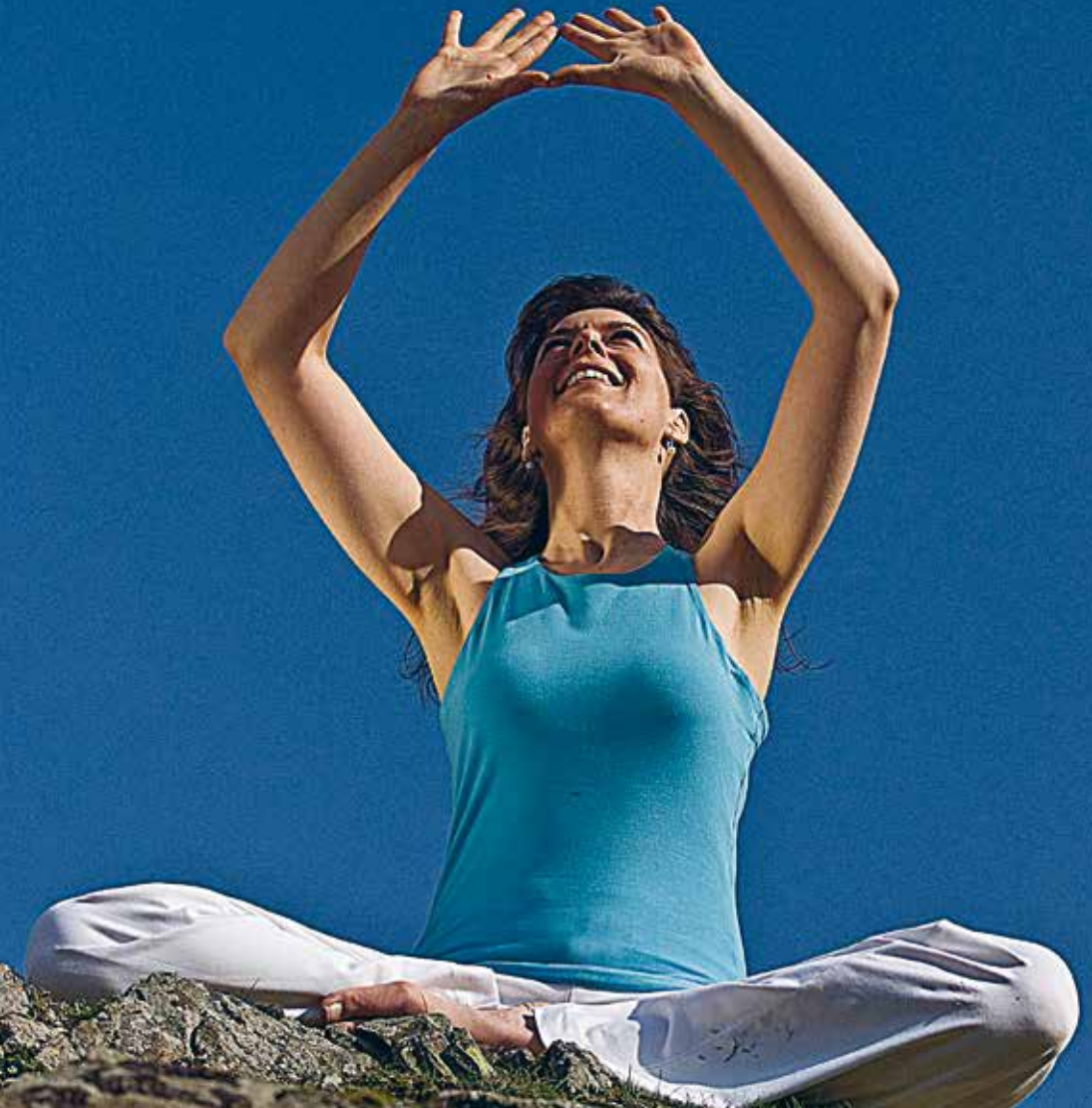




YOGA TEACHER TRAINING

est. 1987





30 YEARS

of training excellence



Transforming
the world
by giving people
the tools
to transform
themselves

Dru is a non-profit, social enterprise inspiring a naturally healthier way of living for everybody.

We are an international School of Yoga, Meditation, Ayurveda, Health and Nutrition, with training centres located throughout the UK, the Netherlands and Australia.

Our passion is to create educational programmes that transform lives, give back to society and leave the earth better than we found it.

