



MEDITATION COURSES



What is Dru Meditation?

We like to define meditation as the perfect balance between alertness and relaxation. It doesn't matter if you practise in a chair or sitting cross legged on the floor, it's all about quietening the mind and stilling the body.

Dru Meditation is about finding a still inner point from which you can look at the world in a different way and discover a fresh, new perspective on your life.

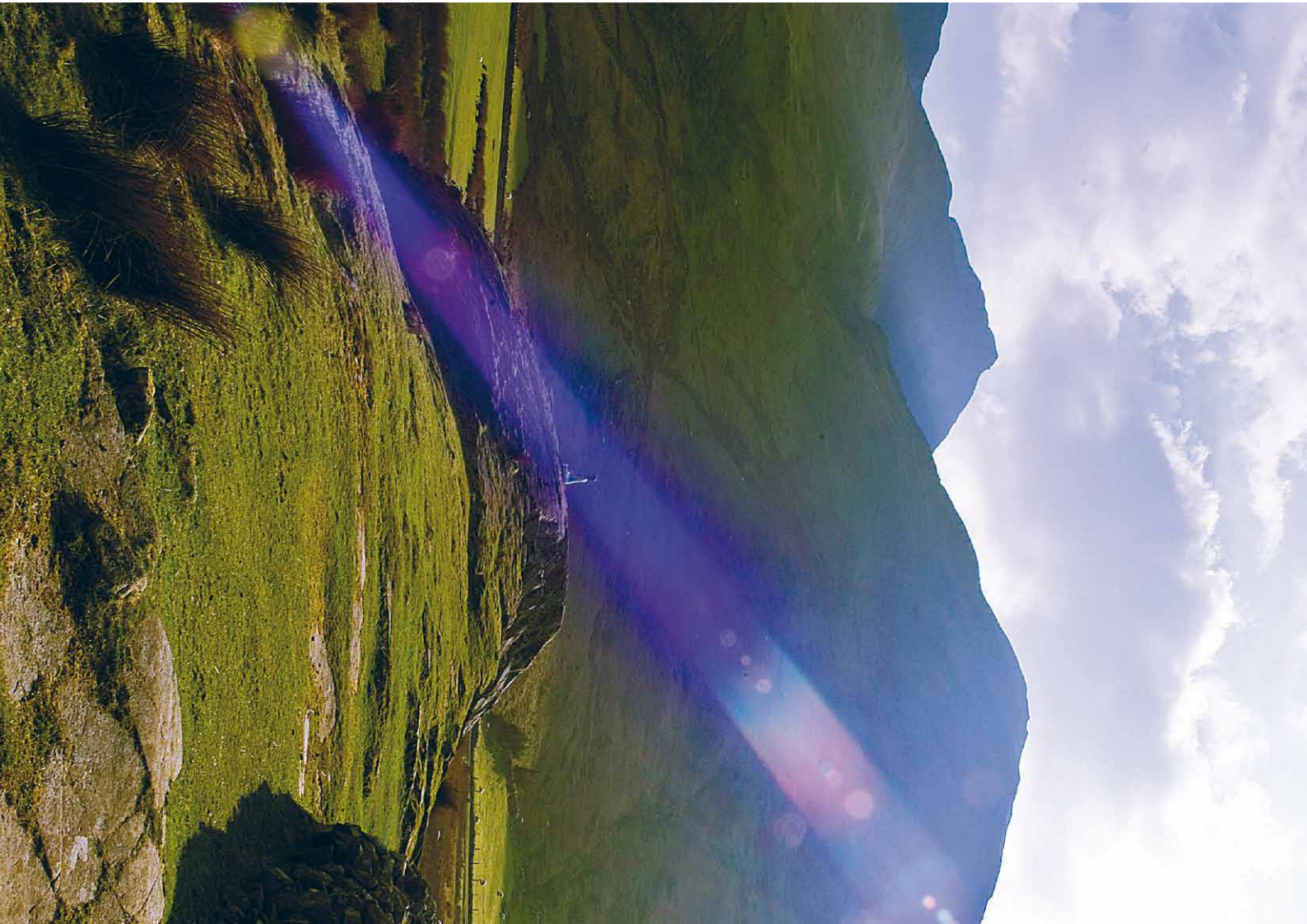
Discover your inner stillness

We take you deeply into the science of meditation, showing how to bring your awareness from the physical body, through to the deepest layers of your being.

