



# YOGA TEACHER TRAINING



**'As a not-for-profit organisation, Dru was founded on the ideal of giving back to the world. This value still burns brightly for us today.'**

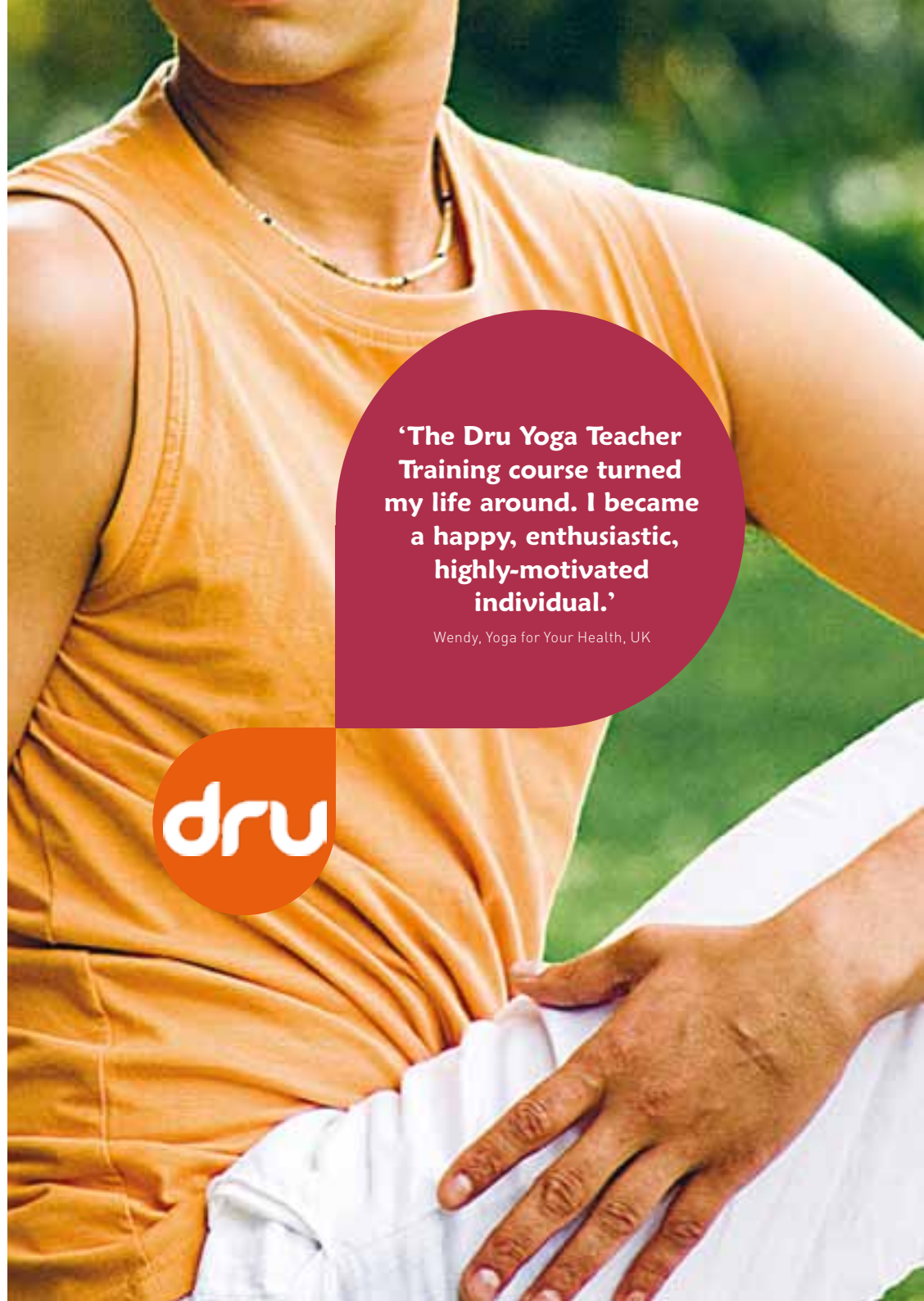
Annie Jones, co-founder

## Why 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.



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

Wendy, Yoga for Your Health, UK

**dru**

## How is Dru Yoga different?

- 1 **Energy Block Release** sequences are unique to Dru Yoga. They are easy-to-practise, flowing movements that help to release tension physically, mentally and emotionally.
- 2 In Dru Yoga all movements originate from the **spine** because a flexible, healthy back supports your entire yoga practice.
- 3 **Joints** are kept relaxed and soft during movement. This creates flexibility and a free flow of subtle energy.
- 4 A deep understanding of **core stability** is key.
- 5 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