What is Dru Yoga?	6
How is Dru Yoga different?	8
Research on Dru Yoga	10

Dru Yoga Teacher Training	12
Is the Dru Yoga Course for you?	15
Accreditation & standards	17
Course contents	18
FAQs	20
Trialling the course	21
Home study	22
Earn as you learn	24
Free online resources	26
Dru Star Lounge	28

Career development	30
Dru Professional Network	32

Where to train?	35
------------------------	----

Graduates' stories	39
---------------------------	----

Application form	45
-------------------------	----

What is Dru Yoga?

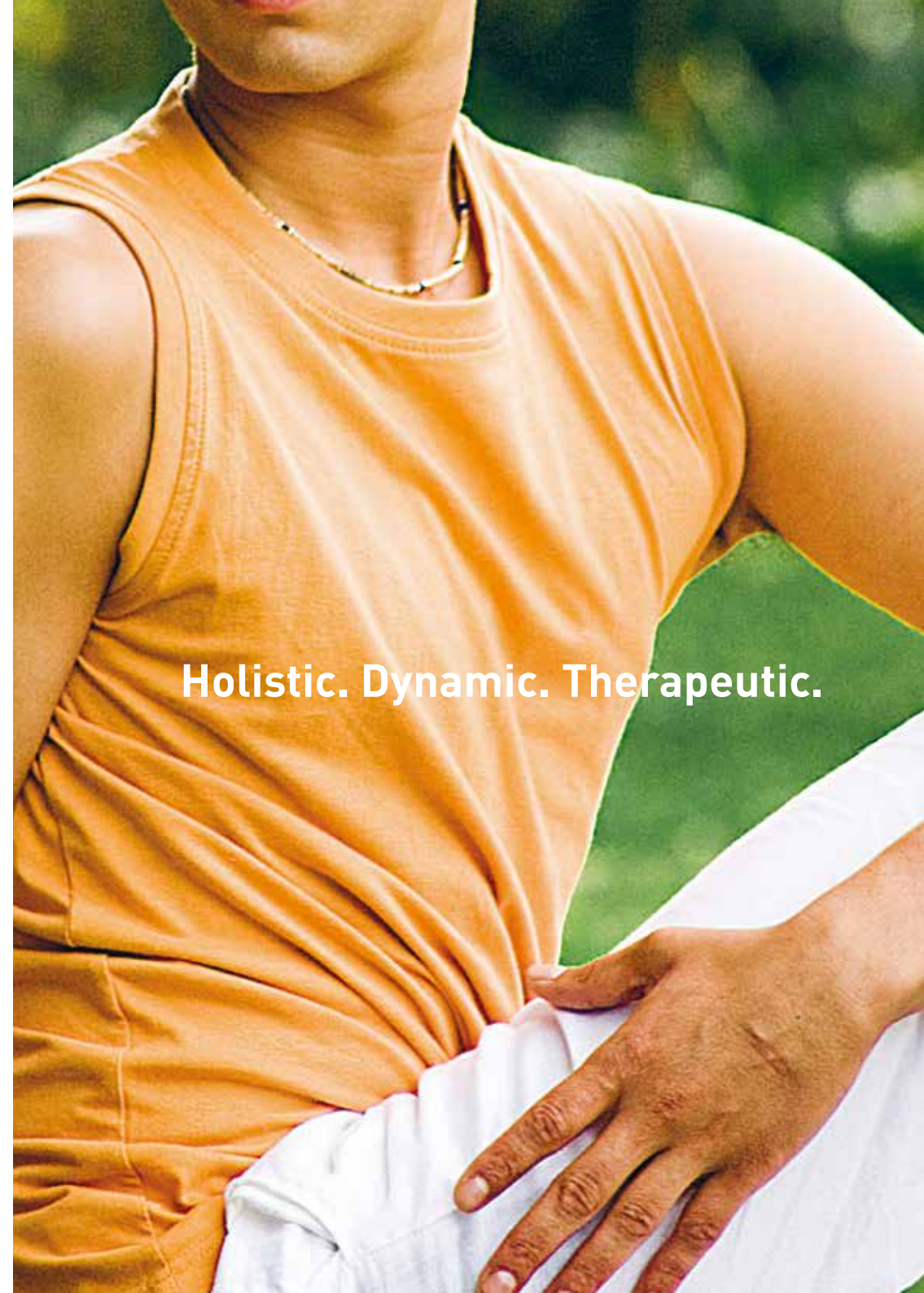
Dru Yoga is a graceful and potent form of yoga, based on flowing movements, directed breathing and visualisation.

