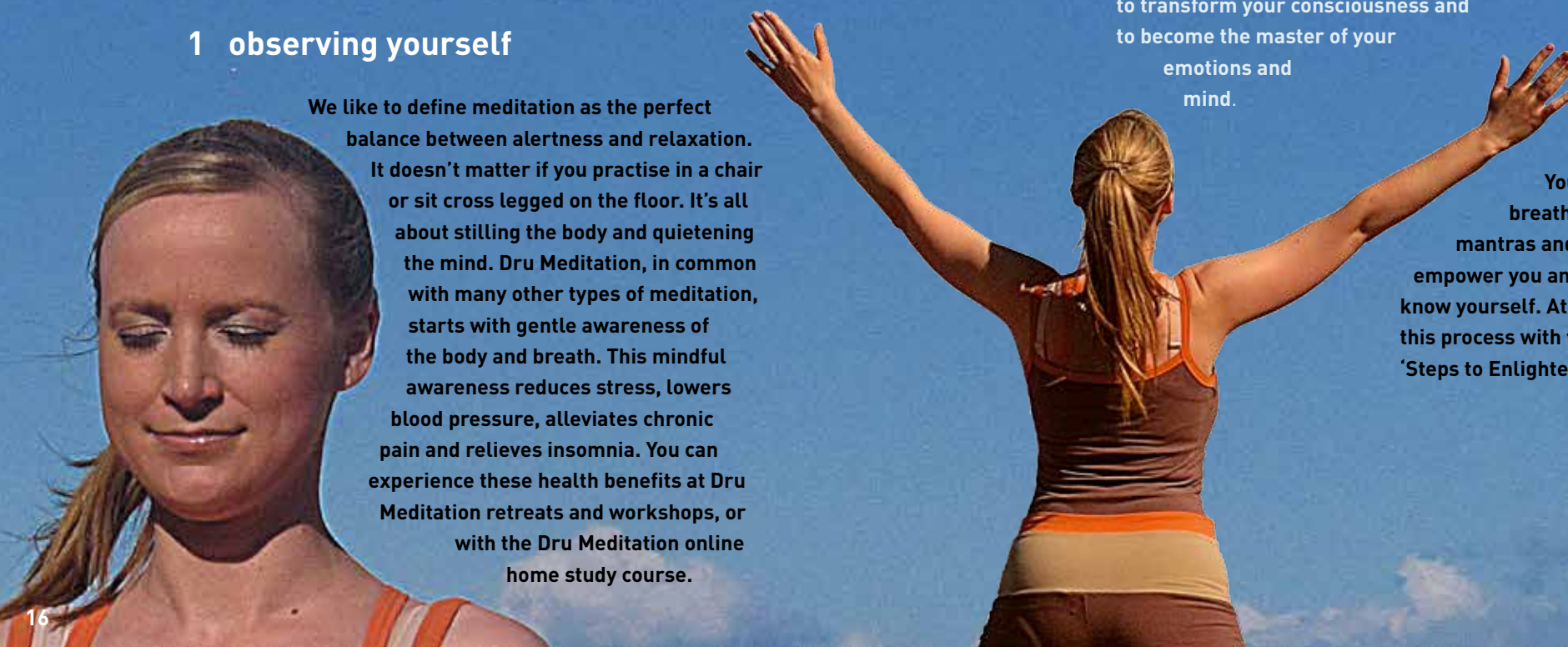
2 understanding yourself

The next stage of Dru Meditation takes us from just observing our mind to understanding the vast landscape of our consciousness, described in the yogic tradition through models such as chakras and koshas. If you attend the Dru Meditation Teacher Training course, you will learn this more refined level of practice, to help you understand how the body, energy, emotions and thoughts are linked.

3 transforming yourself

As you progress through the Dru Meditation training course (DMTT) you will experience the third stage of Dru Meditation. You will learn to transform your consciousness and to become the master of your emotions and mind.

You'll learn advanced breathing techniques, mantras and kriyas which will empower you and help you to deeply know yourself. At Dru we continue this process with the advanced course 'Steps to Enlightenment'.





