



**Positive  
health  
Positive  
wellbeing  
Positively Dru**

**dru**

**BOOK 1**

# **DRU YOGA TEACHER TRAINING**

**BODY  
& MIND**

**HEALTH  
& NUTRITION**

**PRODUCTS**

**NOT FOR PROFIT  
PROJECTS**





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**Dru Yoga works on both the body and the mind, strengthening core stability, building a heightened feeling of positivity and empowerment, and rejuvenating the soul.**



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.

## COMPONENTS OF DRU YOGA

Based upon soft, flowing movements, controlled breathing and visualisation, Dru Yoga is both a graceful form of exercise and a potent means of stress relief. With its foundations set firmly in ancient yogic tradition, Dru Yoga is a style that has been passed down through the generations. It works on the body and the mind, strengthening core stability and building a heightened feeling of positivity and empowerment.

### The 9 components of Dru Yoga

Dru Yoga is based around the following components:

- > activation
- > Energy Block Release (EBR) sequences
- > flowing postures and movement sequences
- > therapeutic posture work
- > **pranayama**
- > **mudras**
- > the art of deep relaxation
- > concentration
- > meditation

#### 1 ACTIVATION OF THE BODY SYSTEM

Systematic activation of the body from head to foot:

- > frees tension and dispels tiredness
- > enhances the circulation
- > allows our energy to flow outwards so that we vibrate more fully and more actively with life around us
- > increases our physical awareness

#### 2 ENERGY BLOCK RELEASE SEQUENCES

These EBR sequences are easy and pleasant to do and yet have incredibly potent effects on our health at every level of our being. Performed correctly they can dissolve physical, energetic, emotional and mental blockages.

#### 3 FLOWING POSTURES AND MOVEMENT SEQUENCES

This branch of Dru Yoga builds on your foundation of knowledge

about the body, how it moves and how Dru Yoga can be applied in a remedial way. Each of the many sequences has specific effects and outcomes, but what they all have in common is that they help us to relate to the rhythm and flow of life.

#### 4 THERAPEUTIC POSTURE WORK

In the second half of this course you will explore what can go wrong with some of the organ systems. This understanding will enable you to create specific programmes to cater for individual students.

#### 5 PRANAYAMA

By control of the breath we can free more of our 'life force'. The ancient yogis knew that the length of life is not determined by the number of years, but by the number of breaths that we breathe.

#### 6 MUDRAS

**Mudras** are energetic seals. They act on the body's subtle energy systems and have been used for centuries to balance emotions, hormones, nerve impulses and energy flows. Learn how to direct your energy for optimum efficiency by selecting appropriate **mudras** to suit your mood and situation.

#### 7 THE ART OF DEEP RELAXATION

This is a very important part of any yoga session. You need to ensure that the energy which has been stimulated has an opportunity to anchor and settle in the right way in order to create internal balance.

Deep relaxation can be used to heal disease, transform painful thoughts and emotions into positive patterns and attain important life goals.

#### 8 CONCENTRATION

An essential prelude to meditation, concentration exercises help you to discipline your mind, sharpen your observation and memory and become more focused, still and silent.

#### 9 MEDITATION

Unfold your personal power through the art of sitting in stillness and silence.



**Dru Yoga includes classical yoga asanas, pranayama, mudras, positive affirmations, empowering visualisations, meditation, relaxation and sequences performed in a flowing and dynamic style.**