With its foundations set firmly in the ancient yogic tradition, Dru uplifts 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, fitness levels and age groups, Dru is a style of yoga that can be quickly dipped into or learnt in more depth over a lifetime.

When 450 Dru Yoga practitioners were asked about the effects of their practice, we found that:

- > **93% experienced improved spine flexibility**
- > **91% gained more peace of mind**
- > **91% overcame negative thinking**
- > **89% experienced improved breathing**
- > **89% reported reduced stress levels**
- > **86% enjoyed increased energy levels**
- > **84% benefitted from enhanced mood**
- > **83% felt more emotionally balanced**
- > **81% had greater confidence.**



Holistic. Dynamic. Therapeutic.

How is Dru Yoga different?

- 1 **Energy Block Release** sequences are unique to Dru Yoga. They are easy-to-practise, flowing movements that help to release physical, mental and emotional tension.
- 2 In Dru Yoga all movements originate from the **spine** because a flexible, healthy back supports your entire yoga practice.
- 3 **Joints** are kept slightly flexed to ensure a free flow of subtle energy.
- 4 A deep understanding of **core stability** is key.
- 5 Within the flow of movement, Dru Yoga creates powerful **moments of stillness** which we call 'Dru points'.

Dru Yoga includes:

- > classical yoga asanas (postures)
- > pranayama (the science of breath)
- > mudras (hand gestures)
- > positive affirmations
- > empowering visualisations
- > deep relaxations
- > sequences performed in a flowing and dynamic style.



Dru Yoga is underpinned by scientific research showing its extensive benefits

In randomised controlled trials Dru Yoga has shown to:

- ✓ increase energy levels
- ✓ maintain a healthy back
- ✓ improve resilience to stress
- ✓ enhance emotional well-being
- ✓ reduce sickness absence days.

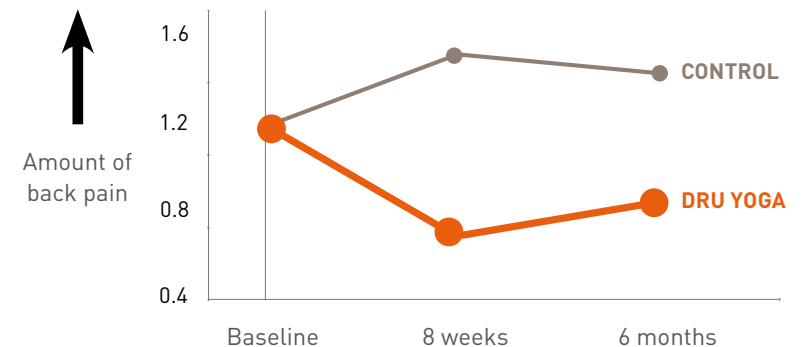
Such research enables Dru Yoga teachers to work with large employers including private companies, county councils, schools, government agencies, professional sport teams and the NHS.

A randomised controlled trial involving 75 government workers, published in *Occupational Medicine* in September 2012, showed that Dru Yoga significantly reduced both stress and back pain at work—two of the key factors leading to sickness absence. After an eight-week programme, Dru Yoga group scores (when compared with a control group) were significantly lower for perceived stress, back pain, sadness and hostility, and significantly higher for feeling self-assured, attentive and serene.

Sponsored by Bangor University and the NHS, a new randomised controlled trial with 150 NHS employees—to be published in *Occupational Medicine* in autumn 2017—found that an eight-week Dru Yoga programme resulted in less back pain, fewer sickness absence days, and significant cost savings for the NHS.

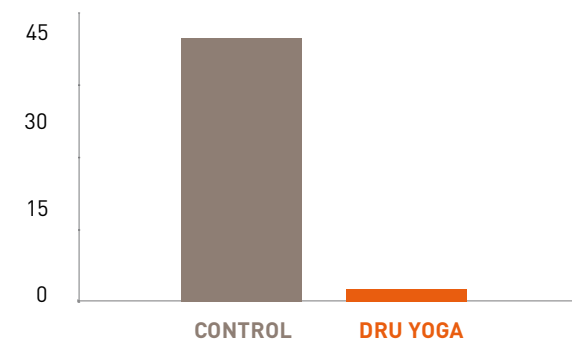
Dru Yoga for NHS staff

The Dru Yoga group had less back pain, even 4 months after the 8-week programme.



