



# YOGA PROSPECTUS



**Thinking of yoga teacher training? Make it Dru!**

Dru Yoga is a graceful and potent form of yoga, based on soft 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.

Designed to be practised by people of all abilities, all fitness levels and all age groups, it is a style of yoga that can be quickly dipped into or learnt in more depth over a lifetime. We offer the Dru Yoga teacher training course in many countries with many postgraduate courses for continuing professional development (CPD).



# PO<sup>dru</sup>SITIVELY DRU

**Why choose Dru?**



## What does Dru mean?

Dru comes from the Sanskrit word **dhruva**, which refers to the stillness that can be experienced in Dru Yoga and Dru Meditation.

In this stillness we are able to sit back from anything that may be happening around us, and see and act from a point of clarity and inner calm.

## How is Dru different from other types of yoga?

Dru Yoga includes classical yoga asanas (postures), pranayama (the science of breath), mudras (hand gestures), positive affirmations, empowering visualisations, relaxation, sequences performed in a flowing and dynamic style and an understanding of how to apply yogic philosophy in everyday life.

**'The yoga philosophy teachings in the DYT course have given me a starting strategy to work on myself... Like a positive checklist on how to implement the changes I want to live by.'**

Deborah, massage therapist,

**'Bhakti yoga has been a key and the answer to all the threads of my life... I can suddenly see the light in everyone around me'**

Melissa, fitness instructor

## Unique to Dru

- > Joints are relaxed and soft during movement (as in tai chi). This creates flexibility and a free flow of subtle energy.
- > Dru Energy Block Release sequences are easy-to-practise, flowing movements that help to release tension physically, mentally and emotionally.
- > In Dru Yoga all movements originate from the spine because a flexible, healthy spine supports your entire yoga practice.
- > The spinal wave and spinal twist are core features of Dru, enhancing spinal health and vitality.
- > A deep understanding of core stability is a major focus.
- > Dru Yoga works to balance the chakras (energy centres of the body) and access the powerful energy of the heart.
- > Within the flow of movement, Dru Yoga creates powerful moments of stillness for developing your inner awareness which we call 'Dru points'.

