Advanced Practitioner Diploma Postgraduate Course Leeds

Welcome to the Dru Advanced Practitioner Diploma course!

We are excited to be running this course for the first time in Leeds 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: leeds@druworldwide.com
Post: Leeds Dru Yoga Croft House Station Road Otley LS21 3HX

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

The Dru Yoga Leeds Team

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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

Leeds Trinity University College
Brownberrie Lane
Horsforth
Leeds LS18 5HD

You can book accommodation at local B&B

Parking

Free parking is available within allocated car parks

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Dates

2019

Weekend 1 21-22 March
Weekend 2 25-26 April
Weekend 3 30-31 May
Weekend 4 18-19 July
Weekend 5 12-13 September
Weekend 6 31 Oct 1 Nov

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 – leeds@druworldwide.com
Post – Dru Leeds, Croft House, Station Road, Otley. W Yorks LS21 3HX
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 Mona Fairholme on 07534 006 092 or
leeds@druworldwide.com to set up a payment plan.

Any Questions?
You can call on 07434 006 092 or email us at leeds@druworldwide.com.

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Name

Address

Post Code

Email address

Tel no. Home Mobile

Date of Birth Occupation

Emergency Contact 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

Signed Date