Sickness absence days

During this study, the Dru Yoga group took only 2 sickness absence days due to back pain and musculoskeletal conditions, compared with 43 days taken by the control group.





**Dru Yoga course
for teacher
training and self-
development**



Is the Dru Yoga Course for you?

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 course is for you.

For self-development or for teacher training

Whatever your yoga ambitions, you'll find that Dru Yoga is an empowering, energising and balancing approach to vitality, health and well-being.

In establishing your own daily yoga practice, you will experience new, higher levels of energy. You will also become more relaxed and better able to cope with the stresses of everyday life.

Start a wonderful period of in-depth learning, building personal and professional skills and establishing new friendships.

Now is the time to embark on an exciting journey of self-discovery!



Accreditation and standards

Choosing the right school to train with is a big decision and will help shape your entire career as a yoga teacher. The International School of Dru Yoga offers you the highest standard of teacher training.

The Dru Yoga teacher training course includes 350 guided learning hours, is registered as a 350 hour course with Yoga Australia and a 200 hour course with Yoga Alliance which is currently being updated to a 300 hour course.

With thousands of Dru Yoga teachers worldwide, and many hundreds in training each year, we are now one of the largest yoga organisations. You can be confident that your training:

- > is based on a comprehensive, in-depth syllabus
- > provides clear, easy-to-follow illustrated manuals
- > offers free, unlimited access to online video resources to support you during the course
- > includes one-to-one tuition to guide you through your training
- > is recognised by both national and international yoga organisations
- > leads to membership of a vibrant global network of Dru teachers and a connection with like-minded friends.

If you choose to become a yoga therapist the Dru Yoga Therapy Diploma is accredited by the British Council of Yoga Therapists and the Complementary and Natural Healthcare Council.

Course content

- 42 classical yoga **asanas**.
- Any practice you will learn comes with a wide range of modifications and health considerations to suit each individual student.
- How to **prepare the body** appropriately for asana practice:
 - > principles of activations and warm-ups
 - > learn how to strengthen and/or stretch over 30 different muscle groups.
- 18 Dru Yoga **sequences**. These have been designed to enhance the five levels of human experience: physical, energetic, emotional, rational and spiritual, as well as to energise and balance the chakra system.
- How to establish your personal space and practice at home.
- **Anatomy & physiology**

To teach yoga safely you need to know how asana and pranayama practice can affect human physiology. The course gives you a basic understanding of the nine systems of the body, particularly how the appropriate yoga practices can enhance their functioning.

You will also learn about yoga solutions for the most common respiratory, musculoskeletal, digestive and mental conditions so you are equipped to meet the needs of your students.

- 20 **pranayama** techniques.
- 16 Dru **meditation** techniques including seven chakra visualisation techniques.
- 6 **relaxation** techniques.
- **Yoga philosophy** includes an introduction to:
 - > the origins of yoga
 - > Patanjali's Yoga Sutras
 - > Upanishads
 - > Vedanta
 - > Bhagavad Gita
 - > bhakti yoga
 - > anna yoga
 - > how yoga philosophy can be applied to modern-day living.
- **Subtle anatomy**

An important aspect of teaching yoga is an understanding of subtle energetics. You will be guided in the exploration of:

 - > the **Pancha Kosha** system (the five layers of human experience) and the flow of **prana**
 - > a practical understanding of the **chakras** and an introduction to the **nadis**
 - > subtle practices including a range of **mudras** and **bandhas** (energy locks).
- In-depth training in classroom energetics and building a **supportive yoga classroom** experience.

Who can apply?

Anyone can apply to join this course. If you have little experience of yoga we will give you a personal plan and mentoring to establish the background you need to get the best out of this course. Most important is your enthusiasm and a keen interest in yoga.

What are the benefits of a 2 year programme?

We have designed this course over approximately 2 years to provide you with greater opportunities for personal development. It allows time to gain valuable experience in teaching, observational skills, safety, class management and group dynamics.

What if I miss some course days?

We are an international school and our syllabus is standard throughout the world. If you miss sessions you can catch up in two ways:

- 1 By visiting a Dru Yoga course elsewhere (no extra tuition charged) when that part of the course is being taught, either within the UK or overseas.
- 2 Locally in a one-to-one or group session (at tutor's discretion—an additional cost applies).

