



YOGA TEACHER TRAINING





GIVING BACK | CHANGING LIVES

We are an energetic and fresh-thinking, non-profit, social enterprise eager to inspire a naturally healthier way of living for everybody, from young to old and from all walks of life.

We founded Dru upon the ideal of giving back to the world. Dru Yoga's increasing popularity is due to its effectiveness at relieving the enormous pressures and stresses of modern life.

In research studies Dru Yoga has been found to reduce stress, reduce back pain, improve wellbeing and prevent injuries. As a result, Dru is now being integrated into schools, hospitals, businesses, government agencies and professional sports.

With the help of our volunteers, we support a variety of community projects around the world, such as free medical camps in India and peace education programmes in schools throughout the UK, in Europe and Australia.

Rebecca Langford, Dru Yoga
teacher trainer & osteopath



POSITIVELY DRU

Why choose Dru?

Keith Squires, ayurveda, nutrition
& health tutor and author

What is Dru Yoga?

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, fitness levels and 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 plus postgraduate courses for continuing professional development (CPD).



How is Dru different from other types of yoga?

Dru Yoga works to balance the chakras (energy centres of the body) and to access the powerful energy of the heart.

Key principles

- 1 **Energy Block Release** sequences are easy-to-practise, flowing movements that help to release tension physically, mentally and emotionally.
- 2 The **spinal wave** and spinal twist are core features of Dru, enhancing spinal health and vitality.
- 3 **Joints** are kept relaxed and soft during movement (as in tai chi). This creates flexibility and a free flow of subtle energy.
- 4 A deep understanding of **core stability**.

In Dru Yoga all movements originate from the **spine** because a flexible, healthy spine supports your entire yoga practice. Within the flow of movement, Dru Yoga creates powerful moments of **stillness** which we call 'Dru points'.

Dru Yoga includes:

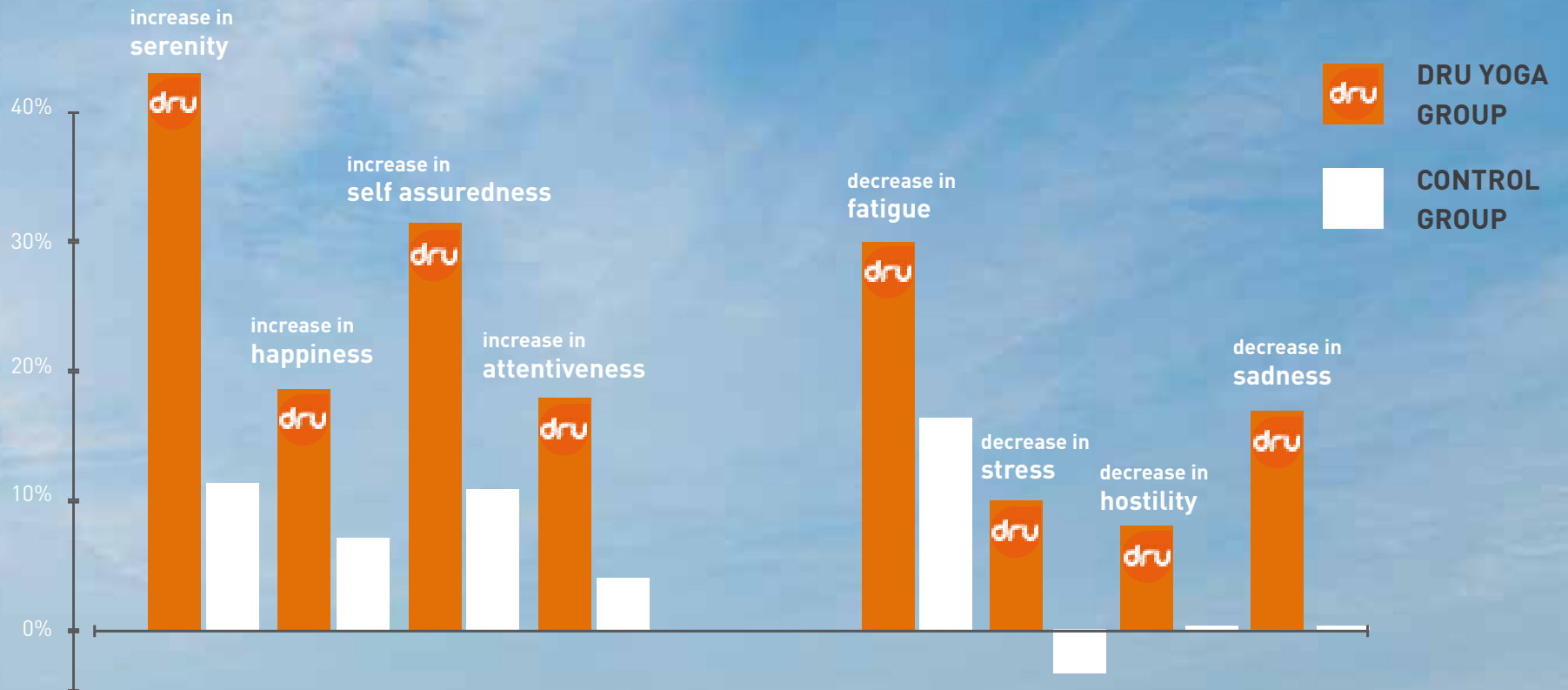
- > classical yoga asanas (postures)
- > pranayama (the science of breath)
- > mudras (hand gestures)
- > positive affirmations
- > empowering visualisations
- > deep relaxations
- > sequences performed in a flowing and dynamic style.

