

**ESTABLISH
YOUR
PRACTICE**



**SPIRITUALITY
OF YOGA
JOURNAL**



HERE'S WHAT WE'LL COVER

SPIRITUAL SADHANA IS LIKE A
FINGER POINTING THE WAY DOWN THE PATH
THAT WE SHOULD WALK ON THAT DAY.

-MANSUKH PATEL

Week #1

In week one you will anchor the power of your spiritual practice, creating a sacred space and touching the foundations of security and support. You'll discover how to remove the obstacles that prevent you from fulfilling your unique purpose with a powerful guardian of Yoga. You'll learn new way of connecting with the Earth to bring stability and increase your energy levels. You'll learn new movement sequences and breathing techniques which will activate your spiritual awakening.

Promise yourself right here and now that you'll honour your Self. You are loved and valued beyond measure and have an immense purpose to fulfill.



YOUR TUTORS

WE BRING YOU ANCIENT WISDOM
BLENDED WITH MODERN THINKING



CHANDRA GOSWAMI

"The key to life is not to fall in love with someone out there but to fall in love with yourself."

Chandra is a senior Dru trainer of 20 years, and director of Dru Scotland. She presents transformational wellbeing seminars and has taught worldwide, including Australasia, North America, India and Europe. Chandra combines authentic wisdom and clarity as a mentor to facilitate success in health, relationships, purpose and abundance.



JANE CLAPHAM

"Go within to connect with an endless well of stability, patience and power."

Jane has been practising Dru Meditation and Mantra for 35 years. Her academic background is in Psychology. She is a Jyotish or Vedic Astrologer, taking inspiration from ancient wisdom and combining modern scientific thought in a powerful formula for growth. Jane is a senior manager at the Dru Yoga Centre in Snowdonia and shares her passion for self-transformation in her trainings world wide.



ANNIE JONES

"What we do matters – for our selves and for our planet because we are all interconnected. The earth is a jewel in the cosmos worthy of our highest respect."

Annie Jones is the Co founder of Dru UK and Director of the Dru Yoga Online Studio. She is an Ayurvedic consultant, author and International presenter. She has created a number of on line health and Ayurveda courses. With nearly 40 years of teaching health and spirituality, she offers mentoring and group sessions world wide. Annie has a passion for how we love and create a harmonious relationship with the planet, our home.



ANDREW WELLS

"Right now, quietly within, you have an awareness of the right thing to do next. All the mystics say: do it now. And then go on... do it today, do it tomorrow, and watch your life become a golden river of fulfilment."

Andrew is an international teacher trainer, author and inspirational seminar leader as well as co-director of Dru Australia. He has taught Dru yoga in more than 30 countries on six continents including war-zone detraumatization programmes. He has authored a number of videos, books and audio products on self-help approaches to personal empowerment and healing emotional pain.

WITH TUTORIAL LEADERS

Rita Goswami

Lalita Doerstel

Alison Boyle

Nigel & Orina Murphy

WEEK #1 DAILY SADHANA

TRANSFORMING "I CAN'T" INTO "I CAN"

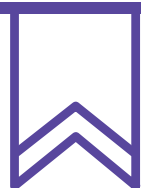
Please practise daily:

- ॐ Prithvi sadhana – Earth meditation for stability and inner unity
- ॐ The yoga technique – Awakening to Universal Wisdom
- ॐ Do one thing every day to make your sacred space more enticing
- ॐ Practice Vrajati Sadhana – walking on the earth

Reflections:

- ॐ Do a part of Prithvi Sadhana and remember its sense of stability, security.
- ॐ Think of one way that you are supported by life. If it feels good, rest in gratitude.
- ॐ Think of a highlight of your sadhana or being in your sacred space.