When can I start teaching yoga?

Midway through your training course (after 1 year) we will carefully monitor your progress and together with the completion of your up-to-date written work, this will enable you to start promoting and teaching your own yoga classes as a student teacher.

When do I qualify as a Dru Yoga teacher?

You will receive your Dru Yoga Teaching Diploma once you've attended all the course days, successfully completed the necessary assignments and passed the final teaching assessment.

Can I trial the course?

Yes. If in doubt, try it out!

There are two types of Try Out Days (you can attend either or both) to help you decide if the course is for you.

Both options explore the many aspects of Dru Yoga:

- > asanas (yoga postures)
- > flowing sequences
- > pranayama (breath work)
- > deep relaxation
- > aspects of anatomy and physiology
- > principles of core stability
- > anatomy of the subtle energy system... and more!

TRY OUT 1

Meet, greet & discover

Meet the tutors and other people interested in the course, explore the course materials, experience the potency of Dru Yoga and have all your questions answered.

A day to inspire and uplift!

TRY OUT 2

Join the course for a day

Have a taste of the actual course itself. Immerse yourself in Dru Yoga training for a day, with no strings attached! Find out if the course is for you.

Home study

The home study component of your course is experience-based and particularly designed to help you monitor your practice and knowledge of Dru Yoga. Its primary function is to help you consolidate what you are learning and anchor the skills you will need as a yoga teacher.

There are five assignments:

- > Caring for the spine
- > Lesson planning
- > Chakra project
- > Yoga philosophy

Course manuals

You will receive 16 well-crafted, fully illustrated, detailed course manuals to assist your home learning process. They are an invaluable support both during the course and in your life as a practising Dru Yoga teacher.

Visit druyoga.com/teachertraining
for more information



Reflective learning

You will be asked to study certain practices in greater depth, and to write down in some detail how the practice has evolved for you and how it has affected you physically, energetically and emotionally. This reflective learning helps you to gain insight and clarity and you will find that your personal reflections become an invaluable teaching aid.

Earn as you learn

To make it as cost-effective as possible for you to train as a Dru Yoga teacher, halfway through the course (after getting the go-ahead from your tutors) you can begin your formal teaching experience as a student teacher. If you gather a group of six friends together each week, and ask them to pay you £5 each, you would make enough to cover 80-90% of your average monthly payments.

Visit druyoga.com/teachertraining
for more information



Free online resources

We provide a variety of online resources to aid your learning and increase your confidence in teaching.

During your course, you will have free, unlimited access to hundreds of classes and short, individual yoga practices to help you gain a deeper understanding of:

- > activation and body preps
- > postures and sequences
- > safety guidance and modifications
- > how to present health considerations
- > appropriate use of language and vocabulary
- > clear instructions
- > how to create a holistic yoga experience
- > relaxation and guided meditation.

Learn from experienced Dru teachers from around the world.

Visit druyoga.com/teachertraining
to sample the free resources



Dru Star Lounge your online video library

During the course you can enjoy free, exclusive access to a fantastic video library dedicated to your self-exploration and yoga study.

We know how important it is for you to be able to access videos of your course materials for the duration of your training to support your ongoing learning and help you prepare for assessment.

A component of Dru Yoga Online, the Dru Star Lounge (exclusively for Dru Yoga students and graduates) has been specifically filmed to give you a wider experience of our senior Dru Yoga teacher trainers, wherever you are in the world.

Here you will find the core principles of Dru Yoga explained by some of our most experienced tutors. This may give you ideas for themed classes based on e.g. the chakras, mudras or back care specific yoga.

- Enjoy multimedia and lecture-style sessions allowing you to deepen and anchor your knowledge at any time.
- Exclusive workshops from key Dru events such as the Summer School in Wales... and much more!

Visit druyoga.com/teachertraining
to sample the Dru Star Lounge



Career development

There are so many ways to develop your skills as a Dru Yoga teacher. We offer a wide range of CPD options as well as a fully accredited yoga therapy diploma course.

Dru Yoga Teacher Training

350 guided learning hours

Earn a living doing what you love. Teach anywhere in the world, run classes, retreats or yoga holidays.



Dru Yoga Therapy Postgraduate Diploma

550 guided learning hours

Deepen your knowledge of therapeutic yoga. Help your clients deal with a wide variety of physical and psychological conditions. Establish your own clinic liaising with health professionals to ensure optimum care for your clients.

