



**Thinking of
training as a
yoga teacher?
Make it Dru!**

dru

YOGA PROSPECTUS



P **dru** **SITIVELY**
DRU

Why choose Dru?

'Dru is a fast track to feeling balanced and more at peace with myself after a busy day of demands at work. I can also use short sequences or breathing techniques to centre myself during the day.'

Camilla, psychologist, school counsellor,
Australia

Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation.

With its foundations set firmly in ancient yogic tradition, it works on body, mind and spirit—improving strength and flexibility, creating core stability, building a heightened feeling of positivity, and rejuvenating your whole being.

Designed to be practised by people of all abilities, all fitness levels and all age groups, it is a style of yoga that can be quickly dipped into or learnt in more depth over a lifetime. We offer the Dru Yoga teacher training course in many countries (two to four years depending on the country), plus postgraduate courses for continuing professional development (CPD).

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‘Dru Yoga is accessible to everyone; you don’t have to be able to do the lotus posture to start to practise.

Just Dru it!’ Heather,
architectural designer, UK

WHAT DOES DRU MEAN?

Dru comes from the Sanskrit word *dhruva*, which refers to the *stillness* that can be experienced in Dru Yoga and Dru Meditation. In this stillness we are able to sit back from anything that may be happening around us, and see and act from a point of clarity and inner calm.

‘If you want to physically strengthen your body and emotionally enhance your mind, Dru Yoga will give you the tools to take into your daily life and help you cope with the stresses of modern living.’

Wendy, Dru Yoga undergraduate, UK

HOW IS DRU DIFFERENT FROM OTHER TYPES OF YOGA?

Dru Yoga includes classical yoga asanas (postures), pranayama (the science of breath), mudras (hand gestures), positive affirmations, empowering visualisations, relaxation and sequences performed in a flowing and dynamic style.

UNIQUE TO DRU

- > Joints are kept relaxed and soft during movement (as in tai chi). This creates flexibility and a free flow of subtle energy.
- > Energy Block Release sequences are easy-to-practise, flowing movements that help to release tension physically, mentally and emotionally.
- > In Dru Yoga all movements originate from the spine because a flexible, healthy spine supports your entire yoga practice.
- > The spinal wave and spinal twist are core features of Dru, enhancing spinal health and vitality.
- > A deep understanding of core stability is a major focus.
- > Dru Yoga works to balance the chakras (energy centres of the body) and access the powerful energy of the heart.
- > Within the flow of movement, Dru Yoga creates powerful moments of stillness which we call 'Dru points'.

A close-up photograph of a woman with dark, curly hair, smiling broadly and looking upwards and to the right. She is wearing a red, sleeveless top. Her right arm is raised, with her hand near her head. The background is a blurred beach scene with waves and a sandy shore. Overlaid on the image is the text 'the DRU COURSE' in white, lowercase letters. The word 'the' is smaller than 'DRU'. The word 'COURSE' is larger than 'DRU'. The 'dru' logo, which consists of the lowercase letters 'dru' in white inside a blue circle, is positioned between the 'C' and 'O' of 'COURSE'.

the DRU
COURSE

'The Dru Course offers a complete package—regular retreats, personal development, structure for your practice at home, skills to teach, and practical ways to give back to the world.'

Judy, Dru Yoga undergraduate, Australia

Is it for me?

Whether you plan to teach yoga, want to practise effectively by yourself at home, or would like to enhance your career as a therapist, the Dru Yoga teacher training course is for you!

Whatever your yoga ambitions, you'll find Dru Yoga an empowering, energising and balancing approach to vitality, health and wellbeing.

Don't want to teach? That's OK!

Hundreds of people do the Dru Yoga course just for themselves! In 2005, 450 Dru yogis were asked about the effects of their practice.

- > 72% find it reduces back pain
- > 93% experience improved spine flexibility
- > 86% enjoy increased energy levels
- > 89% experience improved breathing
- > 89% can now reduce and control stress levels
- > 81% have greater confidence and self-empowerment
- > 84% benefit from enhanced mood
- > 83% feel emotionally balanced
- > 91% gained peace of mind by overcoming negative thinking

'I started the Dru Yoga course for myself and never intended teaching. The course has enabled me to understand myself and discover the potential within me... I am now teaching and bringing this discovery to others—amazing!'

Keely, Dru Yoga graduate, UK

'Having experienced many different forms of yoga over the last twelve years, I find the holistic philosophy of Dru Yoga very appealing and most effective!'

Jill, Dru Yoga undergraduate, UK

Do want to teach? Be the best!

Choosing the right school to train with is a big decision and will help shape your entire career as a yoga teacher.

