

CPD allocations for courses and events for Dru Yoga and Dru Meditation teachers and Ayurvedic Health Coaches

DPN members are required to have a minimum of 30 professional CPD points over a period of 2 years.

DPN members acquire 1 CPD point for every hour of training with Dru or every hour of training with other registered schools or every hour of self-guided study.

DPN members acquire 2 CPD points for every hour of mentoring with a senior Dru tutor (with a maximum of 6 points for mentoring over two years)

CPD points lapse two (2) years from the date they were awarded.

CPD points may be obtained in four ways (see below). Please note that it is also possible to gain all 30 CPD points from 'Training with Dru'.

1) Training with Dru (minimum of 12 CPD points over two years)

- Minimum of 12 CPD points from attending (online or face-to-face) Dru post-graduate events, Dru masterclasses, Dru training courses, or Dru mentoring. [No course can be allocated more than 30 points.]

2) Training with other schools of yoga (maximum 12 CPD points over two years)

- Maximum of 12 CPD points over two years can be acquired from any training with other registered schools. This training does not require prior approval.

3) Self-guided study (maximum 6 CPD points over two years)

- Maximum of 6 CPD point over two years can be acquired from self-guided study. Self-guided study includes reading or study around your professional interest. Self-guided study can also include study of the Dru Online Studio with written reflection. DPN members are required to submit a summary of the main learnings from self-study and how you have incorporated these into your teaching or therapist practice.

4) Mentoring with Dru senior trainers (maximum 6 points over two years)

- Maximum of 6 CPD points over two years can be acquired from mentoring with Dru senior trainers (2 CPD points are awarded for every hour of mentoring with a Dru senior trainer)

For Ayurveda Health Coaches, a minimum of 12 CPD points over two years from Ayurveda-related training is required, with the balance of points required from additional Dru training, other yoga schools, self-guided study or mentoring.

CPD Allocations—examples

1 CPD point per 1 hour of training – max 30

Activity	CPD points	Comments
Support team* on any online training courses	1 point per 1 hour of training	
Dru Yoga training (includes all Dru Yoga training courses eg 60 hour Essence course, 200 hour Level 1, 150 hour Level 2)	30	
Dru Yoga Therapy	30	
Meditation Mastery course (Levels 1 and 2 or Levels 1,2 and 3)	30	

Dru Meditation downloadable online course – if you keep a practice record	9	
Dru Ayurveda Foundations Aus – 3 modules facilitated on Zoom	30	This course is facilitated by Dru tutors online over 3 modules so is different in depth to the UK version. Content is the same in these two Foundations courses.
Dru Ayurveda Foundations UK – online	11	This course is online only and students work at their own pace.
Dru Ayurveda Health Coach	30	
Back Care and Wellbeing	30	
Spirituality of Yoga	30	
Global Ambassadors of Light	30	
PGMC	30	
STEPS	30	If the course extends beyond 2 years people can count extra points depending on the number of modules to a maximum for 30 for the next two years
Dru Kids & Teens	25	
Dru Prenatal training	30	
Dru Dance Teacher training weekend – 2 days	16	1 CPD point per 1 hour of training
Dru Sound workshop – 4 days	18	1 CPD point per 1 hour of training
Masterclasses	1 CPD point per hour of teaching (not incl breaks)	
Mentoring with Dru senior trainers	2 per hour of mentoring	
DYTT homestudy reviewing for 1 year , ie 3 modules – portfolios or assignments (if you keep a record of listening to module recordings or Dru Star Lounge.)	6	
General Dru workshop – 1 day	1 per hour of teaching	
Yoga workshop or training with other yoga school	1 per hour of teaching - max 12	

*Graduates of both DYTT and DMTT can support on either course and obtain Professional Development points.

You can support on the DYTT course in the teaching room only if you have done the Dru Yoga teacher training.

You can support on the Meditation Mastery course only if you have done the Dru Meditation teacher training.

You can support on Ayurveda Health Coach course only if you have done the AHC training.

DPN Contacts

For more info

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