



**Positive
health
Positive
wellbeing
Positively Dru**

dru

BOOK 1

DRU YOGA TEACHER TRAINING

**BODY
& MIND**

**HEALTH
& NUTRITION**

PRODUCTS

**NOT FOR PROFIT
PROJECTS**



ABOUT ENERGY BLOCK RELEASE SEQUENCES

Having activated the body we move on to the process of Energy Block Release (EBR).

As human beings we operate on many different and subtle levels. We can think of these as:

- > physical (body awareness)
- > energetic (sensation)
- > mental and emotional (ideas, feelings and emotions)
- > intellectual (belief systems) and
- > spiritual (awareness of our higher Self)

For more information on these layers of our being see *Psychic Anatomy and Physiology*, pages 41–44.

In our everyday lives we become very proficient at moving between these different layers. In our interactions we give and receive energy on these different levels.

When we receive an energy, for example of anger, it not only finds a niche in our mind but also percolates to other layers, starting with those layers closest to the mind and then spreading outwards. The first reaction to feeling the energy of anger is usually an emotional one. For example, we feel hurt, and then we may actually sense it physically as the energy reaches the body layer. When the energy arrives at the physical layer it will lodge in the joints, causing stiffness and aches. From the joints the energy, if not discharged from our body, will transfer to the muscles and from there into the internal organs. Once this happens the energy block becomes deep seated and over a long period of time creates 'dis-ease' within the body.

It is unhealthy to allow unresolved emotional energy to work its way inwards to the vital organs, so we must learn how to release it on a moment to moment, or at least day to day, basis. This is where EBR sequences come into their own. The gentle movements work with the joints and muscles in a subtle way, releasing energy and allowing it to flow back out into the external world.

Emotional energy is relatively easy to understand and to deal with. Notice, however, the same process in action with regard to our self esteem. For example, we may feel fully confident about a situation until a short, often meaningless remark can create self doubt and our confidence dissolves. We can reclaim our power and strength, however,



The gentle Energy Block Release (EBR) movements work with the joints and muscles in a subtle way, releasing energy from the joints and allowing it to flow back out into the external world.



Consider the Energy Block Release as a process assisting detoxification at every level. If you want to gain the most benefit from the sequences, train yourself to be fully present, bringing an aliveness and freshness to each moment.

ABOUT ENERGY BLOCK RELEASE continued

by combining the Energy Block Release movements with carefully selected affirmations.

Negative thoughts and attitudes create rigidity in our actions and patterns of behaviour. Negativity can create impenetrable barriers and defences, which inhibit our capacity to 'feel what we are really feeling', including our capacity to feel love and joy as well as pain and sadness. The process of Energy Block Release over a period of time softens and begins to melt such rigidity around the energetic and emotional bodies.

Energy Block Release sequences reverse the process of absorbing energy into our joints, muscles and organs and allow us to detoxify from the inside out.

The movement work on its own releases energy initially at a physical level and then gradually at deeper levels. When we involve mental and intellectual suggestions as well, the whole process is vastly accelerated.

Consider the Energy Block Release as a process assisting detoxification at every level. We need to clear the debris in order to clear our vision. When this happens we become even more effective in bringing about self transformation. Please be aware that there is always more going on than is apparent on the surface. If you want to gain the most benefit from the sequences, train yourself to be fully present, bringing an aliveness and freshness to each movement.

KEY POINTS TO BEAR IN MIND

- > Avoid locking any joints or holding the limbs or torso rigid. When the joints lock, the energy flow is inhibited.
- > Allow all movements to arise out of the spine. Even something as simple as raising your arms sideways accompanies extension and elongation of a dynamic and flexible living spine. Move slowly and with awareness.
- > Remember that photographs can only provide a 'snapshot' of what is a dynamic process and the same is true of a description in words. They can never fully capture the essence of any process. For this reason it is very important to receive live instruction and guidance from your tutors.
- > Don't get so caught up in the detail that you lose the flow. Detail and accuracy come with practice and refinement.
- > Above all, enjoy the entire process.

EBR 1 THE FOUNDATION EBR SEQUENCE

Energy Block Release sequence 1 is the foundation EBR sequence in Dru Yoga. It incorporates the range of movements the body needs in order to keep healthy and fit. It has proven to be very effective in clearing stress by relieving physical tension and emotional blocks, and creating a calm, clear mind.

EBR 1—KEYWORDS

tadasana
 rocking / circling
 side bend
 standing stretch
 finger flicks
 arm rotations
 shoulder circling
 neck movements
 spinal twist
 backward bend
 forward bend
 squat
 tadasana



**Above all, enjoy
 the entire EBR
 process!**

CONTRA-INDICATIONS

Anyone with neck pain, heart problems or high blood pressure should avoid prolonging any position with the arms at, or higher than, shoulder height.

Those with back problems and high or low blood pressure should omit or adapt the backward/forward bends as guided by tutors.

Students who find it challenging to stand for long periods may benefit from sitting on a chair for parts of the sequence—from finger flicks to spinal twist.

Anyone with knee problems can modify the squat by using a chair.



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