



# YOGA TEACHER TRAINING

Invest in your future

We take yoga off the mat and give back to the world.

Dru Yoga teachers are able to work in any setting—from the NHS and government to schools, workplaces and elite sports.

Want to know more?  
Look inside!

April 2024



Transforming  
lives  
since 1978

dru

# Our vision is about **empowerment**

As we celebrate 45 amazing years we are proud of how our Dru Yoga teachers have grown their transformational communities around the world.

Join us and see how rewarding it can be to transform the world by giving people the tools to transform themselves.



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“We live in a changing world where people’s physical and mental health is being affected by the long-term effects of the pandemic - anxiety, stress and worry. It’s at times like this that I witness how much Dru Yoga contributes to our students’ health and wellbeing. To understand that health, happiness and fulfilment of purpose lie within our own hands is the greatest gift we could give to ourselves.

This is one of the first principles of the practice of Dru Yoga – change your inner world and see that strength and power improving every part of your life.

This is not just a course in yoga, but a life long resource that will give you the courage and strength to take the steps and make the changes you need at any point in your life.

Ultimately we are here to learn not just about our bodies but also how our mind affects the physical, energetic, mental and emotional world we experience and how to balance these so that we can function from a point of dynamic, energised stillness and self confidence.

I applaud your decision to open this prospectus and read more about Dru. May your journey with us bring you closer to your power and purpose.”



**Chandra Goswami**

Dru Yoga Course Director



WE'VE  
TRAINED  
OVER 4,000  
DRU YOGA  
TEACHERS

dru

We've built our brand on a foundation of safety, effectiveness and accessibility. Dru is now one of the most adaptable forms of yoga on the planet—from wheelchair to elite sports, young to old Dru Yoga can be adapted to suit anyone.

With its superb performance in clinical trials showing its extensive health benefits, Dru Yoga teachers/therapists are able to work in any setting from the NHS and government to schools and workplaces. We take yoga off the mat and give back to the world.

## **Our Empowerment Promise**

From the very beginning we chose to make empowerment our calling card. Driven by this guiding principle Dru Yoga is one of the very best forms of mind/body yoga. It has shown to transform negative thinking and disempowering emotions. There has never been a greater need for this in society in today's world. With Dru you are choosing to impact yourself, other people and the planet.

## **World-class Mentor Support**

Learn from the very best. Our multi-disciplined tutors and mentors are highly respected thought-leaders in their chosen fields. You will also benefit from peer support in a vibrant culture of relentless innovation and commitment to excellence.

