



## DRU YOGA TEACHER PROFILE

# Chandra Goswami

### Knowledge is Power

Chandra Goswami is the senior Dru trainer and head of Dru Scotland. When the DPN asked Chandra what it takes to be a great Dru Yoga teacher, she distilled her answer into 3 key elements. To stand confidently in front of a class, be great and truly help your students to better health Chandra said it is important to:

- Know your students
- Know what you know
- Know your resources

Chandra explained that if, for example you have a student with back pain you would apply these principles as follows.

**Know your students.** Firstly get to know what their back issue is, what treatment they have had and what their GP or physio has advised. Be familiar with what your student can safely do within the limits of their back pain. And be aware of how well the student knows their own body limits. Do they have a tendency to push themselves beyond their limits? Keep an eye on their movement and advise where they need the extra stretch or control.

**Know what you know** Secondly know your postures and how to adapt them to suit the student's needs. This need not be rocket science as often less is more – simple adjustments make a great difference. Moreover, don't underestimate what you do know. You are a mine of info and experience. Working with the koshas is a great tool to helping students get the absolute max out of their class.

**Know your resources** Thirdly know what resources you could recommend to your student so that (s)he can do a home programme – perhaps the Dru Easing Back Pain CD or the Dru Health and Harmony CD featuring EBR1. There is so much available in the Dru products offered, and we'll each have our personal favourites! But rather than feel overwhelmed with the wealth and variety available, explore some of the relevant pages in the Stillness in Motion book, listen to just a section of the

Health and Harmony CD or watch 5 mins of the Dru DVD. You'll discover something that will be crucial for someone in your class.

"It's about knowing your students and how you can help them" said Chandra. "It's often their spinal flexibility which will give you clues as to where the main issue is. Every spine tells a story.

It's up to us as yoga teachers to be able to read the clues and guide our students to a world of greater health and harmony".