Dru Yoga is underpinned by scientific research showing its extensive health benefits. Science has shown that Dru Yoga:

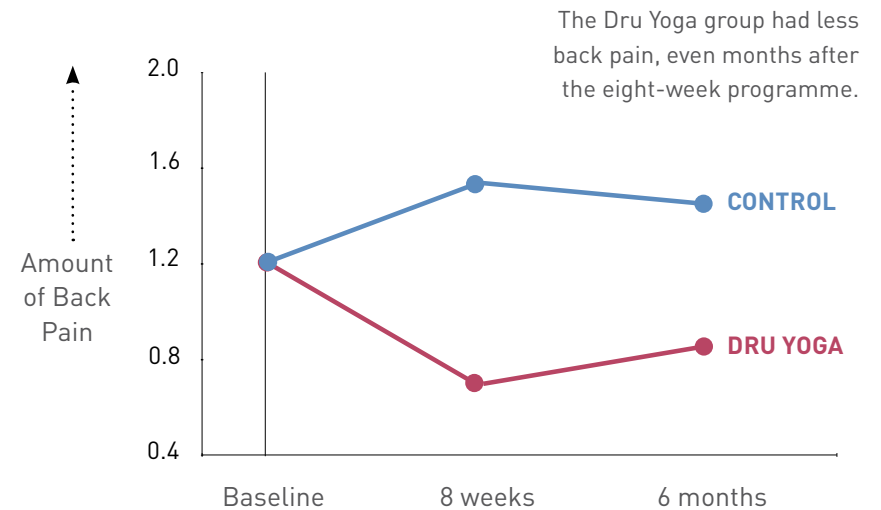
- ☑ increases energy levels
- ☑ maintains a healthy back
- ☑ improves resilience to stress
- ☑ enhances emotional wellbeing
- ☑ reduces susceptibility to injuries

Such research enables Dru Yoga teachers to work more closely with large employers including private companies, county councils, schools, government agencies, professional sports and the NHS.

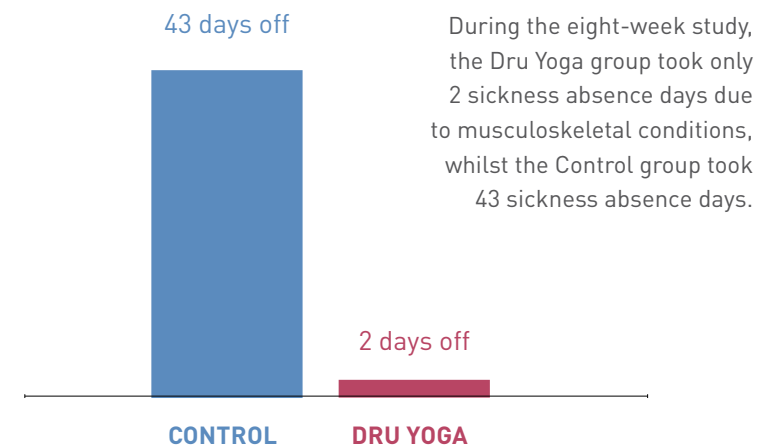
A study published in September 2012 in the *Journal of Occupational Medicine*, showed that Dru Yoga significantly reduced both stress and back pain at work—two of the key factors leading to sickness absence at work. After an eight-week programme, the Dru Yoga group scores (when compared with the control group) were significantly lower for perceived stress, back pain, sadness and hostility, and significantly higher for feeling self-assured, attentive and serene.

A new study (publication forthcoming) sponsored by Bangor University and the NHS found that an eight-week Dru Yoga programme resulted in less back pain, fewer sickness absence days, and cost-saving for the NHS. See graphs shown on the next page.