साधना
Sādhanā



Dedicated practice towards a spiritual goal

AWAKENING YOUR STABILITY WITH GANAPATI - THE SPOUSE OF POWER

SESSION 1

Om Gam Gaṇapataye Namaḥa

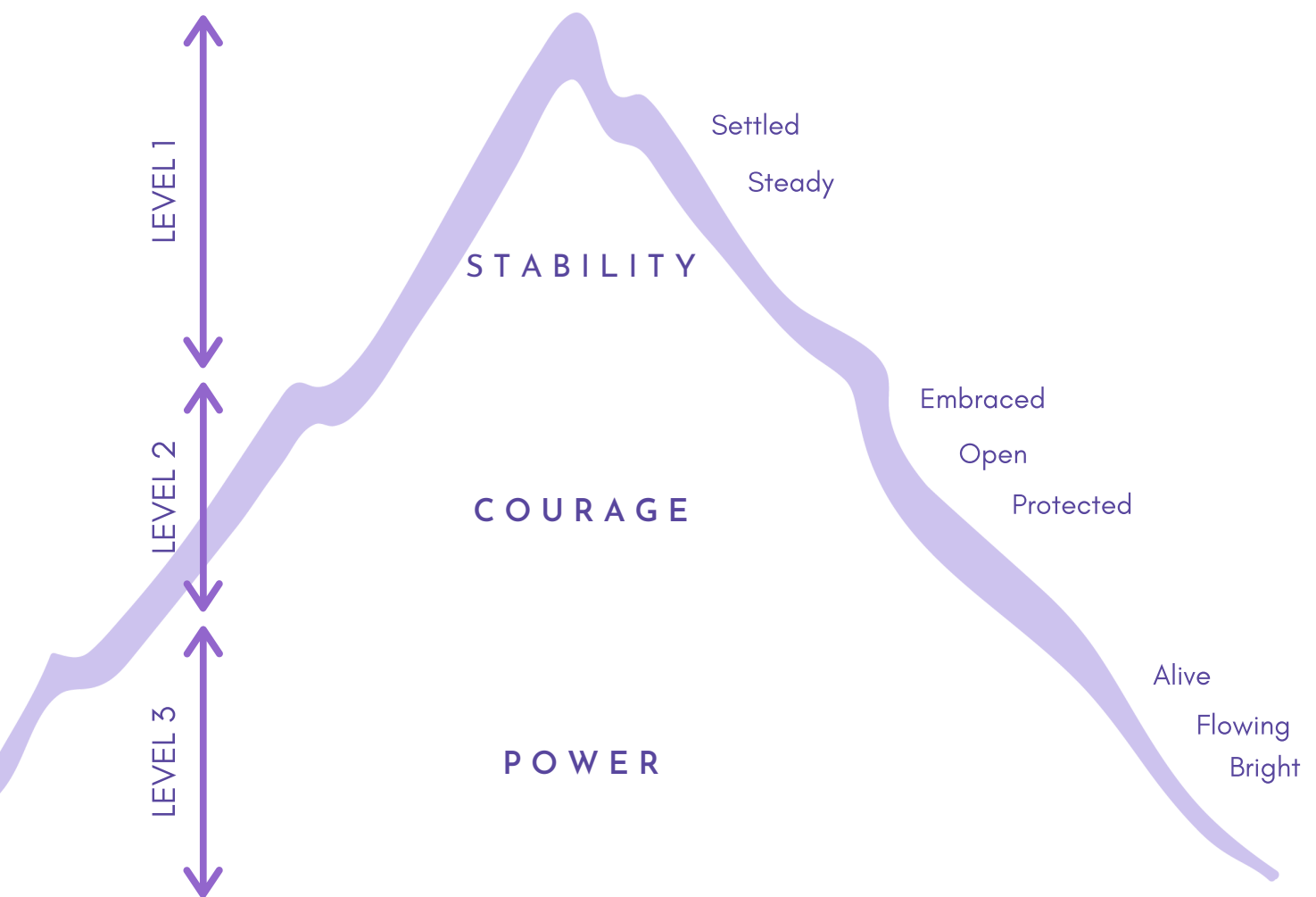
My experience of the Prithvi Sadhana was ...

The inner struggles I am facing at the moment are ...

I can increase stability in my life by practising ...

CLEARING OBSTACLES FROM THE SUBCONSCIOUS MIND

SESSION 2



YOGA SUTRAS OF PATANJALI 1.1

SESSION 2

Athā yogānu shāsanam

NOW ...

BEGINS ...

SACRED ...

INSTRUCTION ...

YOGA ...

What thoughts, feelings or energy did you experience in the practice of your yoga sequence today?

Describe a moment today when you experienced either:

ॐ stability and steadiness

ॐ courage

ॐ empowerment

How did you let go of the unnecessary mind-clutter today, and enter into an open, beginner's mind? Was there a realisation (subtle or obvious) that came to you, and if so what was it?

OBSERVE YOUR PHYSICAL EXPERIENCE

SESSION 3

- 🌀 Lie on the ground and watch the clouds in the sky
- 🌀 Walk slowly and notice nature, trees, flowers
- 🌀 Become aware of your breath as you walk
- 🌀 Walk so you feel your feet lifting and stepping on the ground
- 🌀 Walk barefoot and feel the earth
- 🌀 Pick up a leaf, flower, pebble and see its detail
- 🌀 Listen to the sounds of nature in the evening or the morning
- 🌀 Observe the fragrance and how it changes in different areas
- 🌀 Go hug a tree

OBSERVE YOUR MIND AND EMOTIONS AS YOU WALK

SESSION 3

ॐ Have an intention as to what you would like to gain from your walk

ॐ What would you like to let go of?

ॐ What would you like to strengthen?

ॐ Dedicate your walk to someone or a higher goal

OBSERVE YOUR DIVINE CONNECTION AS YOU WALK

SESSION 3



Choose a mantra/affirmation to walk with that helps focus and calm your mind



Choose a 'sacred spot ' in your garden that is your 'go to' place for peace



Try your morning sadhana outside and see how it compares to being inside



Walk with a friend and share magic moments

5 BRILIANT KEYS TO MAKING MY SACRED SPACE

SESSION 4

My location is special because ...

My space is beautiful because ...

I sit with the intention to ...

I leave my space feeling ...

I do this every day because ...

ANCHORING MY SADHANA

5 AMAZING BENEFITS I GAIN FROM MY SADHANA

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