Dru Yoga research

At Dru, our on-going research programmes enable our yoga teachers to work more closely with large employers such as county councils and the NHS. 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—two of the key factors leading to sickness absence at work (costing the British employers more than £5 billion per year).

In this study, Dru Yoga teacher trainer Ned Hartfiel and other researchers at Bangor University recruited more than 70 employees from Conwy County Council and randomized them 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).

After the eight week programme, the Dru Yoga Group scores (when compared with the control group) were significantly lower for perceived stress, back pain, sadness and hostility, and much higher for feeling self-assured, attentive and serene.



A photograph of a woman and a man smiling, wearing blue athletic wear, standing outdoors against a background of a blue sky and ocean. The woman is on the left, and the man is on the right, with his arm around her shoulder.

the DRU CdruOURSE

Rebecca Langford, senior tutor &
Krishna Patel, Dru Yoga teacher

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 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 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 personal 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.

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!



Studying together at the Dru Centre in North Wales

Want to teach? Be the best!

The International School of Dru Yoga is registered with the Yoga Alliance (200hrs, yogaalliance.org) and the Independent Yoga Network (UK) so you can be confident that your training...

- > 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
- > leads to membership of a vibrant global **network** of Dru teachers and a connection with like-minded friends
- > free unlimited access to online video resources on Dru Yoga Online throughout the duration of the course.

Since 1985 we have trained thousands of Dru Yoga teachers world wide, with many hundreds currently in training. Half our students start to teach before graduation, helping to recoup their costs.

- > Start teaching and earning halfway through the course
- > Flexible course structure
- > Indepth post-graduate programmes, including ongoing training in back care, pre-natal yoga and yoga for kids & teens
- > Post-graduate yoga therapy accreditation is available
- > A variety of payment plans are available.



COURSE FORMAT

Nanna Coppens,
Dru Yoga teacher trainer

What's in the Dru Yoga Teacher Training Course?

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

Dru Yoga includes a wide range of yogic philosophy and understanding of the subtle energetics, creating a powerful form of yoga which establishes flow and flexibility, presence and strength within the physical body as well as the energetic, emotional, mental and spiritual layers. This is achieved by the integration of the five Koshas (layers of human existence) 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...