## Dru Yoga research

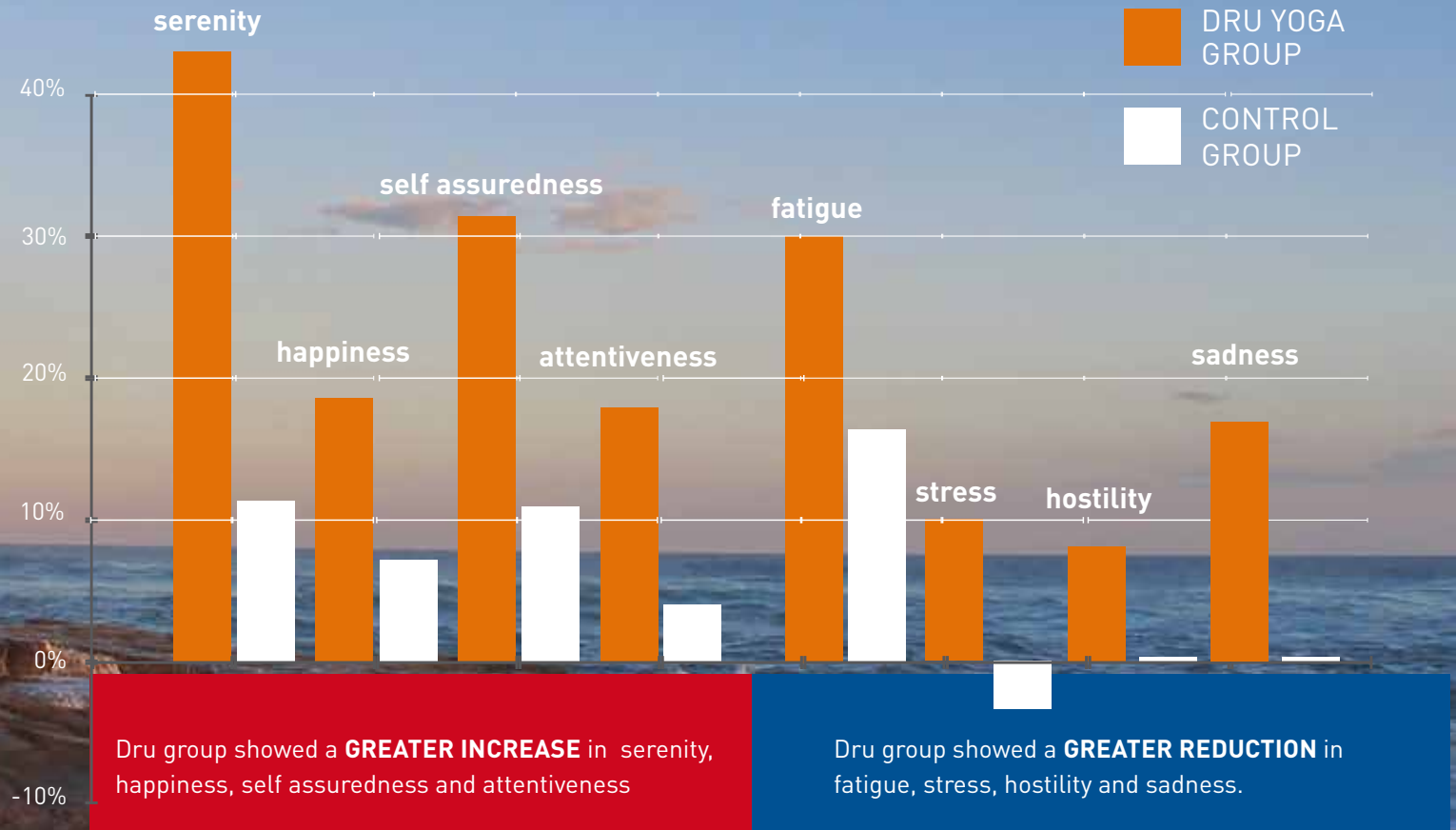
At Dru, our on-going research programmes enable our yoga teachers to work more closely with organisations such as the UK National Health Service (NHS). For example a study published in September 2012 in the *Journal of Occupational Medicine*, showed that Dru Yoga significantly reduced both stress

and back pain at work—2 of the key factors leading to sickness absence at work (costing the British economy an estimated £17 billion per year).

In this study, by Dru Yoga teacher trainer Ned Hartfiel and other researchers at Bangor University, more than

80 participants were recruited from Conwy County Council and randomised into a Dru Yoga group (who received one 50 minute Dru Yoga session each week for 8 weeks, along with a 20 min DVD for home practice) and a Control group (who received no intervention).

When compared with the Control group, the Dru Yoga group scores were significantly lower for perceived stress, back pain, sadness and hostility, and much higher for feeling self-assured, attentive and serene.





# the DRU CdruOURSE

## Is it for me?

Whether you plan to teach yoga, want to practise effectively by yourself at home, or would like to enhance your career as a therapist, the Dru Yoga Teacher Training (DYTT) course is for you!

Whatever your yoga ambitions, you'll find Dru Yoga an empowering, energising and balancing approach to vitality, health and wellbeing.

## Don't want to teach? That's OK!

You can choose either to do this training to become a teacher or for your own personal development. About one third of our students do the course for their own growth, knowing that Dru's deep insights into the body-mind system will make a huge contribution to their lives. Generally, these students find the 'teacher-training' aspects of the course very beneficial too.

No matter what—you will begin to experience new, higher levels of energy resulting from establishing your own daily yoga practice. You will also find that you are more relaxed and can cope better with the stresses of everyday life.

Above all, this is the start of a wonderful period of in-depth learning, building personal and professional skills, establishing new friendships and an exciting journey of self-discovery!

**'The Dru Course offers a complete package—regular modules and workshops, personal development, structure for your practice at home, skills to teach, and practical ways to give back to the world.'**

Judy, Dru Yoga student



**450 Dru yogis were asked about the effects of their practice**

- > **72% find Dru Yoga reduces back pain**
- > **93% experience improved spine flexibility**
- > **86% enjoy increased energy levels**
- > **89% experience improved breathing**
- > **89% can now reduce and control stress levels**
- > **81% have greater confidence and self-empowerment**
- > **84% benefit from enhanced mood**
- > **83% feel emotionally balanced**
- > **91% gained peace of mind by overcoming negative thinking**

## **Do you want to teach? Be the best!**

Dru Australia's 500 hour teacher training courses are aligned with Yoga Australia and the International Yoga Teachers' Association (IYTA) so you can be confident that your training with us...