Dru Meditation Teacher Training course

The DMTT course is a powerful transformational journey that provides you with essential tools to live in a positive and successful way.

The 7 x 4-day modules take you progressively deeper into the science of meditation. It's a systematic approach working through the koshas from the gross to most subtle.

What you will learn...

- > yoga preparations for meditation
- > techniques to enhance your concentration and focus
- > potent Dru prana kriyas, pranayama (breathwork), mudra and visualisation techniques
- > meditations for healing the body
- > meditative contemplation techniques
- > chanting and mantra meditation
- > how to manage group energetics
- > how to maximise the benefits of your meditation
- > deep exploration of the 5 koshas—annamaya kosha—the physical body as a gateway to the quiet mind; pranamaya kosha—awareness of energy; manomaya kosha—understanding what drives us; vijnanamaya kosha—programming our thoughts; anandamaya kosha—resting in stillness and bliss

'I came to the first module of the Dru Meditation course feeling worn out and tired. I left totally energised, focussed and rejuvenated. How wonderful to feel like this!'

V H, psychiatric nurse



Some of the benefits of the Dru Meditation Teacher Training course...

- > learn how to relax at will and be in charge of your mind
- > create more success in your life through the use of specific meditation techniques
- > live in tune with your natural rhythm and master your emotions
- > enhance your personal and spiritual development
- > manifest your personal goals
- > develop harmony in yourself and your relationships
- > become an effective meditation teacher

'The Dru Meditation course gave me the stillness I never thought possible. I learned to trust my ability to meditate after years of doubt that it would ever happen... I feel more alive in my skin, more awake in my energy, more calm in my emotions and more empowered in my thoughts. It has changed the way I teach so that it is more authentic, more real and more effective for those in front of me!'

Deb, Dru yoga and meditation teacher

What if I'm new to Dru Meditation?

Previous knowledge of meditation is not necessary as there are several options to help you gain the necessary experience. Generally, as a precursor to the teacher training course, we suggest that you:

- 1 purchase a copy of the Dru Yoga book *Stillness in Motion* and join the Dru Yoga Online Studio, particularly learning the main Energy Block Release sequences
- 2 have a basic knowledge of the chakras and subtle anatomy
- 3 attend a Dru Yoga class regularly if possible
- 4 subscribe to the Dru Meditation Online course
- 5 attend a preparatory Dru Meditation retreat or workshop
- 6 book a personal mentoring with a senior Dru Meditation tutor

When do I qualify as a Dru Meditation teacher?

Once you've attended all the course days, completed the necessary assignments and course payments and passed the final teaching assessments.

Teaching skills

There will be on-going brief teaching practice assignments throughout the course. For your final teaching assessment you'll be asked to teach at least three different aspects of meditation to your fellow students.

