



Dru Professional Network

DPN Continuing Professional Development (CPD) points - Dru Yoga and Meditation Teachers

Name:
Email:
Phone:

Instructions: This form supplements the online CPD Diary listing Dru courses you have attended over the past 2 years.

It is in two parts –

Part 1 for Dru-support activities

Part 2 for approved non-Dru activities

Up to three (3) teaching skills CPD points per year may be obtained from non-Dru courses, with a maximum of two (2) points for any one event.

For proposed non-Dru events, please confirm the suitability of each activity before undertaking it by emailing brief details to drunetwork@dru.com.au.

Non-Dru courses need to be movement based, and with transferable teaching skills directly relevant to Dru yoga or meditation. Teaching skills courses registered with Yoga Australia or IYTA will be approved. Please contact us – drunetwork@dru.com.au – with any questions.

Please use this form to record your Teaching Skills points and/or Dru Connect points for:

- helping out at module
- homework marking
- organising events
- Dru webinars
- Research using the Online Studio
- approved non-Dru teaching skills courses (please see examples in the body of the form).

When you have completed this form, save and email it to drunetwork@dru.com.au or scan and attach it to an email, or post to

Dru Australia DPN Attn: Kate
PO Box 448
MAWSON ACT 2607

PART 1 – Dru support activities – eg. helping out at module, homework marking, organising events etc.

Date	Activity	What I have gained from this activity and how I can apply it to my teaching (for Teaching Skills pts only)	Teaching Skills pts claimed	Dru Connect pts claimed	Evidence that I've done this	Office use only
2-5 May 2019	Assistance at CN17 Mod 6 4 days	<i>"It was good to review Tranquillity and Plough postures. I had forgotten that Tranquillity posture is a good alternative to shoulder stand. I also relearned the best way to fold blankets for Plough; and I finally 'get' the rhythm of Salute to the 4 Directions and will now be able to impart this to my students."</i>	12	12	<i>Module roster</i>	

**PART 2 - Non-Dru activities – please check the list of appropriate activities below
(for Teaching Skills pts only)**

Date	Activity	What I have gained from this activity and how I can apply it to my teaching	Teaching Skills pts claimed	Evidence that I've done this	Office use only
10 Mar 2019	<i>Feldenkrais Workshop - Daniel Gelblum, Feldenkrais practitioner, 9am – 5pm</i>	<i>I had attended a previous workshop on this technique and found it very beneficial to me as a yoga teacher and very similar in technique to Dru yoga. It was amazing how the tutor put the moves together in such a way that everything flowed so effortlessly and you hardly noticed the movement increasing in intensity. I will be able to incorporate many of these moves into specific Dru classes in the future and I'm sure my students will gain much benefit from the slow and gentle movements.</i>	2	<i>Certificate/letter of attendance</i>	
	<p><i>Examples of probable APPROVED non-Dru activities (please check with us before including);</i></p> <ul style="list-style-type: none"> <i>• teaching skills courses from recognised yoga traditions, eg Hatha or Satyananda</i> <i>• Alexander Technique, Feldenkrais, Somatic Therapy courses</i> <i>• Pilates</i> <i>• Trauma-sensitive yoga</i> 	<p><i>Examples of probable UNAPPROVED non-Dru activities (please check with us before including);</i></p> <ul style="list-style-type: none"> <i>• Reiki or Bowen therapy training</i> <i>• Counselling or awareness training eg mental health, trauma or domestic violence</i> <i>• Reflexology, iridology, aromatherapy training</i> <i>• Business development courses</i> <i>• Massage and similar physical body therapies training</i> <i>• Volunteering at other than Dru events</i> 			