- > **42 classical yoga asanas**
- > **20 pranayama techniques**
- > **6 relaxation techniques**
- > **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 heal the body and empower the mind.)


- > **16 meditation techniques** including 7 Chakra Dharanam techniques

- > **Preparing the body appropriately for asana practice:**

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

Any practice you will learn comes with a wide range of modifications and health considerations to suit every individual student.

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



Sylvia Barrington, Dru Yoga Therapy teacher trainer, demonstrating Bridge posture modification

> **Anatomy & physiology**

In order to teach yoga safely we need to develop an understanding of how asana and pranayama practice affects the body. Therefore you will gain a basic knowledge and understanding of the 9 systems of the body and particularly 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.

> **Yogic philosophy** includes:

- * Origins of yoga
- * Patanjali's Yoga Sutras
- * Upanishads
- * Vedanta
- * Bhagavad Gita
- * Bhakti yoga
- * Anna yoga
- * How yogic philosophy can be applied to modern day living

> **Subtle anatomy**

An important aspect 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 prana
- * an in-depth understanding of the chakras and an 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.

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 and to anchor the knowledge and skills you will need as a yoga teacher.

There are 5 assignment projects:

- > Caring for the Spine
- > Lesson Planning, Parts 1 & 2
- > Chakra Project
- > Yoga Philosophy

Reflective learning sheets

You will be asked 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.

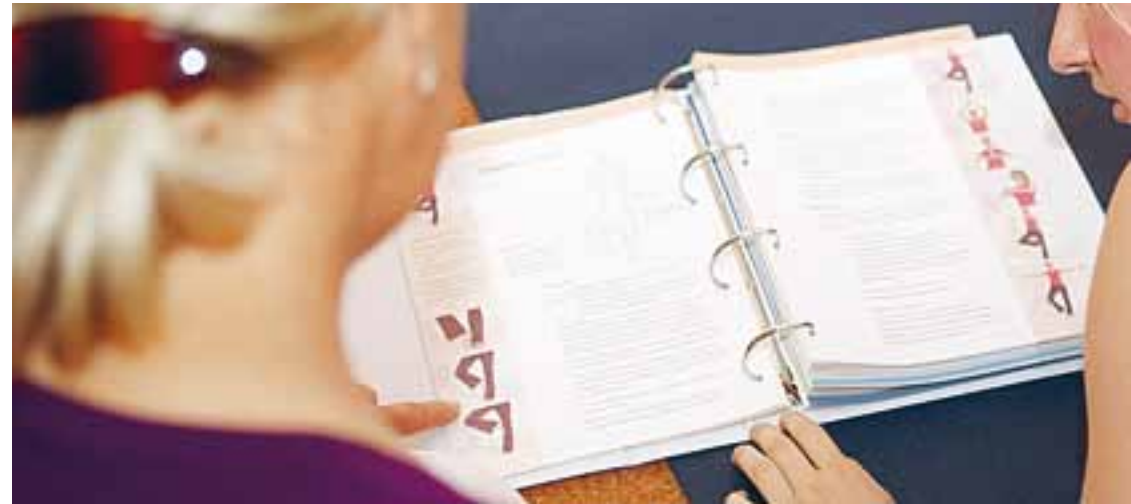
You will also reflect on how to teach various practices so that your students can learn yoga safely and so that you can guide them to progressively deepen their experience.

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, you can easily pay for your course. If you gathered a group of 6 friends together every week, and asked them to pay you £5 each as a student teacher, you would make enough to cover 80-90% of your average monthly payments.

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.



Course trainee online support

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

With free, unlimited access to over hundreds of classes, providing examples of class structures; timings for the different aspects of a Dru class; teaching effectively with and without a demonstrator; a huge depth and breadth of 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 Dru teachers from around the world!

Dru Star Lounge

The Dru Star Lounge is a component of Dru Yoga Online, exclusively for Dru Yoga students and graduates. Here you will find specialised topics which compliment the course such as using different themes for your classes, working with mudras, yoga for back care and core stability.