Assessments: projects and assignments

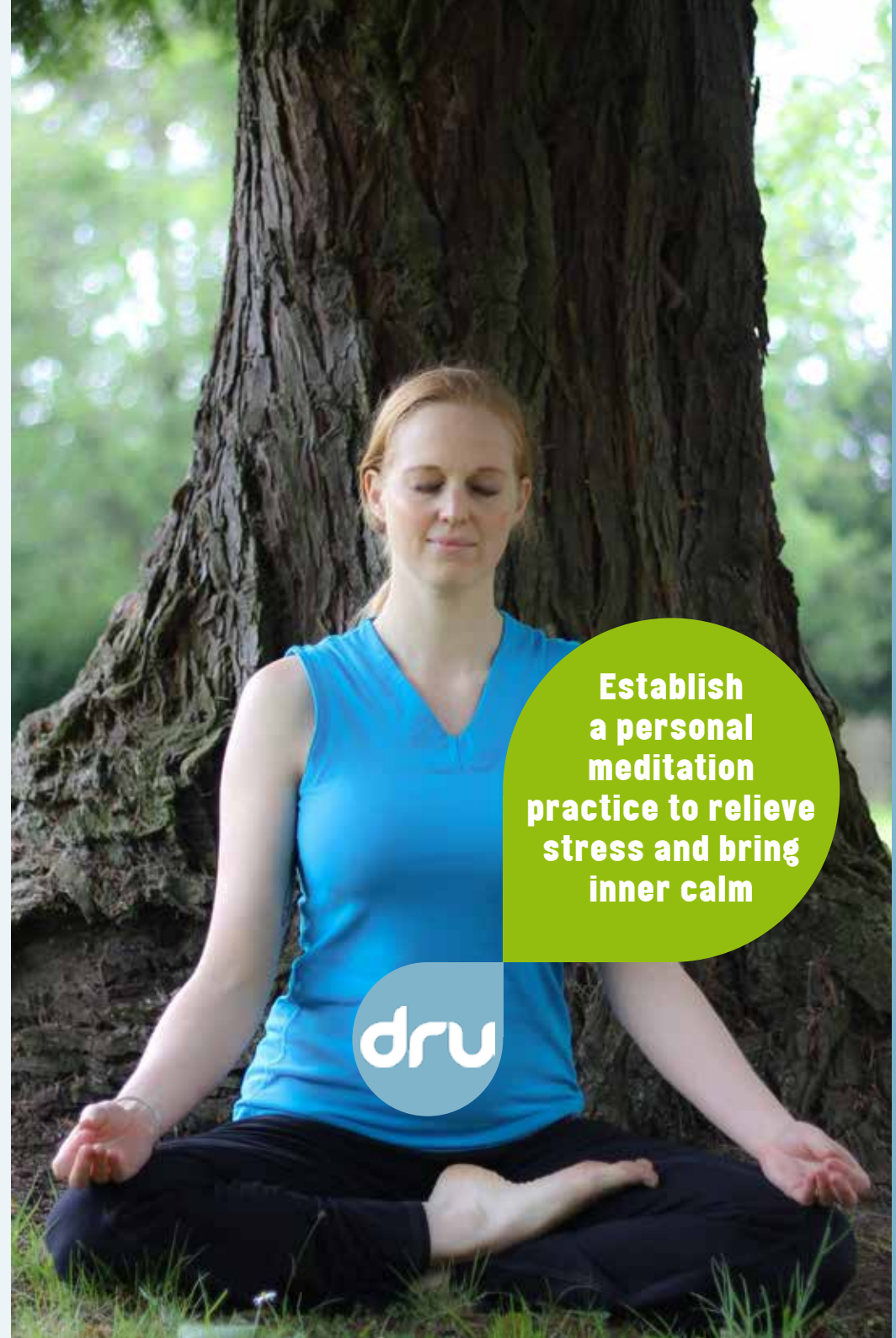
If you wish to graduate from this course with a Dru Meditation teacher diploma there are a number of assessment processes built into the course.

The main emphasis for your assignments is simply establishing a regular personal practice and keeping a personal meditation journal.

There will also be a practical lesson planning assignment, as well as revision exercises during the course days. These revision exercises will help you keep up to date with the course syllabus. They are organised in a stress-free, informal way.

Course manuals

We provide course manuals to assist your home learning process, although much of what you learn will come directly from your tutors. The notes in the manuals are intended as aids to help you remember; they are a foundation to support your own experience. They can never substitute for live tuition.



**Establish
a personal
meditation
practice to relieve
stress and bring
inner calm**

dru



'Dru Yoga should be available in every GP surgery.'

Dr Hilary Jones



Dru Yoga Therapy Diploma

The Dru Yoga Therapy Diploma course is taught by an international team of yoga, health and medical professionals. This cutting edge course brings together ancient wisdom and modern complementary medicine.

This course enables you to:

- > **deepen your knowledge** of yoga as a therapy
- > assist your clients with a wide variety of **physical** and **psychological** conditions
- > **establish your own clinic** working with small groups and individuals and liaising with health professionals to ensure optimum care for your clients

'I taught a six week Dru Yoga Therapy programme to a client who had chronic pain which prevented him from sleeping more than two hours at a time. He now takes no painkillers and sleeps all night.'

J B, Dru Yoga teacher

What is a yoga therapist?

A yoga therapist is able to work individually and with groups of clients building and designing specific therapeutic programs for a diverse range of health conditions.