- > enables you to **teach internationally**
- > 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
- > introduces you to a vibrant global **network** of Dru teachers and a connection with like-minded friends
- > leads to membership of the **Dru Professional Network (DPN)** with its many benefits
- > includes Dru online resources and membership of the Dru Star Lounge to support your learning and teaching

Since 1985 we have trained thousands of Dru Yoga teachers worldwide, with many hundreds currently in training at graduate and post graduate level. Many of our students start to teach before their final graduation, helping to recoup their costs...

- > a variety of payment plans is available
- > start teaching and earning halfway through the course
- > in-depth postgraduate programmes, including ongoing training in back care and prenatal, 550 hour post graduate diploma in Dru Yoga Therapy and our Post Graduate Mastery Course (details in this booklet)



# COURSE dru FORMAT

## What's in the Dru Yoga Teacher Training (DYTT) course?

Dru Yoga is steeped in the ancient practices of Hatha yoga which date back thousands of years in the Indian tradition.

By including a wide range of yogic philosophy and understanding of the subtle energetics, Dru is a powerful form of yoga that establishes flow, flexibility, presence and strength within the physical body as well as the energetic, emotional, mental and spiritual layers. This is achieved by developing awareness and integration of the five layers of human existence (koshas) within a posture or movement sequence.

You'll learn:

- › the essential foundations of Dru Yoga
- › body preps, postures and alignment
- › unique Energy Block Release sequences
- › dynamic flowing sequences of asanas
- › fundamental energetic principles
- › pranayama, meditation and relaxation
- › mantra, mudra and yogic philosophy
- › anatomy and physiology

All of this is clearly explained and illustrated in the sixteen accompanying course manuals.

## What you will learn...

### > 18 Dru Yoga sequences

including 7 Energy Block Release sequences

**Dru EBRs are carefully designed movement programmes that work systematically through the body to release tension and clear energy blockages. The freed energy is then available to be used to heal the body and empower the mind.**

### > 42 classical yoga asanas

### > 20 pranayama techniques

### > 6 relaxation techniques

### > 16 concentration and meditation techniques

including 6 chakra dharanam techniques

### > anatomy & physiology

In order to teach yoga safely we need to know exactly what happens within the body during an asana or pranayama practice. Therefore you will gain a basic knowledge and understanding of the 9 systems of the body, in particular how their functions apply to the practice of yoga. Furthermore you will benefit from additional knowledge in the most common respiratory, musculoskeletal, digestive and mental disorders, for you to be able to tailor your classes even more professionally towards the needs of your students.

### > preparing the body appropriately for asana practice:

- \* principles of Activation and Tri Spinal Release
- \* how to strengthen/stretch over 30 different muscle groups

### > health considerations and modifications

for each of the practices to make them appropriate and safe for all ages and fitness levels, to suit every individual student.

### > You will also gain a great understanding of how to set up your personal space and **practise at home**.

### > yogic philosophy includes:

- \* origins of yoga
- \* *Patanjali's Yoga Sutras*
- \* *Upanishads*
- \* *Vedanta*
- \* *Bhagavad Gita*
- \* bhakti yoga (yoga of devotion)
- \* anna yoga (yoga of food and nutrition)
- \* how to apply yogic philosophy to daily life

### > subtle anatomy

A huge amount of the understanding of a yoga practice is based on the understanding of the subtle energetics that go with it. In yoga, there's much more that moves than just the physical body. Therefore we explore in great depth:

- \* the pancha kosha system (five layers of human existence)—the gross, causal and subtle bodies. This includes the flow of lifeforce or prana
- \* an in-depth understanding of the chakras and introduction to the nadis
- \* practices include a range of mudras and bandhas (energy locks)



## As the course continues...

As a Dru Yoga teacher your teaching and communication skills will need to be many and varied. The Dru course is designed to help you develop those skills steadily and progressively, so that by the end of your course you will feel confident and empowered to teach a large repertoire of Dru Yoga postures, sequences and techniques.