Since 1985 we have trained over 2,500 Dru Yoga teachers worldwide, and another 585 are currently in training. Half our students start to teach before graduation, helping to recoup their costs. The International School of Dru Yoga:

- > is registered with Yoga Alliance (200 hour course) and the Independent Yoga Network (UK)**
- > offers the recognition, credibility and status from being part of an international school**
- > has a growing professional membership**
- > presents a comprehensive, in-depth syllabus taught by top international tutors**
- > provides clear easy-to-follow illustrated manuals**
- > offers ongoing training opportunities and guidance**

A man and a woman are practicing yoga in a scenic landscape. They are both in the Tree Pose (Vrikshasana), with their hands pressed together in a prayer position above their heads. The woman is on the left, wearing a white tank top and light blue pants. The man is on the right, wearing a light grey polo shirt and white shorts. The background features rolling hills and greenery under a bright sky.

COURSE FORMAT

'The Dru course is a great journey with lots of inspiration and uplifting insights to help you on your way. It would be hard to find this sort of wisdom in many other places.'

Judy, Dru Yoga undergraduate, UK

What's in the Dru course?

You'll learn:

- > the essential foundations of Dru Yoga**
- > body preps, postures and alignment**
- > unique Energy Block Release sequences**
- > dynamic flowing sequences of asanas**
- > fundamental energetic principles**
- > pranayama, meditation and relaxation**
- > mantra, mudra and yogic philosophy**
- > anatomy and physiology**

All of this is clearly explained and illustrated in the sixteen accompanying course manuals.

AS THE COURSE CONTINUES...

As a Dru Yoga teacher your teaching and communication skills will need to be many and varied. The Dru course is designed to help you develop those skills steadily and progressively, so that by the end of your course you will feel confident and empowered to teach a large repertoire of Dru Yoga postures, sequences and techniques.

We include regular summary sessions to refine and anchor everything you've learned so far. This process expands your understanding of Dru Yoga and how it works. The consolidation sessions show you how to deepen your personal experience on all levels—physical, energetic, emotional, mental and spiritual.

As part of the course you will also learn how to create therapeutic programmes for specific individuals, depending on their unique requirements.

'The Dru Yoga teacher training course has enriched my life and opened doorways to physical, emotional and spiritual health in an exciting and fulfilling way.'

Megan, Dru Yoga graduate, Australia

LEARN AS YOU GO

We believe it is important to anchor your learning as you go. We use continuous assessment to check 1) your knowledge and understanding 2) your personal performance of the various asanas, sequences and pranayama techniques and 3) your teaching skills. We ask you to:

- study specified yoga practices in depth, and write reflective portfolio sheets to describe your personal experiences
 - these will give you profound insights into your yoga practice, deepening your experience over time
- participate in regular class tests
 - your tutors will tell you which sections of the course manuals to study beforehand
- demonstrate your understanding of the alignment, safety points and energy flows within the postures and sequences
- decide if you want to take the interim teaching assessment
 - only if you want to start teaching before graduation
- prepare and teach a concise yoga class for your final teaching assessment



STARTING T TEACH

What do I need to do?

AM I QUALIFIED TO TEACH BEFORE I COMPLETE THE COURSE?

Most students are so excited by the benefits of Dru Yoga in their own lives that they are keen to teach it to others. Halfway through your course, if your home study is up-to-date, you can choose to take an interim teaching assessment to demonstrate that you have the experience to teach Dru Yoga properly and safely. When you pass this, you may join the Professional Register of Dru Yoga teachers as a student member, and start to teach what you've learned.

WHAT ARE A STUDENT TEACHER'S FIRST STEPS?

We recommend a mentoring system to set your feet firmly on the path. Either contact us, or ask your local Dru Yoga teacher to let you teach part of their class and give you constructive feedback on your lesson plans and teaching skills.

WHEN WILL I DO THE FINAL ASSESSMENT?

Your teaching assessment takes place in one of the final modules of your course. If for some reason you are unable to take this assessment we advise doing so within one year of finishing the course. Otherwise, we'll ask you to do another 60 hours of training with an undergraduate group who are in the final stages of their training.

WHEN DO I QUALIFY FULLY AS A DRU YOGA TEACHER?

You qualify as a Dru Yoga teacher once you've attended all the course modules, completed all your home study, passed the final teaching assessment and become a full member of the Professional Register of Dru Yoga Teachers.

TELL ME ABOUT THE PROFESSIONAL REGISTER

The Professional Register of Dru Yoga Teachers gives you three main benefits:

- access to on-going support and guidance from our senior tutors about any aspects of teaching, from creating business opportunities to tips for helping individuals with specific health challenges in your classes.
- access to a wide range of continuing professional development opportunities all geared towards enhancing your skills as a Dru Yoga teacher.
- a listing on the Find a Teacher facility of our Dru worldwide website to help increase your business.

To ensure the very highest standards possible, we ask all our Dru Yoga teachers to keep their membership of the Professional Register current.

