



YOGA THERAPY POSTGRADUATE DIPLOMA





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The Dru Yoga Therapy Diploma Course is accredited with the British Council of Yoga Therapists (BCYT) and taught by an international team of yoga, health and medical professionals.

This cutting edge course brings together ancient wisdom and modern complementary medicine enabling you to:

- > deepen your knowledge of yoga as a therapy
- > assist your clients with a wide variety of physical and psychological conditions
- > establish your own clinic working with small groups and individuals liaising with health professionals to ensure optimum care for your clients.

A qualified Dru Yoga therapist is able to register with the Complementary and Natural Healthcare Council (CNHC) and is recognised as being able to work within a clinical setting alongside other health professionals such as GPs, medics and complementary health practitioners.

A yoga therapist is able to work with individuals and groups of clients to design specific therapeutic programmes for a diverse range of health conditions such as; back pain, asthma, arthritis, digestive disorders, heart and circulatory conditions, stress, anxiety and depression.

What you will learn

- > Exploration of specific health conditions that affect the body and mind.
- > Psychology of wellness.
- > Applying Dru energetic principles to design therapeutic programmes
- > Applying therapeutic Dru Meditation, mudra, visualisation and pranayama techniques tailored to individuals or small groups.
- > In-depth principles of yoga philosophy applied to yoga therapy.
- > Application of the five kosha model, prana vayus and chakras.
- > Exploring the relationship of yoga therapy with therapeutic modalities such as Ayurveda.
- > Coaching and motivational approaches for working with people with a wide variety of needs.
- > Goal setting with clients.
- > Effective business planning and management.

Your course will consist of a comprehensive syllabus of 6 x four-day modules and 2 x six-day modules. We're looking for experienced yoga teachers who are looking to develop their knowledge and skills to work in the field of yoga therapy.

Course requirements

- > You will need a recognised 200hr yoga teaching diploma, 60 hours of postgraduate teaching experience and a current first aid certificate.
- > All modules are compulsory.
- > You'll be required to undertake yoga therapy sessions with an experienced yoga therapist.
- > The course consists of 50% practical, 30% theory and 20% research.
- > This course meets requirements at Level 4 within the UK.

Practical Assessments

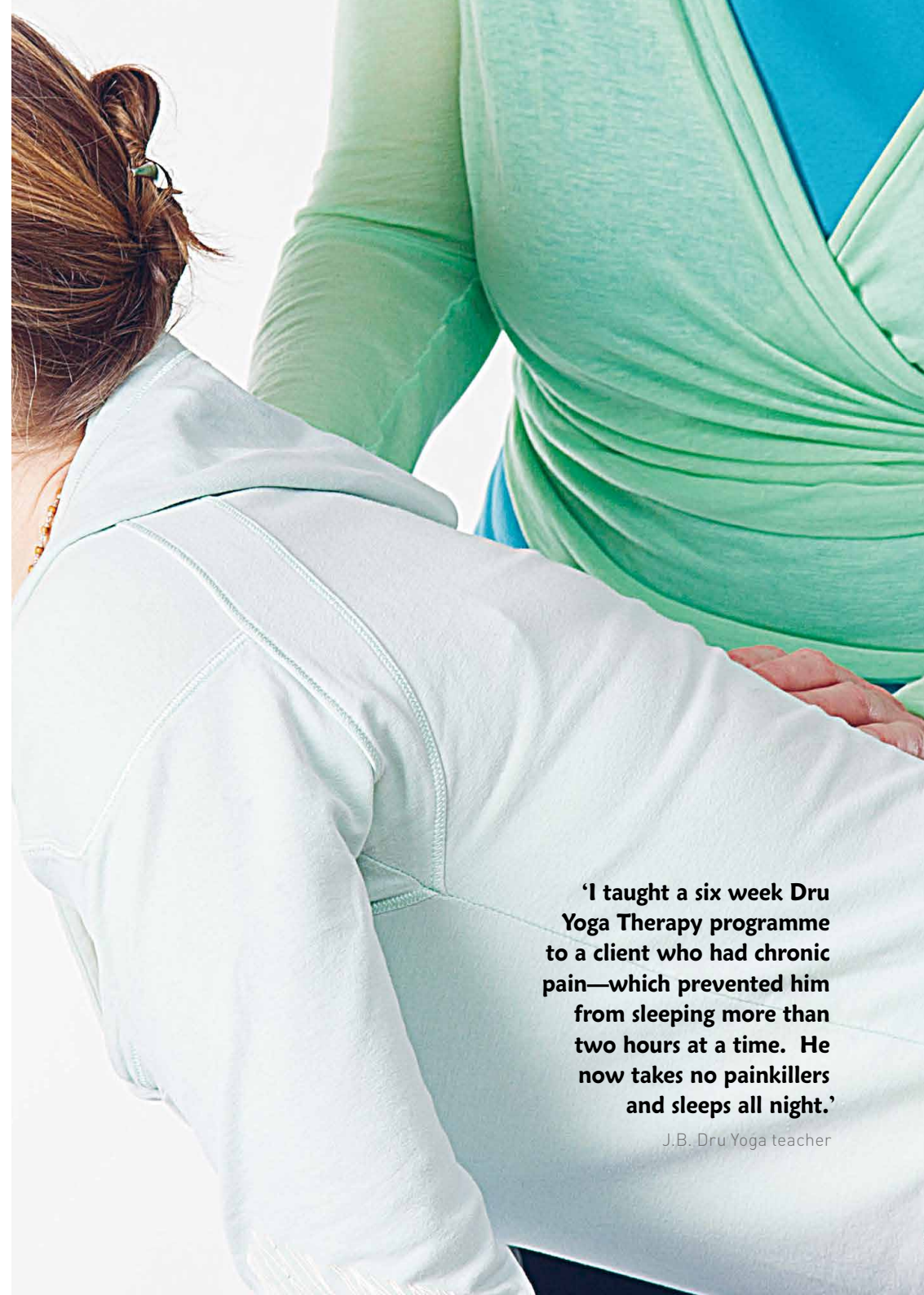
- > Design of health questionnaires, clinical assessment questionnaires, design of relevant forms for accurate record keeping.
- > 35 hours of observed clinical practice.
- > Summative assessment of yoga therapy practice.

Assignments and exam

- > Reflective observation of experienced yoga therapist.
- > Scope and limitations of practice (project).
- > Yoga philosophy in practice (written assignment).
- > Legislation and business (written assignment).
- > Communication skills (written assignment).
- > Applied Anatomy, Physiology and Pathology (written exam).

Home study programme

This consists of four therapeutic case studies.



'I taught a six week Dru Yoga Therapy programme to a client who had chronic pain—which prevented him from sleeping more than two hours at a time. He now takes no painkillers and sleeps all night.'

J.B. Dru Yoga teacher

If you have any questions
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