We include regular summary sessions to refine and anchor everything you've learned so far. This process expands your understanding of Dru Yoga and how it works. The consolidation sessions show you how to deepen your personal experience on all levels—physical, energetic, emotional, mental and spiritual.

As part of the course you will also learn how to create therapeutic programmes for specific individuals, depending on their unique requirements.

**'The Dru Yoga teacher training is of an extremely high standard. The tutors have a deep knowledge of the science of yoga and it is obvious they practise what they teach.'**

Mona, Dru Yoga teacher and reflexologist

**'Dru has given me a fabulous array of tools for my own application and for use with others.'**

Monte, engineer, naturopath, Dru Yoga teacher

**'Dru Yoga teacher training is inspiring, uplifting and truly worthwhile: I am a more compassionate and generous human being as a consequence.'**

Valerie, retired, student Dru Yoga teacher

**'I hardly recognise myself as the person I was six years ago. The bouts of depression, anxiety and low self-esteem I used to suffer on a regular basis have gone, to be replaced by increasing self-confidence and a joyfulness in life that I'd forgotten was possible.'**

Catherine, Dru Yoga teacher



## Home study

The home study component of your course is experientially based, and is particularly designed to help you monitor your practice and knowledge of Dru Yoga. Its primary function is to help you consolidate what you are learning as you go. There are 5 assignment projects:

- > caring for the spine
- > lesson planning part 1 & 2
- > chakra project
- > yoga philosophy

## Reflective learning sheets

You will be encouraged to study certain practices in greater depth and write a reflective portfolio sheet describing your personal experiences with them. This process helps you to ascertain whether your practice is deepening and provides you with insights and clarity born from experience. Thus your reflections become an invaluable teaching aid.

## Earn as you learn

We've tried to make it as easy as possible for you to train as a Dru Yoga teacher. For example, we encourage you to gather informal teaching experience from halfway through the course, after an interim assessment. And from then on, as a student Dru teacher, if you teach 6 friends once a week from home for the first year (\$15 per class), and then 12 people in a hired hall for 3 x 10 week terms (\$18 per class) you would completely cover all your course fees!


'Dru Yoga has given me the vehicle to realise who I really am. To heal the past, delight in the present and look forward to an amazing future.'

Christine, Dru Yoga student teacher

'I have been so touched by how each person I have shared this course with is freer, happier and more radiant than they were 2 years ago. Dru Yoga is about so much more than physical postures, it leads you gently to the heart of the matter—human freedom.'

Simon, physio and bioenergetic therapist, student Dru teacher





**'This course has taught me how to bring my stressful life into balance. A beautiful journey!'**

Karla, project manager

## Course manuals

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

## 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:

- > 4 months FREE access to the Dru Online Studio
- > 30% discount on bulk stock orders of Dru branded products
- > access to our dedicated team of tutors for ongoing support
- > a referral service from the national Dru office when people enquire about classes in your area
- > inclusion in the *Find a teacher* listing on the Dru website
- > 2 months FREE on the Dru Meditation Online Course

## Online training support

We provide extra online support resources to aid your learning and increase your confidence in teaching.

With free, unlimited access to over 100 classes for the duration of your DYTT training course, the **Dru Yoga Online Studio** ([druyogaonline.com](http://druyogaonline.com)) provides examples of class structures; timings for the different aspects of a Dru class; use of kosha language and vocabulary; instructions for 100s of postures and Dru sequences, body preps, relaxations and guided meditations; how to present health considerations; safety guidance and modifications and how to teach effectively with and without using a demonstrator. Learn with experienced Dru teachers from around the world!

## Dru Star Lounge

The Dru Star Lounge knowledge hub is a component of the Online Studio, exclusively for Dru Yoga students and graduates. Here you will find 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!

- > explore in-depth specialised topics presented by our top international Dru teacher trainers including Chris Barrington, Annie Jones, Lalita Doerstel, Patricia Brown, Janet Scharbow and Noelene Francis
- > multimedia material and lecture style sessions from the Dru Yoga Course allowing you to deepen and anchor your knowledge at any time
- > exclusive sessions from key global Dru events and the Dru Yoga Summer School in Wales  
... and much more...