You will learn to access a deep inner peace, no matter what challenges you may be facing in life.

Dru Meditation uniquely makes a focus of the five koshas, which are the different levels through which we experience the world. You'll discover powerful breathing techniques (pranayama), kriyas and concentration techniques.





Stages of Dru Meditation

Stage 1

Dru Meditation starts with a gentle awareness of the body and breath. This mindful awareness reduces stress, lowers blood pressure, chronic pain and insomnia. You can experience these health benefits at our workshops or retreats.

Stage 2

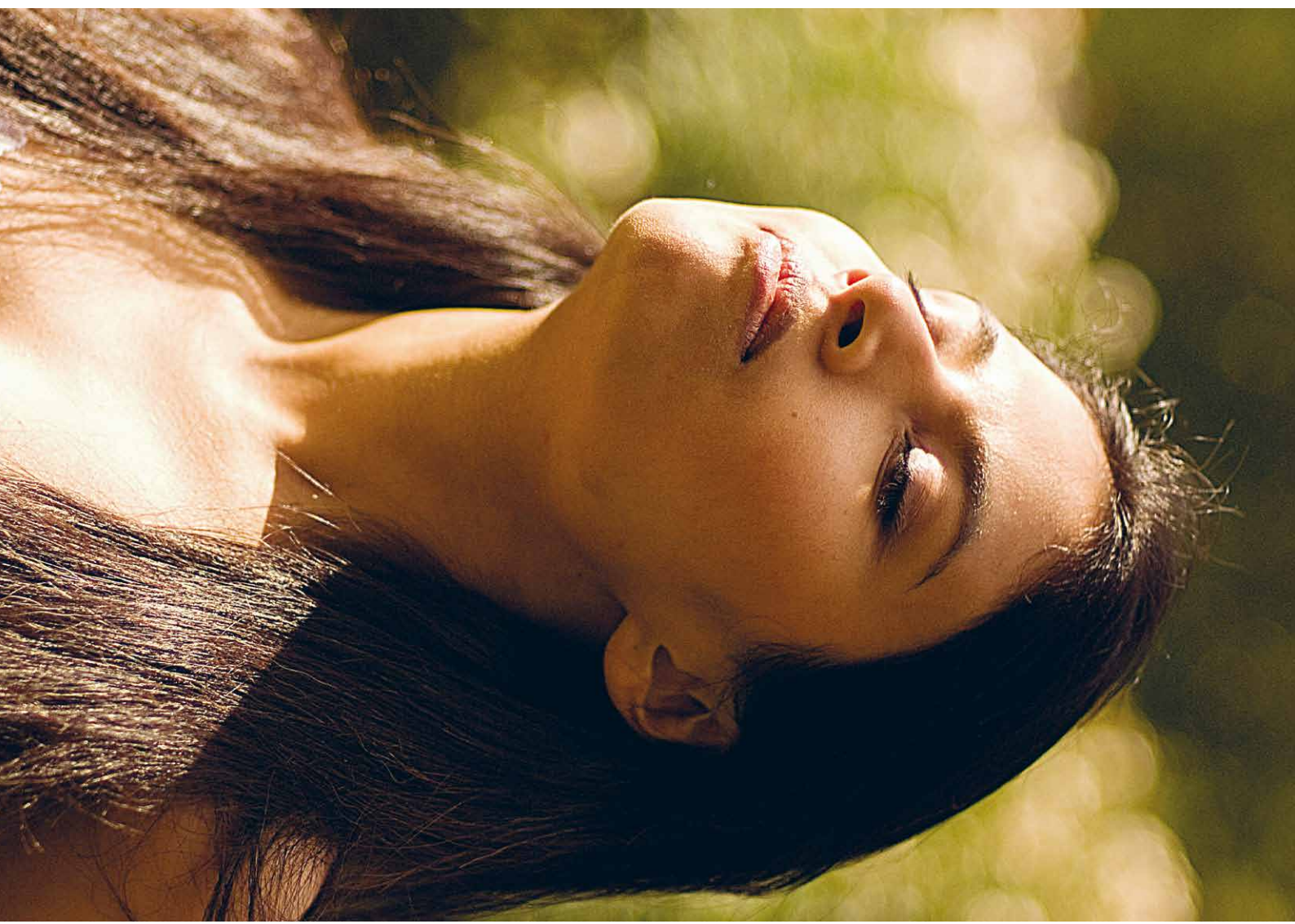
The next stage of Dru Meditation takes us from just observing our mind to understanding the vast landscape of our consciousness, described in the yogic tradition through models such as chakras and koshas. If you attend the Foundation course, you will learn this more refined level of practice, to help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