Being a yoga therapist gives the qualified yoga teacher an opportunity to join medical and complementary health professionals in assisting people with health conditions such as back pain, asthma, arthritis, digestive disorders, heart and circulatory conditions, chronic fatigue syndrome, stress, anxiety and depression.

A qualified Dru Yoga therapist is registered with the Australasian Association of Yoga Therapists and could work within a clinical setting alongside other health professionals such as osteopaths, GPs, medics and complementary health practitioners.

What you will learn...

- > exploration of specific health conditions that affect the body and mind
- > psychology of wellness
- > applying Dru energetic principles to design therapeutic programmes
- > applying therapeutic Dru meditation, mudra, visualisation and pranayama techniques tailored to individuals or small groups
- > in-depth principles of yogic philosophy applied to yoga therapy
- > application of the five kosha model, prana vayus and chakras
- > Patanjali's *Yoga Sutras* applied to yoga therapy
- > exploring the relationship of yoga therapy with therapeutic modalities such as ayurveda, traditional Chinese medicine (TCM) and osteopathy
- > coaching and motivational approaches for working with people with a wide variety of needs
- > goal setting with clients
- > effective business planning and management



COURSE STRUCTURE

In these 6-day modules you will...

- > attend ongoing tutorials and clinical yoga therapy sessions
- > complete 5 case studies
- > complete practical and theoretical assignments
- > attend and observe sessions led by experienced yoga therapists
- > experience a series of yoga therapy sessions with your tutors

COURSE ENTRY REQUIREMENTS

- > a recognised 350 hour yoga teaching diploma (from any yoga tradition) plus a minimum of 2 years or 300 hours of post graduate teaching experience
- > a current first aid certificate

CONTACT

- > email: therapy@dru.com.au
- > call: 02 6161 1462
- > dru.com.au

02 6161 1462

'In my entire career I have never found anything as effective as Dru Yoga for resolving back pain.'

Pepe Reina, professional footballer

PGMC—Postgraduate Mastery

A course for Dru graduates who want to use yoga to master life. It takes you profoundly deeper into your yoga, taking your practice and teaching to an entirely new level. You will learn how to increase your awareness of subtle energy in order to therapeutically strengthen, heal and balance each chakra, on each kosha level.

Over three modules we work through the chakras from base to top, focusing on the physical, then the pranic, emotive and finally the wisdom layers.

You'll learn how each chakra is the part of our mind that controls crucial aspects of life—abundance, vitality, relating, achieving goals, building harmony, knowing the right thing to do, discerning your role in life and achieving unity.

We'll explore in depth how to harness this power to create optimum health and wellbeing for yourself, and how to share it in your classes.

These skills enable you to use postures and sequences to access and interpret your experience at increasingly subtle levels, giving you greater power for achieving long-term health and wellbeing for yourself, and also for your students.

BENEFITS

- > Explore how yoga helps you redesign any aspect of your life that you'd like! Relationships, abundance, achieving goals, communication... you name it, yoga can help you succeed!
- > Discover how you can bring this into a yoga class to help your students make massive improvements in their lives... without even realising they are doing it!

‘This course has been profound in my healing and transformation, but it has also been so gentle that transformation has come with ease and grace.’

Morag, Presence coach and yoga teacher

DDTT—Dru Dance training

Dru Dance is an invigorating de-stressing fusion of dance moves and yoga choreographed to music. Guaranteed to wipe away any cobwebs it focuses on dynamic and flowing movement to create both strength and suppleness of the body.

Weekend Dru Dance workshops are open to all as an experience, to learn one Dru Dance. Dru graduates attend a further two days of Teacher Training, learning to teach that particular dance.

YOU WILL LEARN

- > the essential principles of Dru Dance
- > one new Dru Dance Release and its modifications, new postures, flow-ins & warm-ups
- > related mantra, mudra and yogic philosophy
- > the energetics behind that Dance

YOU RECEIVE

- > a DVD and great illustrated manual
- > detailed lesson plans on how to teach that particular Dance in classes over a 9–10 week period

‘Thanks—this weekend we went to another place in Dru.’