CONTINUING PROFESSIONAL DEVELOPMENT

Your continuing professional development (CPD) is important and ensures a high standard of teaching from all Dru Yoga teachers. Our worldwide postgraduate training programmes keep you abreast of any new developments and refinements in the Dru style and teaching methodology. You can choose to follow short indepth courses on special themes or opt for our regular master class workshops. The current CPD requirement is 24 hours over 2 years.

THE INTERNET REGISTER

Members of the Professional Register of Dru Yoga Teachers can choose to be listed on our website. As most people these days 'Google-it' to check out their nearest Dru Yoga teacher, **www.dru.com.au** and **www.druworldwide.com** will help many people to find you.

'The Dru postgraduate course is an essential part of my ongoing life experience— both updating and deepening my yogic knowledge as a teacher, and also enhancing my personal growth...then, with new found strength I take this out into the world.'

Di, Dru Yoga postgraduate, Australia

A woman with dark hair in a bun, wearing a white tank top and white pants, is sitting cross-legged on a boat. She is holding a laptop and looking out over a large body of water under a cloudy sky. The scene is peaceful and serene.

BUSINESS OPTIONS



Making Dru work for you

If you are looking for a business option that rewards you financially and is also personally fulfilling, then the Dru Yoga teacher training course could be just what you are looking for.

Dru Yoga offers you an amazing opportunity to be your own boss and earn extra income from doing something you love. If you enjoy meeting people, have a passion for creating positive health and wellbeing, and want to make a difference to your friends, colleagues, family and the wider community, then you'll love the business opportunity that comes with training as a Dru Yoga teacher.

Add another string to your bow!

Whatever area of business you are currently working in, consider the benefits of being able to offer Dru's yoga, relaxation and de-stress techniques to your clients.

Health professionals, fitness instructors, school teachers, sports trainers, psychiatrists, life coaches, beauty therapists and massage therapists are a few of the many professionals now integrating Dru Yoga into their daily work.

Boost your income, improve your reputation as being someone who goes the extra mile to make a difference, expand your scope of target customers, and improve your results in all areas of your work.

'Through witnessing patient recovery, I believe yoga holds the key to resolving most musculoskeletal aches and pains. Our defining question to prospective employees is: "What's your opinion on the use of yoga in treatment?" If we don't like the answer, we don't employ!'

Coby, Soothe Clinic osteopath, senior Dru tutor, UK

'I find myself giving up my day job to spend more and more time communicating these amazing Dru tools of health, wellbeing and personal growth to others.'

Mouli, designer and Dru Yoga graduate, Australia

Make a fulfilling career change with Dru

Premier league footballers are now practising daily yoga—who is teaching them? It could be you!

The scope of teaching yoga as a business is vast and open to your creativity and enthusiasm. Why not run retreats in Hawaii? Some yoga teachers in America now earn as much as lawyers!! (Sunday Times, May 2007)

How about developing your own unique business niche?

Teaching stress management in business? Training professional sports people in injury-prevention?

Specialising in the field of therapeutic yoga, working alongside osteopaths and other medics in private practice? Supplementing your income selling Dru products—set up a shop if you like!

Teaching classes is just the beginning!

Make a living loving what you do.



COURSE BENEFITS

'I hardly recognise myself as the person I was six years ago. The bouts of depression, anxiety and low self-esteem I used to suffer on a regular basis have gone, to be replaced by increasing self-confidence and a joyfulness in life that I'd forgotten was possible.'

Catherine, Dru Yoga teacher, UK

What Dru yogis say!

'I am now seven weekends into the course and it is beyond my expectations. It is so well balanced and professional. The teachers can't do enough to encourage and help us to become great yoga teachers. Before I started the training, I have to admit I found Dru Yoga a bit gentle. Now I am starting to understand what it is really about and just how strong it is! It is flowing, yes; it is adjustable and compassionate and at the same time I get a great workout. It affects me on many levels—not just the physical high of being stretched in a pose and the calming effect on my mind—but it is also emotionally and spiritually uplifting.' Hilary, Dru Yoga undergraduate, UK

'The Dru Yoga teacher training is of an extremely high standard. The tutors have a deep knowledge of the science of yoga and it is obvious they practise what they teach.'

Mona, Dru Yoga graduate and reflexologist, UK

'The Dru Yoga teacher training course has reached into every part of my life, relationships and business and every part has benefited.'

Paul, IT consultant, Kenya



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'Dru has given me a fabulous array of tools for my own application and for use with others.'

Monte, engineer, naturopath, Dru Yoga graduate, Australia

‘Dru has allowed me to have a greater sense of freedom, of being authentic, who I really am. It’s been wonderful really...a journey of discovery.’