### Dru Yoga for NHS staff



### Sickness absence days



## Is Dru Yoga Teacher Training for me?

You can choose to do this training to become a yoga teacher or for your own personal development.

A proportion 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.

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.

**'Dru Yoga is accessible to everyone; you don't have to be able to do the lotus posture to start to practise. Just Dru it!'**

Heather, architectural designer , UK

Since 1986 we have trained thousands of Dru Yoga teachers worldwide, with many hundreds currently in training. The global Dru network has grown to such an extent that we are now one of the largest yoga organisations. With the International School of Dru Yoga you can be confident that your yoga training:

- > will enable you to **teach internationally**
- > will include a comprehensive, **in-depth** syllabus
- > provides clear, easy-to-follow **illustrated manuals**
- > is taught by expert **international tutors**
- > receives **recognition** from both national and international yoga organisations
- > will lead to membership of a vibrant global **network** of Dru teachers and a connection with like-minded friends
- > gives you **free unlimited access** to online video resources on Dru Yoga Online throughout the duration of the course
- > gives you postgraduate opportunities to specialise in areas such as **ante-natal, back care, kids & teens** and **yoga therapy**.

## Course Content

- 42 classical yoga **asanas**.
- Any practice you will learn comes with a wide range of modifications and health considerations to suit every individual student.
- How to **prepare the body** appropriately for asana practice:
  - \* principles of activations and Tri Spinal Release
  - \* learn how to strengthen and/or stretch over 30 different muscle groups
- 20 **pranayama** techniques.
- 16 Dru **Meditation** techniques including seven chakra dharanam techniques.
- 6 **relaxation** techniques.
- 18 Dru Yoga **sequences**.

These sequences have been carefully designed to work with the Pancha Kosha model (five layers of our being), alongside the energy system and chakras of the body. They unlock tired and stuck energy and create balance and harmony.
- Gain a great understanding of how to set up your personal space and practice at home.



### ■ Anatomy & physiology

In order to teach yoga safely you need to understand how asana and pranayama practice affects the body. Therefore you will gain a basic knowledge and understanding of the nine 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 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 is 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 which include a range of mudras and **bandhas** (energy locks).

**'Having practised yoga on and off for a couple of decades, I am astounded by the richness the Dru Yoga teacher training course has provided me. The course has helped me establish a daily practice—and as a result more depth has arisen in my life. I am more joyful, peaceful and at ease in the world.'**

L.G. National Charity Manager, Derbyshire



## Home study

The home study component of your course is experience based and 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 and to anchor the 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 learning 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 six 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 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 hundreds 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 complement 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.
- There are multimedia and lecture-style sessions from the Dru Yoga Course allowing you to deepen and anchor your knowledge at any time.
- Enjoy exclusive workshops from key global Dru events such as the 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

## Dru Professional Network (DPN)

The DPN is the global professional body for qualified Dru Yoga teachers and student teachers. Membership offers a wide range of benefits including:

- > marketing resources
- > social media guides
- > 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 Meditation online 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






- > 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 teachers' names. Promote your individual classes with full details, map, webpage and your own URL.


AUSTRALASIA
UNITED KINGDOM & EIRE
INTERNATIONAL



**Pauline Smith**

International Dru Yoga teacher and Yoga Therapist

Search your local Dru yoga teachers, view their profiles and book your classes. You can also search for yoga classes in your area. You can also search for yoga classes in your area. You can also search for yoga classes in your area.

**Details**

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

Class	Time	Days	Price	By Email	Phone	Class Length	Level
Yoga	10.00am - 11.30am	Mon	£10.00	Yes	07803 444002	1.5	Beginner
Yoga	11.30am - 1.00pm	Tue	£10.00	Yes	07803 444002	1.5	Beginner



# QUESTIONS NS ANSWERED

What can I expect?



## Who can apply?

Anyone! You don't have to be an experienced yoga practitioner to do this course. Qualities we value, regardless of your background or level of experience are:

- > 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!

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.

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

Definitely not. People of all ages, shapes, fitness levels and disabilities 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.

## When can I start teaching yoga?

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.

## Can I trial the 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](http://druyoga.com) for dates and venues of upcoming events.

### 2 Dru Yoga Foundation Course

This covers the first quarter of the material of the 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 a taste of the Dru Yoga Teacher Training Course
- > yoga teachers from other schools who want to experience and teach Dru Yoga's unique style.