**'On a physical level I leave the Dru Online Studio feeling like I've been given a new, young spine. On a mental level I feel calm and refreshed. Emotionally I feel strengthened.'**

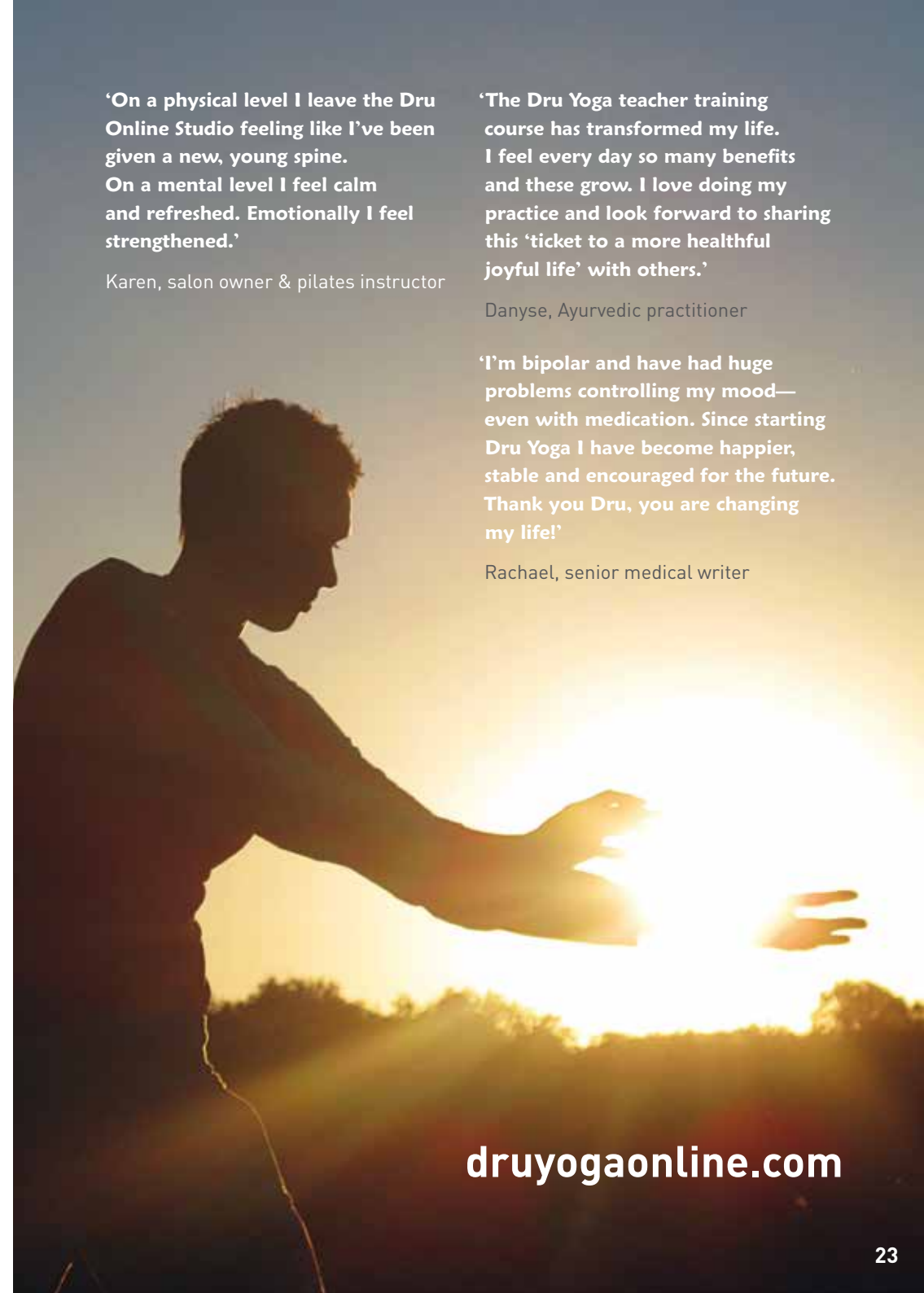
Karen, salon owner & pilates instructor

**'The Dru Yoga teacher training course has transformed my life. I feel every day so many benefits and these grow. I love doing my practice and look forward to sharing this 'ticket to a more healthful joyful life' with others.'**