Hope, community artist and Dru Yoga teacher

‘I found the fun and empowerment I was expecting, plus a great sense of achievement felt by the whole group.’

Dani, dance teacher



DKT—Dru Kids & Teens

An inspirational course for graduates of the Dru Yoga and Dru Meditation teacher training courses who would like to specialise in teaching yoga and/or meditation to children and teenagers. It's a super fun course that releases the inner child and reminds you how to play. It can also add depth to adult classes!

This 3-day course is designed to give you:

- > **a firm background** in the importance of offering yoga and meditation to young people in today's society
- > **a clear understanding** of the different age groupings and how to best meet their needs
- > **inspirational ways** to adapt our unique Dru sequences and EBRs for kids and teens
- > **a huge variety of creative ideas** to teach not only kids and teens, but fun techniques for adults too!
- > **a template** to enable you to establish a successful profitable business teaching DKT

'Fun, informative, supportive and inspiring. It reactivated my passion and drive for working with kids.'

Frances, community development officer

Dru Meditation online Gita online

The Dru Meditation 9 month online course helps you to enhance your life by harnessing all the benefits of meditation. You'll be guided effortlessly, week by week, through this comprehensive introduction to meditation via our richly informative course manuals and soothing meditation audio downloads. Become the YOU, you've always dreamed of!

BENEFITS

Harness the power of meditation to:

- > **relax at will**—no matter how busy or stressed you are
- > **boost your brainpower**—learn to focus and be more creative
- > **access your heartpower**—to be more intuitive and connected to the real you; it's the feel-good factor in meditation!
- > **boost your emotional intelligence**—and become more successful in your relationships
- > **achieve your goals**—magnetise your dreams into your reality with meditation's powerful techniques

'Dru Meditation Online is professional, well organised and heart felt—the perfect starting point if you are ready to live a beautiful and purposeful life. We all deserve that!'

Nel, writer

The Dru Gita online course guides you, verse by verse, using explanations, techniques and reflections, through the *Bhagavad Gita*—the timeless manual for successful living and spiritual realisation. Downloading a chapter a month brings the essential wisdom you need to live a fulfilling life—a detailed set of instructions on overcoming adversity and reaching your fullest potential. We know you'll enjoy your journey with the Dru Gita!

The lessons of the *Bhagavad Gita* are simple but effective:

- > you have an inner perfection that you can connect with
- > what you think about is what you'll experience/create in life
- > attachment to anything in the world of material experience leads you away from your inner balance

'I am loving learning from the Gita online course. It's such a beautiful way to start the day—reading from this source of wisdom and insight. I'm committed to my personal growth and this course tops the lot!'

Cath, childbirth educator



Dru Yoga online

Now, for the equivalent of a latte a week, you can live like a celebrity with world class yoga and meditation teachers training you in the comfort of your own home. Classes can be watched as many times as you like, allowing you to gradually master and improve your practice at a pace that suits you.

Our classes can be practised by people of all shapes and sizes, fitness levels, ability, age and experience. New videos are uploaded regularly, on yoga, meditation, ayurveda, cookery, vedic astrology, kirtan, nutrition and more. When you sign up, you'll also receive a free gift of downloadable classes.

So, whether you are new to Dru, new to yoga or a regular practitioner, Dru Yoga Online Studio has something for you.

Why Dru Yoga online?

- > develop your practice, whether you are a beginner or experienced practitioner, at your own pace in the comfort and privacy of your own home
- > learn from experts who will teach you how to practise safely
- > themed 2–6 week classes or 10 minute quick fixes—the choice is yours
- > therapeutic, safe, effective yoga classes designed to enhance your life on every level
- > yoga at your convenience
- > world renowned instructors
- > enjoy 30 days FREE trial
- > reduced subscription rates for DPN members

druyogaonline.com



‘It was powerful and comforting to learn and realise how grounding and nurturing the voice can be. I feel as though I have taken a step forward in confidence.’

Richard, retired meditator

‘I’ve loved everything about this module—a totally joyous experience. I thought I’d be stepping out of my comfort zone, but instead I’ve found myself stepping into it! Why not set yourself free.’