- > Explore in-depth specialised topics presented by our top international Dru teacher trainers
- > 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 many key global Dru events and the Dru Yoga Summer School in Wales
...and much more!



The principles of core stability, posture and alignment—Ruth Boaler

Duration: 25 mins



The principles of mudras—Lalita Doerstel

Duration: 40 mins



The principles of pranayama—Nanna Coppens

Duration: 36 mins



Deep relaxation—Padma McIntyre

Duration: 73 mins

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 teachers' insurance and marketing and teaching resources.

- > marketing resources
- > professional yoga teachers' insurance at substantially lower rates (begins at £29 per year in the UK)
- > 30% discounts on Dru CDs, books and DVDs
- > 2 months free on the Dru Online Meditation Course
- > free poster templates
- > free graphics service for Dru business cards

Pauline Smith
 BA (Hons), Dip DYT
 DYT (Back Care & Prenatal)

**International Yoga Teacher
 & Yoga Therapist**

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 E p.smith@yahoo.co.uk

druyoga.com/teachers/pauline-smith






- > social media guides
- > discounted rates on selected CPD events and courses
- > regular members' newsletter
- > 'find a yoga teacher' online service, where people can search for classes as well as teacher name. Promote your individual classes with full details, map, webpage and your own URL


AUSTRALASIA
UNITED KINDOM & EIRE
INTERNATIONAL



Pauline Smith

International Dru Yoga teacher and Yoga Therapist

Learn more about Pauline Smith, her qualifications, experience, and how she can help you with your yoga practice. Contact her today for more information.

Contact
 07803 444002
 p.smith@yahoo.co.uk
 http://www.druyoga.com

Class	Time	Days	Level	Price	Location
Beginner Yoga	10:00 - 11:30	Tue	Beginner	£12.00	St. James Church, London
Intermediate Yoga	12:00 - 1:30	Thu	Intermediate	£12.00	St. James Church, London

QUESTIONS ANSWERED

What can I expect?

'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



Sue Lonsdale,
Dru Yoga teacher trainer

Who can apply?

Anyone can apply! You don't have to be an experienced yoga practitioner to do this course. We do value any previous yoga experience, however, it is not the only thing we consider.

For example, if you are a physiotherapist, osteopath, occupational therapist, pilates teacher, school teacher, complementary therapist, fitness instructor, mental health worker, human resource manager, a nurse or doctor, a counsellor, psychologist etc... then you'll have the skills we're looking for in an aspiring Dru Yoga teacher.

Qualities we value, regardless of your background or level of experience:

- * enthusiasm and a keen interest in the subject
- * knowledge of anatomy and physiology
- * good communication skills
- * good people skills in groups or individually
- * a love of yoga!

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 practice or as a teacher.

Can I start to teach during the course?

Yes. Midway through your training course (after 1 year) you can take your interim assessment. Together with the completion of your written work, this enables you to start promoting and teaching your own yoga classes as a student teacher. Through our 'earn as you learn' payment programme, if you gathered a group of 6 friends together every week, and asked them to pay you £5 each as a student teacher, you would make enough to cover 80-90% of your average monthly payments.

Can I trial the Dru Yoga Teacher Training Course?

Yes, in 2 ways:

1 Taster days/weekends

Each Dru Centre around the UK offers taster days where you can participate in a day on the Course, meet the tutors and other students, and see if it's for you. Visit: druyoga.com for dates and venues of upcoming local events.

2 Dru Yoga Foundation Course

This covers a quarter of the material of the Dru Yoga Teacher Training Course and provides an excellent grounding in the essential foundations of Dru Yoga. It is designed for:

- > yoga newcomers who want a more confident home yoga practice
- > yoga class students who want to explore Dru in more depth
- > yoga students who want to try out the Dru Yoga Teacher Training Course
- > yoga teachers from other schools who want to experience and teach Dru Yoga's unique style.