Danyse, Ayurvedic practitioner

**'I'm bipolar and have had huge problems controlling my mood—even with medication. Since starting Dru Yoga I have become happier, stable and encouraged for the future. Thank you Dru, you are changing my life!'**

Rachael, senior medical writer



[druyogaonline.com](http://druyogaonline.com)



**'The Dru Yoga Teacher Training program leads you in the most gentle and loving way towards a better way to live. Thanks to all involved.'**

Mary, office manager

**'Masterfully designed to bring about and provide the tools for significant self-development. Very supportive.'**

Belinda, web & graphic designer, Dru Yoga teacher

# QUESTIONS ANSWERED

**What can I expect?**

## Am I too old/overweight/inflexible to do Dru Yoga?

Definitely not! People of all ages, shapes and sizes really enjoy Dru Yoga. Dru is for everyone and you'll be surprised how easily you can excel in your personal practice and as a yoga teacher.

## Is yoga a religion?

No. Yoga is a philosophy that originated in India 5,000 years ago, and was compiled into the Yoga Sutras in 600 BC by the father of classical yoga, Patanjali. These texts still provide a framework for spiritual exploration and mastery over the physical and mental body. Yoga sometimes interweaves other philosophies such as Hinduism or Buddhism, although it is not necessary to study those paths in order to practise or study yoga. You do not need to surrender your own religious beliefs to practise yoga. In fact, many people find that yoga helps them find greater depth in their chosen faith.

## Can I trial the Dru Yoga Teacher Training Course?

Yes, in 2 ways:

### 1 Taster days/weekends

We offer Dru workshops and taster days in major cities across Australasia, where you can meet the tutors and experience Dru Yoga and what it can offer you. Visit [dru.com.au](http://dru.com.au) for dates and venues of upcoming local events.