CPD



Advanced Dru Yoga Teacher

500+ guided learning hours

Choose from a variety of CPD trainings (shown opposite). Each will add another string to your bow—ultimately allowing you to promote yourself as an advanced level yoga teacher.

CPD

Advanced Yoga Practitioner Diploma

100 guided learning hours

Discover the secrets of how to use yoga as a precise, laser-like lens to redesign your consciousness.

Back Care Certificate Course

75 guided learning hours

Meet a rising demand—back pain is the world's main cause of sickness absence.

Prenatal Certificate Course

75 guided learning hours

Work with antenatal clinics and run private classes with mothers-to-be.

Kids & Teens Teaching Diploma

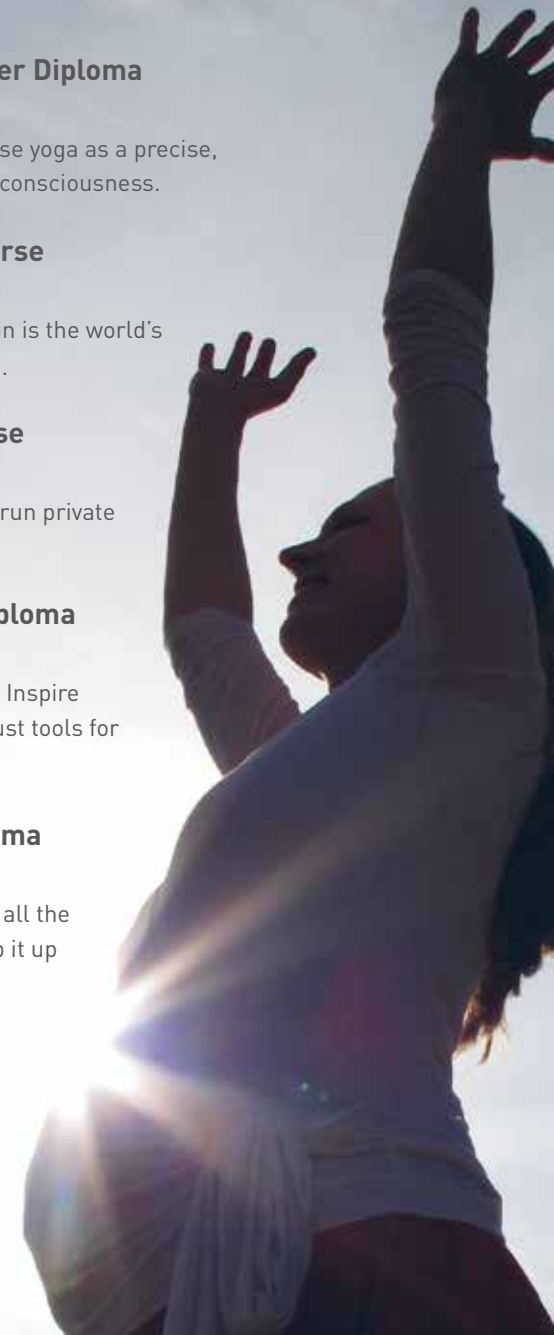
18 guided learning hours

Work with children and schools. Inspire future generations. Provide robust tools for well-being.

Dru Dance Teaching Diploma

100 guided learning hours

Exhilarating and inspiring! Take all the fun of a Dru Yoga class and soup it up by 100%!



Dru Professional Network (DPN)

With more than 1,000 members, the DPN is the professional body for qualified Dru Yoga teachers and student teachers. Membership offers a wide range of benefits:

- > marketing resources, including:
 - o free high-quality poster and flyer templates
 - o free graphics service for Dru business cards
 - o social media guides
 - o online advice on developing your Dru Yoga business
- > professional yoga teacher insurance at substantially reduced rates (from £31 per year in UK)
- > members' bi-monthly newsletter with an exciting, nationwide CPD programme, teacher profiles and yoga events organised by members
- > discounted rates on selected CPD events, workshops and courses

Pauline Smith
BA (Hons), Dip DYT
DYTT (Back Care & Prenatal)

**International Yoga Teacher
& Yoga Therapist**

M 07803 444002
E p.smith@yahoo.co.uk


druyoga.com/teachers/pauline-smith








- > up to 30% discount on Dru CDs, books and DVDs
- > access to the new Dru Star Lounge with Dru Yoga Online at a 30% discount
- > an extensive CPD programme (see p31)
- > 'find a yoga teacher' online service, where people can search for classes as well as teachers' names. Promote your individual classes with full details, map, webpage and your own URL.


