

**Why continuing professional development (CPD)?**

Yoga and meditation are now broadly accepted by society, and as with all professional disciplines, continuing professional development (CPD) training is necessary to guarantee our excellent standard as teachers.

**Types of Dru continuing professional development hours**

Of your Dru CPD hours, a proportion needs to be gained via face-to-face **teaching skills training** with a Dru teacher trainer. This ensures that you are up to speed with standards of safety, teaching Dru techniques and managing the experience and energetics of your class.

Teaching skills training however is not the only factor that makes you a good Dru teacher. Being an effective Dru teacher is also about your ability to convey the quality of warmth, care and depth that is the 'Dru essence'. This latter quality is best developed through your own **connection** with Dru.

Dru CPD hours are designed to enhance these two aspects of being a Dru teacher and so are made up of: **Teaching skills training** and **Dru connection**.

**How can I gain Dru CPD hours?**

**1. Teaching skills training** – training (or mentoring) under the guidance of a Dru teacher trainer. For Dru Yoga teachers half of your overall CPD hours must be accumulated in this way. For Dru Meditation teachers, 6 hours of teaching skills training are required.

You can gain Teaching skills training in ways like:

- > Dru courses and Dru professional training events
- > Volunteering at teacher training modules
- > Dru mentorings with tutors
- > Being a reviewer for DMTT and DYTT home-study
- > The Dru Meditation online course, (for Dru Meditation teachers) if supervised by mentorings and a practice record.

**2. Dru connection** - This gives you direct **contact** with the 'Dru essence', and may be counted either for yoga or meditation professional development. This can be gained by:

- > **Attending Dru's workshops or other events in general**
- > **Volunteering with Dru** in ways in which you are in contact with Dru teacher trainers: eg module support for the type of course you trained in, or helping out in the Dru office etc.
- > **Representing Dru to the public** in a way that extends your profile AND the national profile of Dru. (This helps you build an experience of the 'Dru essence' in two ways: first, it requires you to think deeply about how your yoga or meditation teaching will help the public; second, it will necessitate you having **contact** with the national Dru team.) e.g Dru team stall support at yoga/health expos, Dru PR etc

**How much CPD do I need?**

The table below shows you the hours you need. You can accrue your Dru CPD hours over 2 years. This gives you the opportunity to spread your hours, perhaps doing a larger amount in one year and less in the next.

	<b>Teaching skills training</b> (over 2 years)	<b>Dru connection</b>	<b>Total CPD hours</b> (over 2 years)
Dru Yoga Teacher	At least 12 hrs	Whatever hours remain to make up the required totals	24 hrs
Dru Meditation Teacher	At least 6 hrs		18 hrs

Dru events will advertise the amount of **teaching skills training** and/or **Dru connection** hours they provide. Please see [www.drunetwork.com.au](http://www.drunetwork.com.au) for details.

Most day-long events provide 6 hours of contact. For more information on how Dru mentorings and Dru online courses apply see below.

**What if I live in a remote area and can't get to events?**

We completely understand! Australia is a very large place...  
If you find it difficult to get to Dru events you can still make up your Dru CPD hours in many ways:

1. **Teaching skills training:**
  - > **Mentorings** with Dru teacher trainers. Such mentorings give you double hours because they are one-on-one. You and your mentor need to explicitly agree that your mentoring is for this purpose.
  - > **Reviewing DMTT or DYTT homestudy** – if you keep a record that you are keeping up to date with module recordings.
  - > **Dru Meditation online course** – If you keep a practice record and do two mentorings, this will give you 6 hours of meditation teaching skills training.
2. **Dru connection:** Another potent way to stay in contact with the Dru essence at a distance is by volunteering at home. You could for example do homestudy reviewing, write articles based on interviews with Dru tutors or organise Dru team events in your area etc.

**Keeping track of your Dru CPD hours**

The form attached helps you record your Dru CPD hours. Remember you need to accrue the minimum **teaching skills training** hours and make up the remainder with **Dru connection** hours.

**What if I'm a Dru Yoga AND a Dru Meditation teacher?**

If you call yourself a Dru Yoga teacher then it is important that your yoga teaching is continually being refreshed – hence you need to do the required amount of Dru Yoga teaching skills training.

Similarly if you call yourself a Dru Meditation teacher, you will need to keep your meditation teaching up to standard by doing teaching skills training in Meditation.

So, if you are teaching as both, you will need to accumulate both Yoga and Meditation teaching skills training hours – a minimum of 18 hours over 2

**Your Dru continuing professional development hours**

years. This table summarises the requirements for you:

Dru Yoga teaching skills training	Dru Meditation teaching skills training	Dru connection	Total
At least 12 hours <i>(over 2 years)</i>	At least 6 hrs <i>(over 2 years)</i>	12 hours or whatever remains to make up the total	30 hrs <i>(over 2 years)</i>

We have tried to make this easy for you to accomplish...

**Is it easy to keep up my Dru CPD hours?**

We hope you will find it easy to keep up your teaching skills hours and Dru connection hours.

For instance, volunteering on one Dru Yoga teacher training module will give you 12 hours of yoga teaching skills training and 3 hours of meditation teaching skills training. That is your two-yearly quota for yoga and annual quota for meditation!

