



**Positive  
health  
Positive  
wellbeing  
Positively Dru**

**dru**

**BOOK 1**

# **DRU YOGA TEACHER TRAINING**

**BODY  
& MIND**

**HEALTH  
& NUTRITION**

**PRODUCTS**

**NOT FOR PROFIT  
PROJECTS**

**dru**

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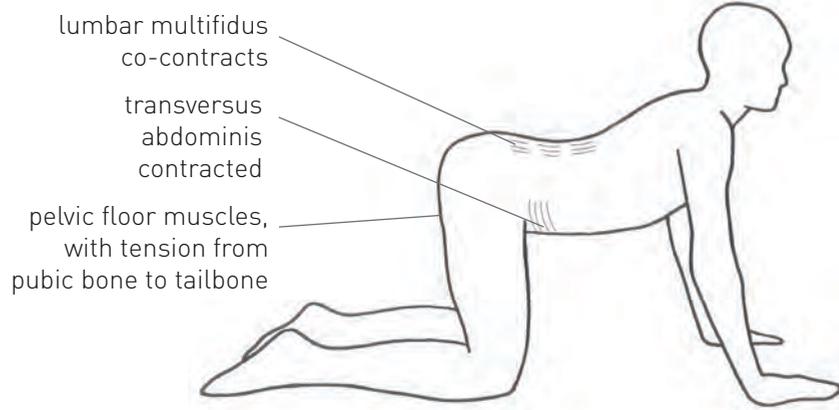
**Dru Yoga works on both the body and the mind, strengthening core stability, building a heightened feeling of positivity and empowerment, and rejuvenating the soul.**



**For optimum results perform these movements twice daily, repeating the ten second hold for ten repetitions.**



**RECRUITING YOUR CORE MUSCLES** continued



**STAGE ONE**

Lie on your back with your knees bent and soles of the feet flat on the floor. On an exhalation, become aware of tensing your pelvic floor muscles, gently drawing up towards the spine. Concentrate on the area just above your pubic bone. Hold for ten seconds while breathing normally. Release and relax for a few moments. Repeat ten times.

**STAGE TWO**

On all fours, make sure your hands are beneath your shoulders and your knees beneath your hips. Aim to have your spine in a neutral position, so that your pelvis is not tipped forward or back, and there is a natural hollow in the lower back.

Allow gravity to release your abdomen down, so that your abdominal muscles are completely relaxed.

Breathing out, slowly and gently tense the pelvic floor muscles and deep the abdominal muscles. Keep your pelvis and spine still.

**When the pelvic floor is engaged on the exhalation, the lower abdominal muscles (transversus abdominis) automatically begin the hollowing action. This helps to maintain a neutral pelvic position.**

Hold this contraction of the deep stabilising muscles for ten seconds whilst breathing normally.

**By contracting your pelvic floor muscles you will enhance the contraction of transversus abdominis. Lumbar multifidus, the deep layer of back muscles, also contracts, but it is initially more difficult to feel.**

Relax your abdominal wall slowly and take a complete breath before repeating.