Stage 3

On the teacher training course you will experience the third stage of Dru Meditation—learning to transform your consciousness and become the master of your mind and emotions. You'll learn advanced breathing techniques, mantras and kriyas which will empower your strengths and help you to know yourself at a very deep level. At Dru we continue this process with our advanced meditation courses.

Dru Meditation and the five koshas (levels of consciousness)

- 1 Anamaya kosha** (physical body). Using mindful awareness, you will learn to sit comfortably and relax at will, balancing the sympathetic and parasympathetic nervous systems so you remain alert yet relaxed.
- 2 Pranamaya kosha** (energy body). Powerful breathing techniques such as Sama vritti, the three fold breath and Savitri pranayama will enable you to build up your energy and health.
- 3 Manomaya kosha** (emotional body). Dru's kriyas and meditation techniques will help you become the master of your emotions, enabling you to access passion and willpower so you can choose how you feel in any moment.
- 4 Vijnanamaya kosha** (intellectual body). Using the ancient power of mantra and japa, you will awaken your inner wisdom body, where intuition and your life's purpose become clear.
- 5 Anandamaya kosha** (blissful body). Using Dru's subtle meditation methods, you will experience the joy of your higher self, however you perceive it.

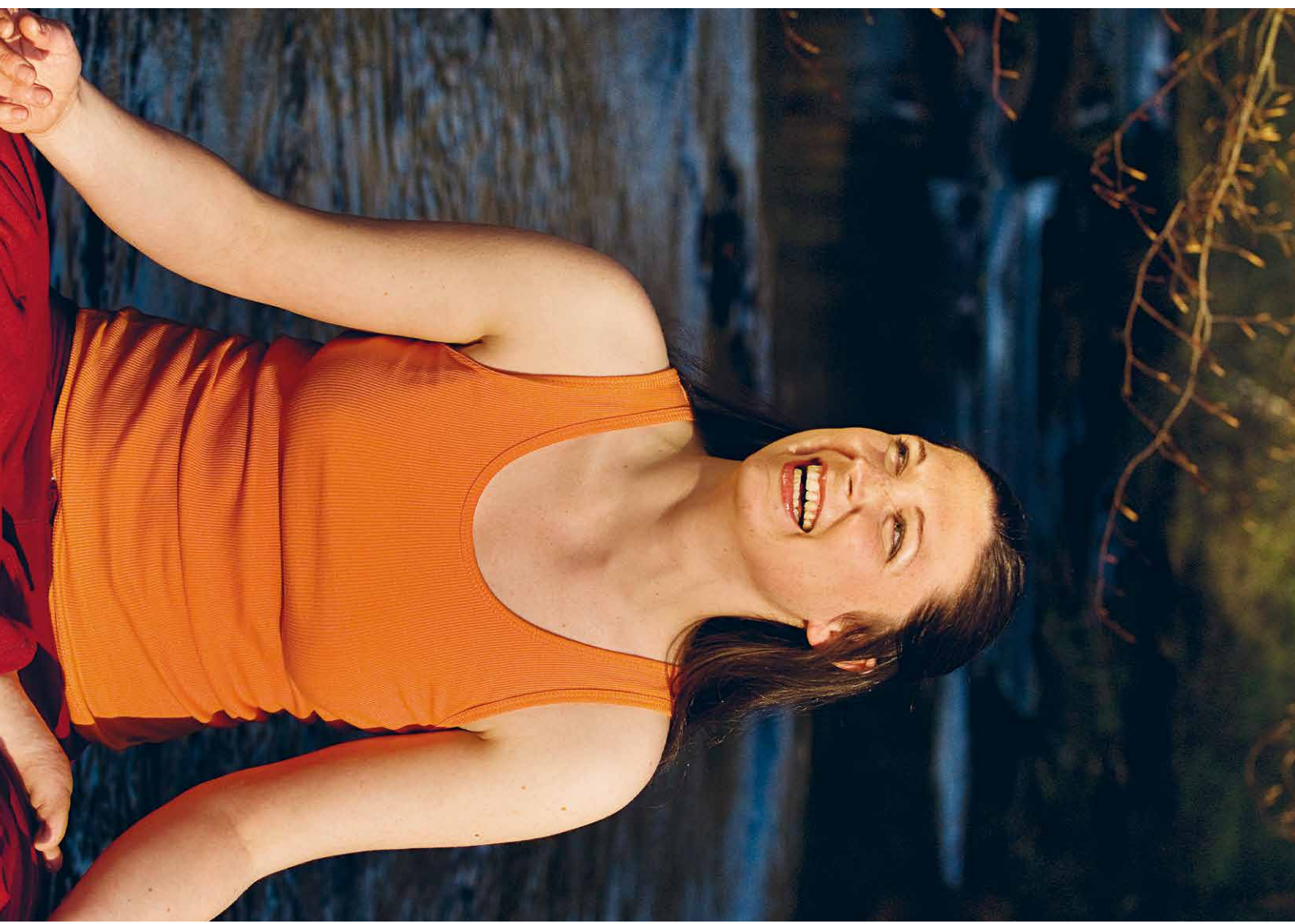


How can I explore Dru Meditation?

There are many ways to explore Dru Meditation:

- 1 Visit: druyoga.com/meditation/try-dru-meditation for many free videos and techniques.
- 2 Try a **workshop** in your area.
- 3 Enjoy a **weekend retreat** at our Dru Centre in Snowdonia National Park.