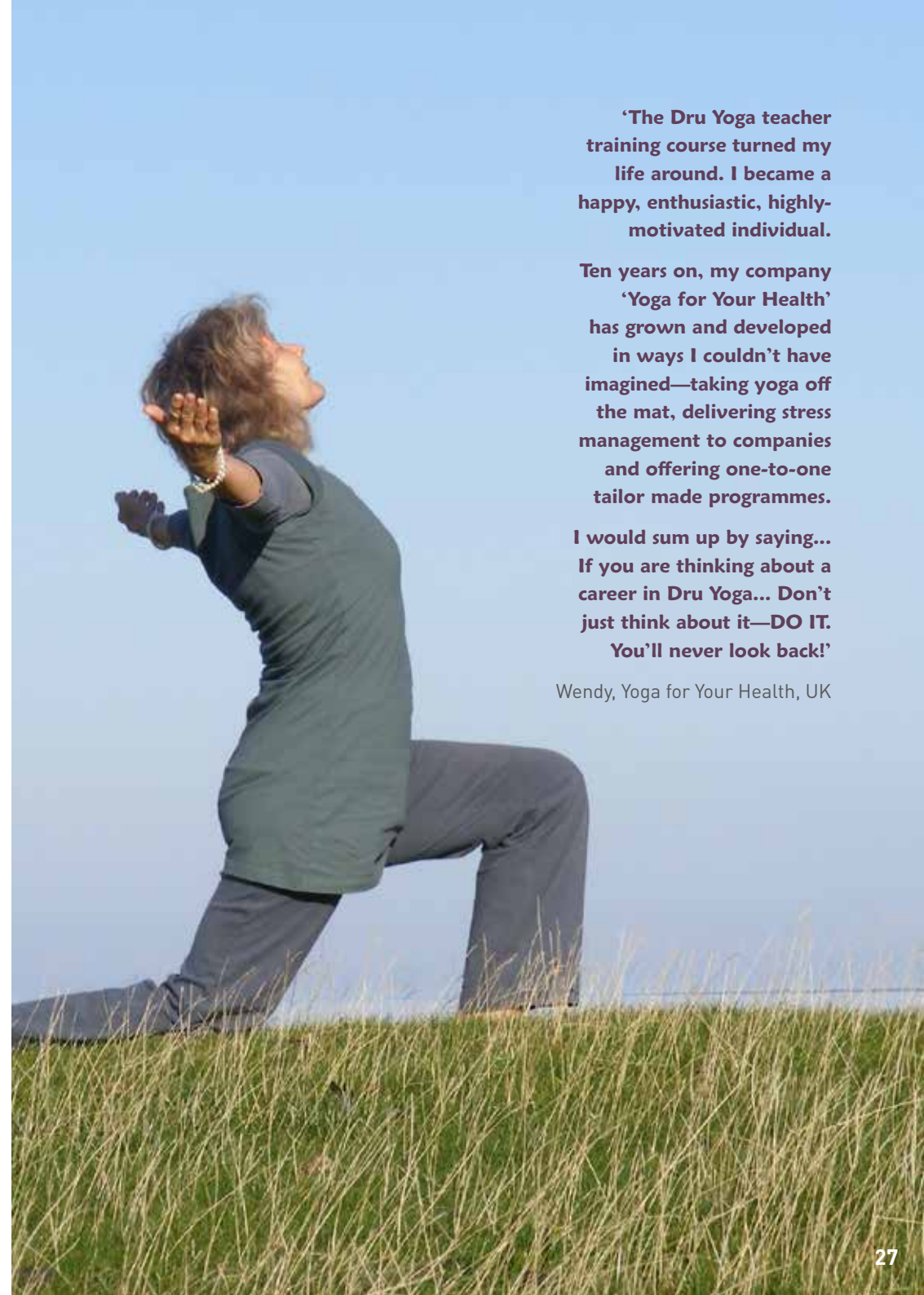
### 2 Try out a module

You can participate in the first module of a new course to meet the tutors and other students, and see if the DYT course is for you.

Contact the Dru Office to discuss your situation.

## When do I qualify as a Dru Yoga teacher?

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



**'The Dru Yoga teacher training course turned my life around. I became a happy, enthusiastic, highly-motivated individual.'**

**Ten years on, my company 'Yoga for Your Health' has grown and developed in ways I couldn't have imagined—taking yoga off the mat, delivering stress management to companies and offering one-to-one tailor made programmes.**

**I would sum up by saying... If you are thinking about a career in Dru Yoga... Don't just think about it—DO IT. You'll never look back!'**

Wendy, Yoga for Your Health, UK



## 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, anywhere within Australia or overseas.

## Where can I train?

Dru Yoga Teacher Training (DYTT) courses run in Australia, New Zealand, the UK, Belgium, the Netherlands, Germany and Canada. We offer a range of course options from day or weekend sessions to 4 or 5-day modules.

You can call our friendly team on 02 6161 1462 to talk about our up and coming courses.

**druyoga.com** (international)

**dru.com.au** (Australia wide)

**Since commencing the course I find that I am settled and calm, I am stronger in my body. I feel supported and honoured by the group, the tutors and support people.**

Marilyn, GP



**'I feel like a budding lotus flower, about to begin my journey of life as a yogi—having passed my Dru teacher training final assessment. Bring on life!**

Joanne, yoga teacher,  
Dru ambassador!



## About the Dru International Training Centre

Snowdonia Mountain Lodge, home of the Dru centre in Wales, was featured in the National Geographic Traveller as being in the top 5 meditation retreats in Europe. It's a spectacular location to expand your Dru Yoga teacher training with a Summer School, or Dru retreat, or to speed up your qualification by joining one of the intensive Dru Yoga teacher training sessions. Thousands of practitioners come here every year to enjoy the positive 'feel good' ambience, delicious vegetarian meals, access to the mountains and nurturing therapies.

Snowdonia Mountain Lodge is easy to access by road, train (direct trains from London take just over 3 hours) or plane (nearest airports are Liverpool or Manchester).

At the Dru Centre in Snowdonia, we offer a broad range of retreats including Dru Yoga and walking, Yoga and mudra, Yoga and nutrition, Dru Meditation, and a variety of Ayurveda and detox retreats. Check out the 2017 retreat program at [druyoga.com](http://druyoga.com)





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