AUSTRALASIA
UNITED KINGDOM & EIRE
INTERNATIONAL



Pauline Smith

International Dru Yoga teacher and Yoga Therapist

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Contact:
07803 444002
p.smith@yahoo.co.uk
<http://amazingyoga.com>

Class	Info	Email	Phone	City / Suburb	Postcode	State / Country	Current until
Yoga for beginners	Get your trunk into alignment, keep your feet flat and discover your muscles in a whole new way - and remember your business!	p.smith@yahoo.co.uk	087098 1048	Singapore	S17 0K4	Asia	17 October 2016
Meditation in a springboard school	Jump into the water and discover meditation in a whole new way. Bring your listening gear!	p.smith@yahoo.co.uk	0407340 3853	Singapore	S17 2E1	Asia	02 October 2016

WHERE TO TRAIN?



Dru Centre in Snowdonia

Dru Yoga Teacher Training courses are currently offered in the UK, Australia and the Netherlands. We provide a range of course options, from day or weekend sessions to five-day modules.

The main Dru Centre is in North Wales. It is situated in the Nant Ffrancon valley in Snowdonia National Park and is a spectacular location for your yoga teacher training.

Thousands of people come here each year to enjoy the positive 'feel good' ambience, delicious vegetarian meals, easy access to the mountains and nurturing therapies.

The Dru Centre is easy to reach by road, rail (direct trains from London take just over 3 hours) or plane (the nearest airports at Liverpool or Manchester are 2 hours away).

Visit druyoga.com/teachertraining
for course details and Try Outs



Visit druyoga.com/teachertraining
for course details and Try Outs

Scotland

North East

Yoga Teacher Training

16 non-residential weekends
over approx 2 years

PO Box 14829
Denny
Scotland, FK6 5YJ

scotland@druworldwide.com
01324 820392

Yoga Teacher Training

16 non-residential weekends
over approx 2 years

Croft House
Station Road
Otley, LS21 3HX

leeds@druworldwide.com
01943 467189

West Midlands

London

North Wales

South West

Yoga Teacher Training

16 non-residential weekends
over 2 years

Dru Centre
Maristowe, Dover Street
Wolverhampton
West Midlands, WV14 6AL

midlands@druworldwide.com
01902 409164

Yoga Teacher Training

32 Sundays over approx 2 years

Dru Centre*
126 Manor Green Road
Epsom
Surrey, KT19 8LN

london@druworldwide.com
01372 725 327

Yoga Teacher Training

8 residential 5-day modules
over approx 2 years

Dru Centre
Snowdonia Mountain Lodge
Nant Ffranon Valley
Bethesda, Gwynedd, LL57 3LX

hello@druworldwide.com
01248 602900

Yoga Teacher Training

16 non-residential weekends
over approx 2 years

southwest@druworldwide.com
01579 351385

*Course venue is in Victoria, Central London



Kate Carter

"I discovered Dru Yoga ten years ago when I was working as an Advanced Nurse Practitioner in Heart and Lung Transplant at Great Ormond Street Hospital.

The job was extremely demanding. At that time I had back and neck problems, RSI and considerable stress at work.

I attended the Yoga Show in London looking for a yoga class and found Dru Yoga. Since then I haven't looked back.

I started practising Dru Yoga. Within weeks my back and neck problems and RSI had improved significantly.

Working with yoga sequences, postures, breath and relaxation really helped reduce my stress levels and improved my performance at work. I found Dru Yoga so effective that I decided to train as a Dru Yoga teacher.

The Dru Yoga Teacher Training Course gave me a much clearer vision for my life. It taught me to trust my intuition and inner wisdom, and gave me greater courage and confidence to pursue my purpose and fulfil my dreams.

Now I continue to work part-time as a nurse on the Cardiac Intensive Care Unit. I also work as a Dru Yoga Teacher and as a Yoga Teacher Trainer, and I am completing my diploma as a Dru Yoga Therapist.

Helping people to transform themselves using Dru Yoga has given me deep joy and satisfaction."



As a Dru Yoga teacher, I am able to combine my own life experiences and inner wisdom to bring people together, help them become free and be themselves.



Nazama Tague

“I chose to do the Dru Yoga course not because I wanted to teach yoga—I just wanted to learn more in-depth yoga and work on developing myself.