- 4 Do the **Foundation Course** to help you deepen your home practice.
- 5 Do the **Training Course** which takes you into more depth and trains you to teach.

Dates and venues of all upcoming Dru Meditation events are available at druyoga.com



DRU MEDITATION FOUNDATION COURSE

This course is a short, powerful programme in which you will learn to meditate, develop mindful awareness, discover real inner peace and gain a fresh, new perspective on life.

Here are some of the benefits you can expect from the Foundation course. Learn how to:

- > deeply relax your body
- > calm and clear your mind
- > balance and manage your emotions
- > change the way you think and feel
- > turn crises into opportunities.

This course is designed for:

- > meditation practitioners who want a more confident personal practice
- > yoga teachers who want to explore Dru Meditation in more depth
- > those who want a taste of the Dru Meditation Training Course.

Module 1

- > Introduction to your physical body—find your perfect sitting posture.
- > How, why and when to relax successfully.
- > Shanti prana Dru Meditation (physical)—meditation on the anamaya kosha.
- > Understanding the parasympathetic and sympathetic nervous systems.
- > Establishing a successful meditation practice.
- > How Dru Meditation compares with other styles.
- > Prana kriyas to prepare for a successful meditation.

Module 2

- > Introduction to pranamaya kosha.
- > The importance of breath ratios.
- > Shanti prana Dru Meditation (subtle)—meditation on the pranamaya kosha.
- > The chakras—a deeper understanding.
- > The 3-fold breath—a kriya for inner stillness.
- > An introduction to the Bhagavad Gita.
- > How to overcome the mind's resistance to meditation.
- > Meditations and walks in nature.