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

When do I qualify as a Dru Yoga teacher?

You will receive your Dru Yoga Teaching Diploma once you've attended all the course days, completed the necessary assignments and written assessments and passed the final teaching assessment. This usually takes 2 to 2½ years.

Where can I train?

Dru Yoga teacher training courses are run in the UK, Australia, the Netherlands and Canada.

We offer a range of course options from day or weekend sessions to 4 or 5-day modules.

Visit: druyoga.com or contact your nearest Dru centre for details of venues, starting dates and costs.

West Midlands

■ Yoga Foundation

COURSE STRUCTURE

3 x non-residential weekends

■ Yoga Teacher Training

COURSE STRUCTURE

16 x non-residential weekends

Maristowe, Dover Street
Wolverhampton
West Midlands, WV14 6AL
midlands@druworldwide.com
01902 409164

Scotland

■ Yoga Foundation

COURSE STRUCTURE

3 x non-residential weekends

■ Yoga Teacher Training

COURSE STRUCTURE

16 x non-residential weekends
over 2 years

PO Box 14829
Denny
Scotland FK6 5YJ
scotland@druworldwide.com
01324 820392

North East

■ Yoga Foundation

COURSE STRUCTURE

3 x non-residential weekends

■ Yoga Teacher Training

COURSE STRUCTURE

32 x Wednesdays over 2 years

■ Yoga Teacher Training

COURSE STRUCTURE

16 x non-residential weekends
over 2 years

Croft House, Station Road
Otley LS21 3HX
leeds@druworldwide.com
01943 467189

London

■ Yoga Foundation

COURSE STRUCTURE

8 x non-residential
Sundays over 8 months

■ Yoga Teacher Training

COURSE STRUCTURE

34 x non-residential
Sundays over 2 years

126 Manor Green Road
Epsom, Surrey, K19 8LN
london@druworldwide.com
01372 725 327

Northern Ireland

■ Yoga Foundation

COURSE STRUCTURE

3 x non-residential weekends

■ Yoga Teacher Training

COURSE STRUCTURE

16 x non-residential weekends
over 2 years

info@druireland.com
07891 988 602
or 01 442 9888



Dru Centre in Snowdonia

Situated in the Nant Ffrancon valley in Snowdonia National Park, the Dru Centre in North Wales is a spectacular location in which to do your yoga teacher training.

This course is unique as it is run on a residential basis and covers more than 250 hours tuition and contact time with your tutors, including walks and yoga out in the spectacular national park.

Thousands of practitioners come here every year to enjoy the positive 'feel good' ambience, delicious vegetarian meals, easy access to the mountains and nurturing therapies. The Dru Centre is easy to access by road, train (direct trains from London take just over 3 hours) or plane (nearest airports are Liverpool or Manchester).

North Wales

Dru International
Training Centre
Snowdonia Mountain Lodge
Nant Ffrancon Valley,
Bangor, Gwynedd LL57 3LX

hello@druworldwide.com
01248 602900

■ Yoga Foundation

COURSE STRUCTURE
2 x residential 5-day modules

■ Yoga Teacher Training

COURSE STRUCTURE
8 x residential 5-day modules
over 2 years

Movement class outside near the
Dru Centre in North Wales

What is a typical timetable for a 5-day module?

