Welcome to the Dru Advanced Practitioner Diploma course!

We are excited to be running this course for the first time in Scotland and welcome you on what will be an in-depth, exploratory journey of the koshas and chakras.

Included in its benefits, the APD course will advance your skills as a Dru yoga teacher, enhance your personal development, and look at how to use yoga as a therapeutic tool.

Please read through the pack for further details, fill in the application form and send it to us via:

Email: [scotland@druworldwide.com](mailto:scotland@druworldwide.com)

Post: Dru Scotland, PO Box 14829, Denny, Stirlingshire FK6 5BJ

Thank you for your interest and we look forward to seeing you!

The Dru Scotland Team

Module 1

An in-depth exploration of asana modification and the physical level.

As you are aware each posture has an essence, an inner transformative power waiting to be discovered. During this weekend we will explore how to finely attune modifications to the needs of the individual, in doing this, we will discover keys to help us embrace the essence of every posture. We will then go on to explore the physical level, working through the chakras from base to top.

Modules 2 - 3

Deepening awareness of kosha and chakra in asana practice

We work through the chakras from base to top at the physical layer and introduce some of the pranic layer.  You’ll learn how to work with specific postures and sequences to strengthen or balance each chakra.  We’ll explore how these postures and sequences affect your physical body and subtle energy, and give you preliminary exercises for expanding your ability to work with your subtle energy.

Modules 4 - 5

Discovering the power of the motivational kosha

Working again through the chakras from base to top, we focus on the pranic and emotive layers, and how we can use the postures and sequences already previously explored at these more subtle levels. You’ll experience how this gives you much greater power for achieving long-term health and wellbeing. You'll also learn how each chakra is the part of our mind that controls crucial aspects of life (abundance/vitality, relating, achieving goals, building harmony, knowing the right thing to do, discerning your role in life, achieving unity).

Graduation and assessment

This course will give you detailed guidance for exploring the principles and insights both in your home practice and in your classes. There will be some written reflective practices for you to record your experiences and discover the remarkable progress you are making. You will be asked to dedicate at least one hour per week towards this practice.

On completion of the course and the written reflective practice, you will be awarded a Dru Certificate of Advanced Postgraduate Studies.

Venue

Iris Murdoch Building

Stirling Court Hotel,

University of Stirling, Airthrey Road

Stirling FK9 4LA

You can book accommodation at the hotel on 01786 451666 or go to the Visit Scotland website for local B&B information.

**Parking**

Free parking is available within allocated car parks opposite the Iris Murdoch building.

Dates

**2020**

Weekend 1 28-29 March

Weekend 2 25-26 April

Weekend 3 23-24 May

Weekend 4 18-19 July

Weekend 5 19-20 September

Weekend 6 17-18 October

Course Timetable

**Saturday & Sunday**

Registration 9am

Course 10am – 5pm

Please note that on some weekends we may need to complete at 5.30pm

Required items

Please bring your yoga mat, blanket, meditation shawl and block/cushions for your personal use during the course and for your home practice.

Please wear comfortable yoga clothing and bring a notebook and pen.

Advice on what is necessary will be given during the course and many items will be available for purchase at the weekends.

How to apply

Fill in the attached form and return it to us via:

Email – [scotland@druworldwide.com](mailto:scotland@druworldwide.com)

Post – Dru Scotland, PO Box 14829, Stirlingshire FK6 5BJ

We’ll contact you nearer the time to discuss any preparations.

Course Fees

The cost per weekend is £200 and the total cost of the course is £1,200.

Please contact the Scotland Team on 01324 820 392 or scotland@druworldwide.com to set up a payment plan.

Any Questions?

Our office hours are 10.00am-4.00pm Tuesday to Friday. You can call on 01324 820392 or email us at [scotland@druworldwide.com](mailto:scotland@druworldwide.com).

Name

Address

Post Code

Email address

Tel no. Home ……………………………………………………………. Mobile ………………………………………………………………..…

Date of Birth Occupation

Next of Kin Tel

About your health

1. Do you suffer from any of the following? (Please circle as appropriate)

High/low blood pressure Epilepsy Fatigue Injury

Back / neck problems Asthma Diabetes Physical disability

Eye-sight problems Hearing difficulty Cancer Arthritis/joint problems

Emotional health problems

Any other health information we should know —please use this space:

During the course, please inform us of health changes (including pregnancy).

2. Are you currently taking medication? If YES what are you taking and what is for?

3. Have you seen a counsellor, psychiatrist or other mental health worker in the last 5 years?

If YES, please give details.

Print your name

Signature Date