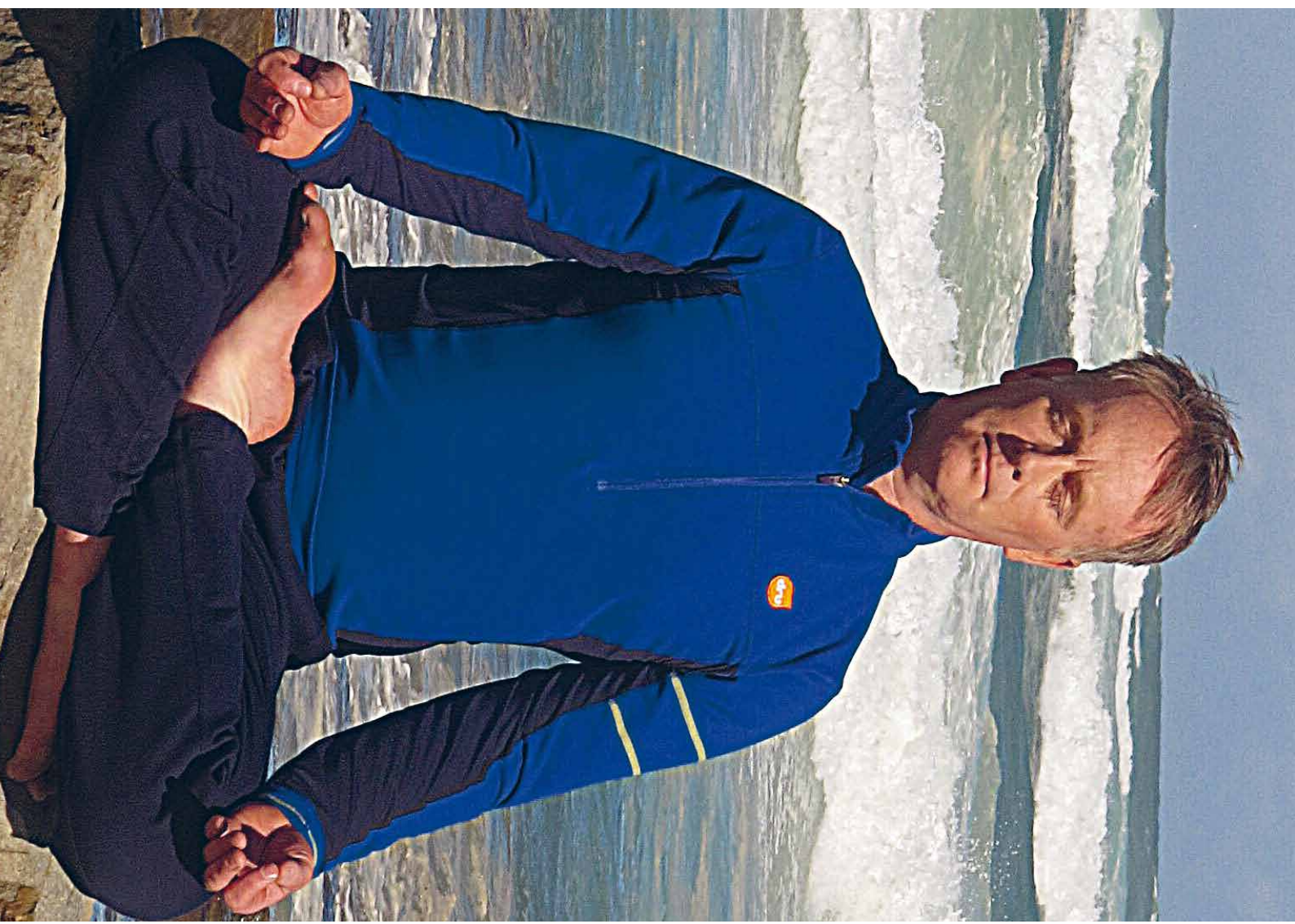
DRU MEDITATION TRAINING COURSE (DMT)

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

It takes you progressively deeper into the science of meditation. It's a systematic approach working through the koshas from the physical to most subtle.

'I came to the first module of the Dru Meditation Course feeling worn out and tired. I left totally energised, focused and rejuvenated.'

V.H. Psychiatric Nurse, Swansea



The DMTT includes the syllabus of the Foundation Course and goes further, enabling you to find inner peace through your own practice. You will also learn the science of teaching meditation to others and guiding them through that same process.

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 each kosha.
- > A deep understanding of subtle energy.
- > Meditative prayer and contemplation techniques.
- > Chanting/singing and mantra meditation.
- > Structuring and planning meditation classes.
- > How to manage group energetics.