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
7.30-8.45			Movement, pranayama & meditation	Movement, pranayama & meditation	Movement, pranayama & meditation	Movement, pranayama & meditation
8.45-9.30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
10.00-11.15		Walk in the countryside	Principles of Dru Yoga	Posture session 3	Posture session 4	10.30am-12pm Psychic anatomy & physiology 2
11.15-11.45		REFRESHMENTS	REFRESHMENTS	REFRESHMENTS	REFRESHMENTS	REFRESHMENTS
11.45-1.15		Activation and core stability	Psychic anatomy & physiology 1	Yogic philosophy posture review	Posture session 5	12.15 Conclusions
1.15-3.00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
3.00-4.30		Posture session 1	Posture session 2		Teaching practice anatomy & physiology 2	
4.30-5.00		REFRESHMENTS	REFRESHMENTS	Walk and yoga outside in the countryside	REFRESHMENTS	
5.00-6.30	Arrive and settle in your room	Teaching practice anatomy & physiology 1	Pritvi Namaskara & yoga research		One-to-ones	
6.45-7.30	EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL	EVENING MEAL	
	Welcome, introduction & relaxation	Free time, therapies & mentoring	Free time, therapies & mentoring	Free time, therapies & mentoring	Free time, therapies & mentoring	



MY APPLICATION IS FOR... (please tick)

Dru Yoga Foundation* (see p36)

Dru Yoga Teacher Training

YOUR DETAILS

Name

Address

..... Post code

Email

Date of birth Tel (home)

Occupation Mobile

Tel (work) Next of kin

ABOUT YOUR YOGA EXPERIENCE

Tick as appropriate: beginner 2-3 years practice experienced

Do you attend a regular yoga class? If yes who is your yoga teacher?

.....

Are you a yoga teacher? If yes, how many yoga classes?

.....

Are you a complementary therapist? If yes, what kind?

.....

Please outline any background you have in teaching or training, especially personal development, human resources or therapeutics. (eg, Yoga, Tai Chi, any kinds of group work, therapies, etc.) If you teach regularly, how many groups/people per week?

.....

.....

.....

Apply today

- 1 Fill in your application form
- 2 Ask your yoga teacher, colleague or friend for a reference.
- 3 Send both application and reference to the Dru Centre where you'd like to train (see p30-33).

One of your tutors will then call you to answer all your questions and a short phone interview.

*The Dru Yoga Foundation course consists of the first quarter of the full Teacher Training course. Therefore there is always the option of continuing onto the Dru Yoga Teacher Training course if you wish.

**Any questions?
Call free...**

 **0800 043 0046**



ABOUT YOUR HEALTH

Do you suffer from any of the following (tick as appropriate):

- High/low blood pressure Epilepsy Fatigue Injury
- Back /neck problems Asthma Diabetes Cancer
- Eye-sight problems Hearing difficulty Physical disability
- Arthritis/joint problems Emotional health problems

Any other—please specify below: (If you are pregnant, please let us know)

.....

If you are currently taking medication, what are you taking and what is it for?

.....

Have you seen a counsellor, psychiatrist or other mental health worker in the last 5 years? If YES, please give details

.....

GENERAL QUESTIONS

Have you participated in any other Dru events, courses, conferences?
 (Please specify title and year, do include courses you may be currently booked on)

.....

ABOUT YOU

Finally, please write about yourself below, (use a separate sheet of paper if necessary) and include the following:

- ⚙️ What led you to apply for the Dru Yoga Teacher Training course?
- ⚙️ Please tell us about any interests and skills you have?
- ⚙️ What do you hope to achieve by doing the course?
- ⚙️ Please provide a written reference from your yoga teacher, friend or colleague.

.....

Signature

Date

‘This course has made me feel calmer, more in my body and more at peace with myself. I’ve discovered more about how my body works in these two weeks than in my four years of dance training!’

Danielle, Administrator

‘The Dru course teaches yoga which everyone can do at all levels and stages so it’s really accessible. The teachers are real pros and have amazing experience to back up the knowledge. My personal practice has improved a lot, so has my memory, concentration, calmness and alertness. I also made very strong friendships with like-minded people.’

Sam, Health coach

‘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.’

Sandra, Massage therapist

‘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, Life coach

‘It has been an amazing adventure. Teachers with wide spectrum of qualities, bringing you into guided meditations, breathing, asanas and EBRs. A journey to inner peace, letting go and allowing to transform. The most beautiful gift you can give to yourself.’

Eline, Sound therapist

DruYoga.com



0800 043 0046