## What 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 and the Netherlands.

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

The 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.

Visit [druyoga.com](http://druyoga.com) or contact your nearest Dru Centre for details of venues, starting dates and costs.

### Scotland

#### ■ Yoga Foundation

3 x non-residential weekends

#### ■ Yoga Teacher Training

16 x non-residential weekends over 2 years

PO Box 14829  
Denny  
Scotland FK6 5YJ  
[scotland@druworldwide.com](mailto:scotland@druworldwide.com)  
01324 820392

### North East

#### ■ Yoga Foundation

4 x non-residential weekends

#### ■ Yoga Teacher Training

16 x non-residential weekends over 2 years

Croft House  
Station Road  
Otley LS21 3HX  
[leeds@druworldwide.com](mailto:leeds@druworldwide.com)  
01943 467189

### West Midlands

#### ■ Yoga Foundation

3 x non-residential weekends

#### ■ Yoga Teacher Training

16 x non-residential weekends over 2 years

Dru Centre  
Maristowe, Dover Street  
Wolverhampton  
West Midlands, WV14 6AL  
[midlands@druworldwide.com](mailto:midlands@druworldwide.com)  
01902 409164

### London

#### ■ Yoga Foundation

8 x non-residential Sundays

#### ■ Yoga Teacher Training

34 x non-residential Sundays over 2 years

Dru Centre  
126 Manor Green Road  
Epsom  
Surrey, KT19 8LN  
[london@druworldwide.com](mailto:london@druworldwide.com)  
01372 725 327

### Northern Ireland

#### ■ Yoga Teacher Training

16 x non-residential weekends over 2 years

[info@druireland.com](mailto:info@druireland.com)  
07891 988 602  
or 01 442 9888

### North Wales

#### ■ Yoga Foundation

2 x residential 5-day modules

#### ■ Yoga Teacher Training

8 x residential 5-day modules over 2 years

Dru Centre  
Snowdonia Mountain Lodge  
Nant Ffrancon Valley  
Bangor, Gwynedd LL57 3LX  
[hello@druworldwide.com](mailto:hello@druworldwide.com)  
01248 602900





**'Having experienced many different forms of yoga over the last twelve years, I find the holistic philosophy of Dru Yoga very appealing and most effective!'**

Jill, Dru Yoga teacher, UK

## 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).

	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
7.30-8.45			Movement, pranayama & meditation		Movement, pranayama & meditation	Movement, pranayama & meditation
8.45-9.30		<b>BREAKFAST</b>	<b>BREAKFAST</b>		<b>BREAKFAST</b>	<b>BREAKFAST</b>
10.00-11.15		Walk in the countryside	Principles of Dru Yoga		Posture session 3	Posture session 4
11.15-11.45		<b>REFRESHMENTS</b>	<b>REFRESHMENTS</b>		<b>REFRESHMENTS</b>	<b>REFRESHMENTS</b>
11.45-1.15		Activation and core stability	Psychic anatomy & physiology 1		Yogic philosophy posture review	Posture session 5
1.15-3.00		<b>LUNCH</b>	<b>LUNCH</b>		<b>LUNCH</b>	<b>LUNCH</b>
3.00-4.30		Posture session 1	Posture session 2			Teaching practice anatomy & physiology 2
4.30-5.00		<b>REFRESHMENTS</b>	<b>REFRESHMENTS</b>		Walk and free time	<b>REFRESHMENTS</b>
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	<b>EVENING MEAL</b>	<b>EVENING MEAL</b>	<b>EVENING MEAL</b>		<b>EVENING MEAL</b>	<b>EVENING MEAL</b>
	Welcome, introduction & relaxation	Free time, therapies & mentoring	Free time, therapies & mentoring		Free time, therapies & mentoring	Free time, therapies & mentoring

A woman with blonde hair tied back is performing a yoga pose. She is wearing a white sleeveless top and bright red pants. Her arms are raised, and her hands are positioned above her head, fingers interlaced. She has her eyes closed and a serene expression. The background is a clear blue sky with scattered white clouds.

[DruYoga.com/apply](https://DruYoga.com/apply)

 01248 602900