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| Dru Professional Development hours - Dru Meditation teachers |
| **Name: Your email, phone:** |
| **Date** | **Activity** | **Teaching skills training hours** | **Dru connect hours** | **My evidence that I‘ve done this\*** |
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|  | **Totals**  | *You need a minimum of 6 hours every 2 years* |  | *You need 18 hours every 2 years* |

 *\* See our notes in the Dru Professional Development guidelines & DPN allocation charts about this evidence column*