From 2012, many of our Dru CPD events give you teaching skills training hours for both meditation and yoga.

**Why is there a column in the form for 'evidence'?**

As with many disciplines today, we ask you to keep track of your own CPD hours and trust as a Dru teacher you will be honest in your reporting. To guarantee standards to the public, Dru Australia will do random checks each year, so it is important that you keep evidence of the CPD activities you have undertaken.

This column asks you to note what evidence you can produce to demonstrate that you have in fact accomplished each of your Dru CPD activities. We've added some examples so you can see how to do this.

# Dru CPD hours - Dru Yoga teachers

Name:

Your email, phone:

Date	Activity	Teaching skills training hours	Dru connect hours	My evidence that I've done this*
<b>Totals</b>		<i>You need a minimum of 12 hours every 2 years</i>	<i>The total of both columns needs to be 24 hrs every 2 years</i>	

\* See our notes above about this column

Note: **PHOTOCOPY THIS FORM FOR YOUR RECORDS BEFORE SENDING IT TO US!**

# Dru CPD hours - Dru Meditation teachers

Name:

Your email, phone:

Date	Activity	Teaching skills training hours	Dru connect hours	My evidence that I've done this*
<b>Totals</b>		<i>You need a minimum of 6 hours every 2 years</i>	<i>The total of both columns needs to be 18 hrs every 2 years</i>	

\* See our notes above about this column

Note: **PHOTOCOPY THIS FORM FOR YOUR RECORDS BEFORE SENDING IT TO US!**

# Example Dru CPD hours - Dru Yoga teachers

Name: Jamie Druit

Your email, phone: Jamie@tpg.com.au, 0421 108 108

Date	Activity	Dru teacher skills training hours	Dru connect hours	My evidence that I've done this*
2/5/12	Dru Dance Teacher Training Wkd 1	12		Receipt from the weekend
15/06/12	1 hour Mentoring with Trish to discuss ideas on how to teach yoga to elderly citizens	2		My log of mentoring hours with dates and topics
28/07/12	Volunteer support for three days AW12 mod 2 (Albury Dru Yoga Teacher Training)	18		Volunteer roster with my name on it
01-02/09/12	Prenatal yoga training in Brisbane	12		Receipt from the weekend
18/10/12	Student on the Dru Meditation Teacher Training in Melbourne	12	12	Module receipt
28/11/12	1 hour skype mentoring with Jes for goal setting on how to boost the numbers in my new yoga classes	2		Mentoring receipt plus mentoring log
02/05/13	STEPS to enlightenment module 1	12	12	Course notes
3/03/13	I organised a workshop for Dru senior teachers in my town		6	Flier with my contacts ph#
23/05/12	Volunteer support on new Canberra module CN13	24		Confirmation email
23/05/12	Homework marking for the new Canberra module, per year	6	6	Reviewers Feedback Forms
26/09/13	STEPS to enlightenment module 2	12	12	Course Acceptance letter
Check date	Attend Dru event on successful relating - one day	1	4	Workshop payment receipt
	<b>Totals</b> <i>WOW I ACCRUED SO MUCH MORE THAN I NEEDED!</i>	Loads!!! <i>You need 12 hours / 2 years</i>	Loads as well!!!	<i>You need a total of 24 hours every 2 years</i>

# EXAMPLE Dru Professional Development hours - Dru Meditation teachers

Name: Janie Druit

Your email, phone: Janie@gpt.com.au, 0421 108 108

Date	Activity	Dru teacher skills training hours	Dru connect hours	My evidence that I've done this*
1/6/12 – 30/03/13	Dru Meditation Online course with 2 supervised mentorings	6	6	9 month practice record & mentoring notes X 2
15/07/12	1 hour Mentoring with Trish to discuss how to teach meditation in a corporate setting	2		My log of mentoring hours with dates and topics
25/08/12	Helped out in the Dru Office for 3 hours		3	Confirmation email
18/10/12	Volunteer for one day at the NEW DMTT Melbourne	24 (24 med, 3 yoga if teacher of both)		Volunteer roster with my name on it
25/10/12	Student on the DYTT in Adelaide	12	12	Course acceptance letter
23/11/12	Home study reviewing for the new Melbourne meditation module	2	2	Reviewers Feedback Form
28/02/13	1 hour skype mentoring with Noelene on how to use the elements as themes in my teaching	2		Mentoring receipt plus mentoring log
3/03/13	I organised a workshop for Dru senior teachers in my town		6	Flier with my contacts details e.g. ph#
TBA	Dru Meditation CPD day	6		Confirmation email
16/03/13	Dru Sound Intro wkd	2	10	Workshop receipt
2/05/13	STEPS to enlightenment module 1	12	12	Course handbook
TBA	Attend Dru event - yoga, meditation & relaxation- one day	1	4	Workshop receipt
	<b>Totals</b> <i>WOW I ACCRUED SO MUCH MORE THAN I NEEDED!</i>	Loads!!! <i>You need 12 hours / 2 years</i>	Loads as well!!!	<i>You need a total of 18 hours every 2 years</i>

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