Julie, counsellor

Dru Sound

The Dru Sound course gives you the opportunity to explore the science of vibration and sacred sound, and to learn how to use sound to align your body, mind and spirit. The course is suitable for everyone... whether or not you have prior experience of Dru, and there are no pre-requisites.

Tapping into the world of Dru Sound will add a depth to your experience that you have never felt before!

If you’ve ever felt as though you can’t sing, this course will help you to find your natural voice and teach you how to project yourself vocally, whether speaking or singing. You will learn how to stabilise your voice, develop voice control, achieve evenness of sound and use your voice with confidence, power and impact. You will gain confidence in communication skills, public speaking and singing.

You will also explore the dimension of sacred sound, including master sounds, chanting and mantra practices in Sanskrit, Hindi and Latin. You’ll learn about the ability of sound to bring us to our centre and connect us to our true nature, and much more including...

- > finding your own unique tone
- > the importance of breath and breathing exercises
- > deep listening skills
- > an introduction to the Indian music system
- > vocal harmonics and pure tones
- > principles of resonance and entrainment
- > meditation, movement and the Dru Sound Freedom technique
- > the sounds of the chakras, their power and importance
- > leading chanting groups
- > healing with sound
- > the principles of rhythm, melody and harmony



THE POWER TO LIVE YOUR *Dreams*



In this 16-week online course, our team of senior teachers helps you to discover your dreams and activate your power of manifestation, so that you can live a life filled with clarity, abundance, health and happiness.

Together we will explore the areas of finance, career and work, relationships, health and spirituality. Throughout the course you will gain a deep understanding of your life's purpose and how to express it in every aspect of your life.

During this online course you'll learn powerful movement and manifestation techniques, through the use of inspirational videos, interactive webinars with your tutors, worksheets and a forum for sharing with the other participants.

BENEFITS

- > gain clarity to design the life you desire
- > activate the power of manifestation to realise your dreams and attract abundance, health and happiness
- > build inner and outer strength so that you feel vibrant and full of energy
- > gain confidence to make effective choices that propel you forward in life
- > expand your personal toolkit with time-tested methods and their modern day application

'Attending 'The Power to Live your Dreams' course left me feeling inspired and empowered to go after what I've always wished for. As a result I have restructured my work to have a greater positive impact while having more time for my friends and myself.'

Find out about special offers and sign up on
www.thepowertoliveyourdreams.com

Silke, mentor, trainer and speaker

for application forms
for current courses go to
druyoga.com/au/application-forms

or call
the friendly
Dru Australia
team on
02 6161 1462

courses@dru.com.au
02 6161 1462
dru.com.au
PO Box 448 Mawson ACT 2607

what our students say about Dru courses...

‘So clear, so professional, so loving.’

Adrian Penberthy, Yoga and mindfulness teacher

**‘To deepen your
understanding of yoga
and become a true
master of your future, I
recommend the PGMC.’**

Michelle, yoga instructor

**‘The science of yoga is fun
and brilliant to explore—
so much to learn and
utilise for my health and
wealth on all levels to
achieve wholeness.’**

Lynette, counsellor and Dru Yoga
and Dru Meditation teacher

**‘It amazes me how
something so gentle and
flowing can effect me
in so many areas of my
life. The Dru Yoga courses
connect me to like-
minded people who have
become life long friends.’**

Saundra, massage therapist and
Dru Yoga teacher

‘Yoga that transforms.’

Sadhana, massage therapist

**‘Dru Yoga is a platform from
which you can launch yourself
into a world full of hope,
lightness and peace.’**

Sue, Dru Yoga teacher

**‘Get to know yourself from
the inside out with Dru Yoga
and Meditation—an amazing
journey of the soul that
will equip you for all life’s
challenges.’**

Sarah, yoga teacher and life coach

**‘The more courses I do in
Dru the more I am lead to
the inner depths and insights
leading to self/self mastery! As
well as tools to assist others.’**

Camilla, psychologist

**‘Dru Yoga changed my life—
let it change yours.’**

P Saddler, retired