Ada, media researcher, Dru Yoga graduate, Australia

‘The benefits that Dru Yoga has brought me have dramatically reduced my stress levels and increased my awareness of the daily pressures that are faced by most of my colleagues. I am more conscious of not taking on this stress myself. As a result, people value my increased creativity, clarity and calm, and my client base has expanded.’ J.M. senior management consultant, UK

‘It took a while for me to realise the deep transformative power of the subtle movements and visualisations.’

Jon, research scientist and Dru Yoga graduate, Sweden

‘Dru Yoga has helped me improve my physical wellbeing by alleviating neck and back pain. It has helped improve posture, motivate me to exercise regularly and lose weight, tone my body and eat more healthily.’ Margot, Dru Yoga undergraduate, Australia

‘As a physiotherapist working in the NHS for almost 20 years, I have found Dru Yoga invaluable for me personally and for integration into my clinical practice.’

Ruth, senior Dru tutor and physiotherapist, UK

A woman with her eyes closed and hands resting on her knees in a meditative pose, sitting in a field of golden wheat. The scene is bathed in warm, golden light, suggesting a sunrise or sunset. The text 'OPTIONAL EXTRAS' is overlaid in the center, with the 'dru' logo integrated into the letter 'O' of 'OPTIONAL'.

OPTIONAL EXTRAS

More benefits of our Dru world

COACHING AND PERSONAL TUITION

Boost your learning process by booking an individual mentoring session with an experienced senior tutor.

DRU YOGA AND MEDITATION RETREATS AND SEMINARS

Dru retreats and seminars have become synonymous with being nourished, re-energised and uplifted. Escape the stresses of daily life and immerse yourself in the total Dru experience of deeply satisfying yoga, serene meditation and rejuvenating therapies. These events offer you the chance to meet fascinating people, pamper yourself and touch that still place within, the Dru point.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD)

Enrich your yoga practice and your life with Dru's innovative range of Continuing Professional Development (CPD) seminars and intensives, which are often available to Dru Yoga undergrads. There's nothing like diving deep into your favourite yoga subject, covering topics like Dru relaxation, emotional wellbeing, back care, pre-natal yoga, chakras, meditation and more. The supportive environment will help you build on your strengths and gain confidence in your personal yoga and teaching skills.



QUESTIONS ANSWERED

What can I expect?

AM I TOO OLD/OVERWEIGHT/INFLEXIBLE TO DO DRU YOGA?

Definitely not! People of all ages, shapes and sizes really enjoy Dru Yoga. Dru is for everyone and you'll be surprised how easily you can excel in your practice or as a teacher.

ARE THERE ANY DRU RESOURCES FOR HOME STUDY?

Over the last 25 years Dru has published a huge collection of books, CDs, DVDs and downloads to give you an effective, interactive method of practising the techniques and ideas that you learn from us, in the comfort of your own living room. Our publications and media products, from inspirational stories and practical yoga and meditation manuals to yoga DVDs and soothing music CDs, can be bought online and from our various outlets. We have everything that will help you strengthen your mind, body and spirit, and immerse yourself in all things Dru, including clothing, yoga mats, shawls and therapeutic jewellery—sourced from around the world. And with a percentage of profits going to good causes, you can be assured that everything you buy from Dru involves an aspect of giving back.

WHAT HAPPENS IF I MISS A MODULE?

Life's circumstances can sometimes prevent you from attending a module. You can easily arrange a catch-up by attending that particular module with another group in any venue.

IS YOGA A RELIGION?

No. Yoga is a philosophy that originated in India 5,000 years ago, and was compiled into the Yoga Sutras in 600 BC by the father of classical yoga, Patanjali. These texts still provide a framework for spiritual exploration and mastery over the physical and mental body. Yoga sometimes interweaves other philosophies such as Hinduism or Buddhism, although it is not necessary to study those paths in order to practise or study yoga. You do not need to surrender your own religious beliefs to practise yoga. In fact, many people find that yoga helps them find greater depth in their chosen faith.

HOW CAN I TRAIN IN DRU YOGA?

Dru Yoga teacher training courses run in Australia, UK, the Netherlands and Canada. We offer a range of course options from day or weekend sessions to 4 or 5-day modules.

Contact your nearest centre for details of venues, starting dates and costs, or visit our website and download full course details and application forms.

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'The Dru Yoga teacher training course turned my life around. I became a happy, enthusiastic, highly-motivated individual. Ten years on, my company 'Yoga for Your Health' has grown and developed in ways I couldn't have imagined—taking yoga off the mat, delivering stress management to companies and offering one-to-one tailor made programmes.

I would sum up by saying...

If you are thinking about a career in Dru Yoga...

**Don't just think about it—DO IT.
You'll never look back!'**

Wendy, Yoga for Your Health, UK

www.dru.com.au



BODY
& MIND

HEALTH
& NUTRITION

PRODUCTS

NOT FOR PROFIT
PROJECTS