Halfway through the course, I was encouraged by my tutor to start a yoga class. The response I had was amazing! I soon saw an opportunity to teach a subject I love and make a living.

Being married with a young son and stepchildren, much of what I did had to fit around family life.

Now I offer weekly classes and workshops as well as private

lessons to individuals, groups, workplaces and schools.

As a Dru Yoga teacher, I am able to combine my own life experiences and inner wisdom to bring people together, help them become free and be themselves.

The best thing of all is that I am still doing what I intended to do—learning more about yoga and growing as a person. The more I teach yoga the more I learn, the more I grow as a person and the better and deeper the relationship I have with my family.”

Jess Ward

“A car accident left me with severe back pain for three years. I would wake every day in agony. I couldn't sit down for more than a few minutes without being in pain. Walking slowly and lying down were my best options.

I was always so exhausted and lots of friendships broke down. My emotions were all over the place and I would often feel like I couldn't carry on.

I saw pain specialists who offered me injections into my spine, which I would need every three months.

I went to pain management groups, which focused on learning to live with the pain. After each appointment my hope was crushed, I felt no-one understood or acknowledged the amount of pain I was in.

The side effects of strong painkillers were unbearable, so I

went in search of a more holistic method of healing.

I attended a local Dru Yoga class. I expected to feel tired afterwards, but instead I felt great. I was glowing. I walked home slowly for two hours instead of taking the bus. When I got home I looked up Dru online and booked myself onto a Try Out Day.

I then attended two Dru Yoga classes a week and even started cycling there! My pain was dissolving and I had more and more energy.

Once on the Dru Yoga Teacher Training course, I practised yoga most days. Gradually my pain dissolved and a couple of months in... it had gone!

My life now is exciting and I feel full of possibilities for the future.”





For me, there is no greater joy than seeing people benefit from Dru's simple and powerful methods.



Ned Hartfiel

"I started taking yoga classes in Washington, D.C., then trained as a Dru Yoga teacher and subsequently taught Dru in many large organisations including the Mitsubishi Corporation, World Bank and National Science Foundation.

In 2006, I enrolled in an MSc programme at Bangor University. My goal was to study the effect of Dru Yoga for employees in the workplace. For my Master's thesis, I designed a randomised controlled trial for 48 university staff. The results showed that employees who participated in a six-week Dru Yoga programme had higher emotional well-being and more resilience to stress than the control group.

Soon I received funding to conduct another randomised controlled trial, this time an eight-week Dru Yoga programme for 74 local government employees. We found that compared with a control group, employees who practised Dru Yoga had less stress and reduced back pain.

In 2012, I was awarded a PhD studentship to investigate the effects of Dru Yoga on 150 NHS staff from three different hospitals. We found that over six months, NHS staff in the Dru Yoga group had much less back pain and far fewer sickness absence days from back pain and musculoskeletal conditions. These findings indicated that Dru Yoga could be cost-effective for the NHS.

Since completing my PhD in 2016, we have introduced the Dru Healthy Back Programme for employees in many large organisations including Barclays, Santander, Siemens, Institute of Chartered Accountants, Merseyside Police, Great Ormond Street Hospital and many others.

For me, there is no greater joy than seeing people benefit from Dru's simple and powerful methods."



Apply in 2 ways:

1 Use this **application form**:

- > fill in your details
- > ask your yoga teacher, colleague or friend for a reference
- > send both application form and your reference to the regional Dru Centre where you'd like to train (see p36-37).

2 **Apply online**

by visiting: druyoga.com/teachertraining

A course tutor will then call you for a short phone interview and to answer all your questions.

YOUR DETAILS

Name

Address

..... Post code

Email

Date of birth Tel (home)

Occupation Mobile

Tel (work) Next of kin

ABOUT YOUR YOGA EXPERIENCE

Tick as appropriate: beginner 2-3 years practice experienced

Do you attend a regular yoga class? If yes who is your yoga teacher?

.....

Are you a yoga teacher? If yes, how many yoga classes?

.....

Are you a complementary therapist? If yes, what kind?

.....

Please outline any background you have in teaching or training, especially personal development, human resources or therapeutics. (eg, Yoga, Tai Chi, any kinds of group work, therapies, etc.) If you teach regularly, how many groups/people per week?

.....

.....

.....

.....



DruYoga.com/teachertraining



01248 602900

