

DRU PROFESSIONAL NETWORK – CPD RECORD

Send to info@drunetwork.com

Please read the example on the sheet below, but delete it before returning the form. Thanks. You need 30 points CPD over two years. Please see the “About CPD” page on the www.drunetwork.com website DPN UK > CPD& EVENTS > ABOUT CPD

Name: _____

Ask yourself this question: *When deciding what you can include for CPD, ask yourself this question: What have you done which has developed you as a Dru yoga teacher over the past year? (Include both Dru and other activities)*

Date	Event/Theme	What I gained for my Professional Development	What I gained for my Personal Development	Tutor/Points

Please talk to Jill or Ned if you are not able to complete your CPD points

form last updated July 2018

DRU PROFESSIONAL NETWORK – CPD RECORD			Name: A. N. Other	
Date	Event/Theme	Professional Development	Personal Development	Tutor/Points
Example 1.	Foundation back care weekend	I attended this weekend to gain greater insight into working with students in my class who come with different back pain conditions. Usually my students back pain is not severe and this weekend enabled me to become more confident in giving correct postures and relaxations for back pain relief. An example of this has been to give one of my students the bridge as a therapeutic posture to strengthen her core and gluteal muscles. I am going to consider enrolling on the full back care course as this weekend has created an interest in yoga as a therapy.	I gained a great deal of knowledge on this weekend and have looked at my own yoga practice to ensure I am keeping my own back muscles in good shape. Some postures that have really helped me to understand the working on the spine include the bridge and the cat and although these are basic postures, I am able to work into the deeper muscles of the back the slower I perform these movements	24 points
Example 2	Online Studio Class eg Shiva Shakti	This class reminded me of the importance of taking things slowly to settle into the posture and experience it fully. This will be good for my students who often feel that they want to rush at postures and sequences. It was good to be reminded of Do-in which I shall use in my own practise as well as classes and add mudra as well.	I enjoyed and benefitted from the balancing and nurturing the male and female aspects of myself. It left me feeling freer. I needed to do this sequence slowly to feel its power. By doing online classes, I am gaining more confidence in remembering the sequences and ensuring my alignments are correct.	Lalita Doerstel 60 mins

CPD is 30 points over two years. 24 points can be professional development or divided into 12 points professional and the other 12 points personal development. The other six are from your yoga study or reading.

Mostly, 1 hour of attendance of a course = 1 CPD point, except 1-1 mentoring when 1 hour of mentoring = 3 CPD points.

When deciding what you can include for CPD, ask yourself this question: What have you done which has developed you as a Dru yoga teacher over the past year?

(Include both Dru and other activities)

These are suggestions:

Up to 6 points – on line studio classes watched and reflected upon in summary

6 points on yoga study or reading

All 12 points – professional CPD points through attendance of Advanced Dru Yoga days/events 10 – 4 day = 6 points (lunchtime conversations = personal development!)

All 12 points – professional CPD points through being a support tutor on the DYT or DMTT course

Up to 6 points personal development through being a volunteer at a Dru Centre

Up to 6 points CPD personal/professional points through attendance of other yoga schools CPD training plans

All 12 points from professional mentoring with a senior Dru Yoga Tutor (1 hour 1-1 mentoring = 3 CPD points)

6 points from personal mentoring with a senior Dru Yoga Tutor (1 hour 1-1 mentoring = 3 CPD points)

A minimum of 3 points face to face contact with a Senior Dru Tutor is requested. (remember 1 hour if 1-1 mentoring)