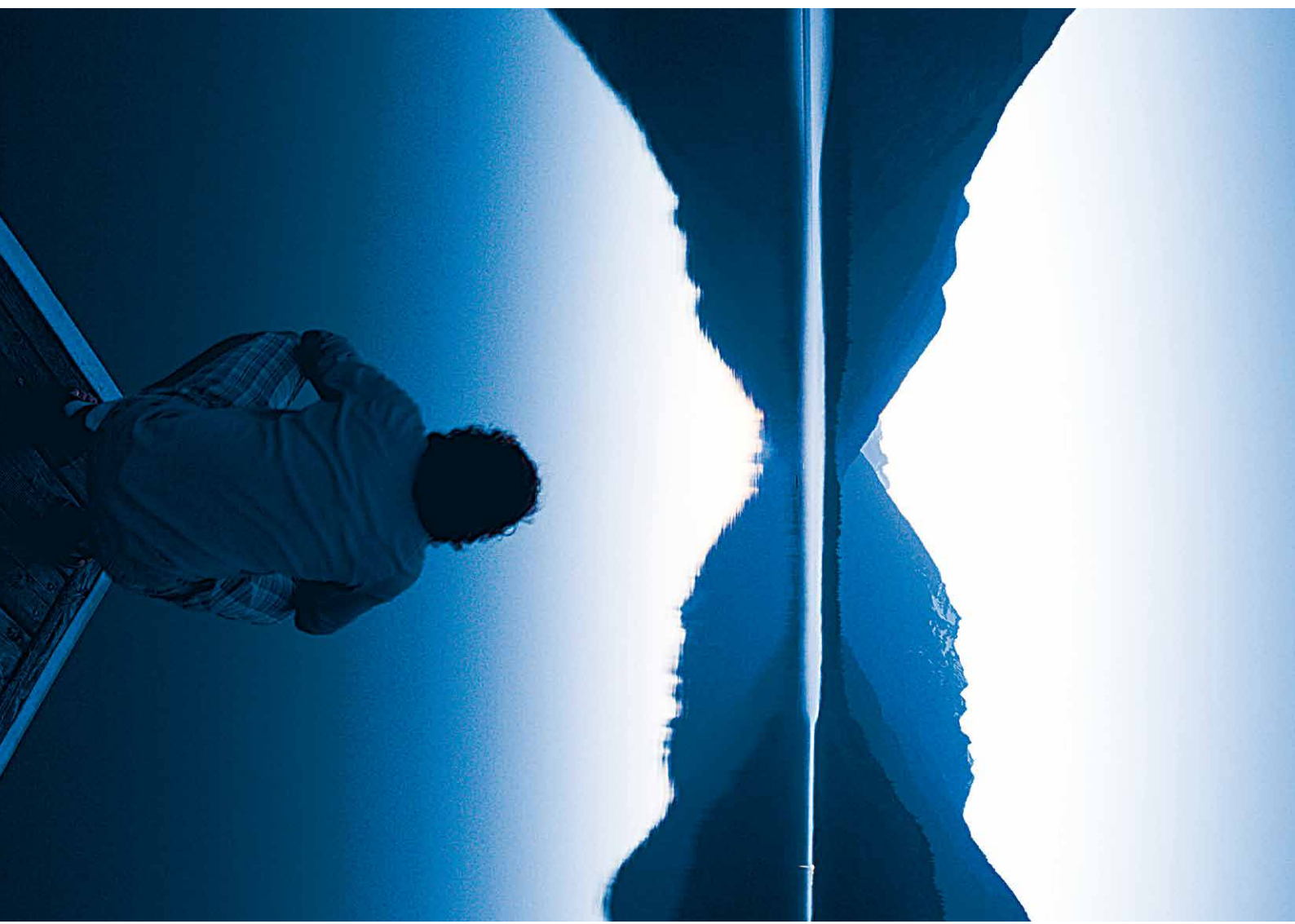
Some of the benefits of the Dru Meditation

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.

'I learned to trust my ability to meditate. I feel more alive in my skin, more calm in my emotions and more empowered in my thoughts. It has changed the way I teach so that it is more authentic and more effective for those in front of me!'

Deb, 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:

- > attend a preparatory Dru Meditation retreat
- > book a personal mentoring with a senior tutor
- > have a basic knowledge of the chakras and subtle anatomy
- > attend a Dru Yoga class regularly if possible.

When do I qualify as a teacher?

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

Teaching skills

There will be on-going brief teaching practice assignments throughout the course. Your tutors and peers will assess your final teaching practice. For this 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 teaching diploma there are a number of assessment processes built into the course. The emphasis for your assignments is on your personal practice and a meditation journal that we ask you to keep as a record.

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


Course manuals

We provide detailed 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.

How do I apply?

Go to: druyoga.com/apply and download the application form. One of the senior tutors will then contact you for an informal phone interview.

DruYoga.com/apply

 01248 602900