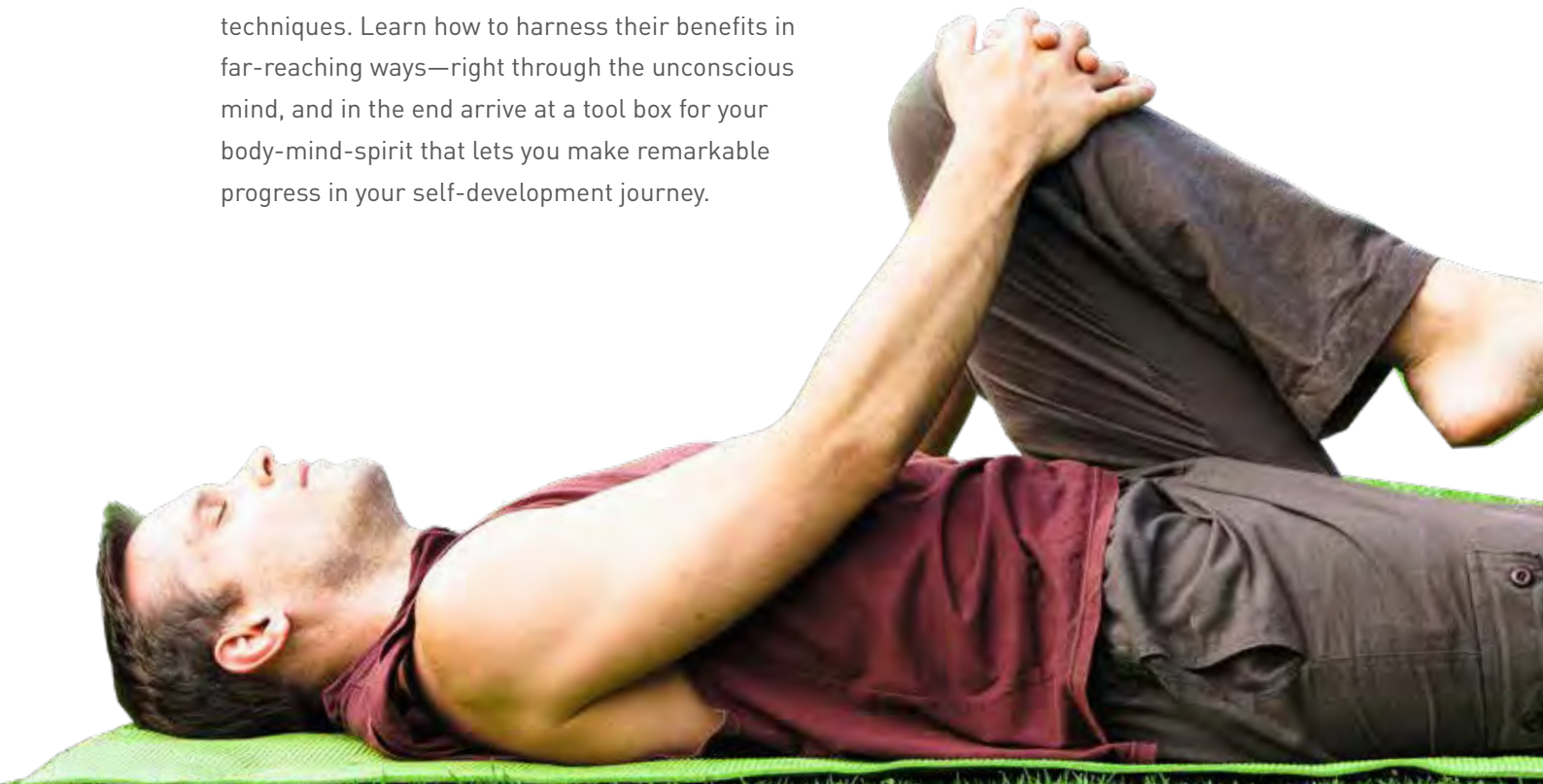
## We Take You Deeper

Find greater purpose & meaning in life. Discover how the subtle energetics of yoga through the koshas can help you delve into the science of yogic spirituality. Discover lasting friendships with people who share your values. Connect to a worldwide community of yogis that work for global unity.

If you want an experience of physical power, we'll help you find muscles deep in your core you never knew existed and show you how to bring them back into the kind of alignment that helps you feel deeply connected with yourself.

Dru moves through the five layers of being (the five koshas) effortlessly to create more awareness and transformation.

We dive deeply into the subtle energetics of these ancient techniques. Learn how to harness their benefits in far-reaching ways—right through the unconscious mind, and in the end arrive at a tool box for your body-mind-spirit that lets you make remarkable progress in your self-development journey.





# Course Syllabus

## Classical asanas

Any practice you will learn comes with a wide range of modifications and health considerations to suit each individual student.

## Activations & Body Preps

Learn 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

## 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.

## Home practice

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.

## 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

## Pranayama techniques

## Relaxation techniques

## Dru meditation techniques

Including seven chakra visualisation techniques.

## 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).

## Teaching Practice

In-depth training in how to deliver a safe, supportive class to all students including class energetics.



## Course structure

The Dru Yoga Teacher Training course is a 12-month programme from April 2024 until May 2025.

- > 9 training weekends held online and taught by experienced yoga teacher trainers
- > The design and content of this course include live online teaching, online learning/ support and personal practice.
- > Regular zoom tutorials in small groups with a tutor.
- > Free access to an online Learning Hub packed with resources.
- > Detailed training manuals are available as downloadable pdfs on the Learning Hub.
- > Free access to the online Dru Yoga studio
- > Start with the Foundation Course then you have the option to continue with the full Teacher Training Course



## Tutor support

You will be allocated to a buddy group with a dedicated tutor who will guide you through your yoga practice throughout the year and answer any questions.

## Practical assessments

### PDF course materials

Access fully illustrated, detailed course materials to assist your home learning. They are an invaluable support both during the course and in your life as a practising Dru Yoga teacher. They are available as downloads on the Dru Learning Hub.

## 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.

## 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. The assignments are:

- > Personal home practice plus reflective journal
- > Caring for the spine
- > Lesson planning assignment parts 1 & 2
- > Chakra project
- > Reviewing government policies when working with the public.

# Payment plans

## REGISTRATION FEE

A one-off payment of £228. You will then receive immediate access to the Dru Yoga Online Studio (worth £92 per year).

## TUITION FEES

- Option 1:** 11 monthly payments of £228
- Option 2:** One payment of £2550 (saving over £200)
- Option 3:** Foundation Course consists of the first 3 weekends of the course. 4 monthly payments of £189

## Venue

Online via Zoom and the Dru Learning Hub

### **BOOK A TRY OUT SESSION >>**

Enjoy live Dru Yoga with the teacher trainers, ask anything and get a real feel for the course first hand. Find out if it's for you!



WHAT IS  
DRU YOGA?

dru

Dru Yoga is an evidence-supported, therapeutic style of yoga. It's graceful, potent and 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 Yoga 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.**



A close-up photograph of a man's torso and arms. He is wearing a bright orange tank top and a thin necklace. His right arm is resting on his back, with his hand placed on his lower back. The background is a blurred green field. The text "Holistic. Dynamic. Therapeutic." is overlaid in white on the man's chest.

**Holistic. Dynamic. Therapeutic.**



## How is Dru Yoga different?

**Anyone can Dru it!** It's is one of the most adaptable forms of yoga on the planet—from wheelchair to football field, young to old, Dru Yoga can be adapted to suit anyone!

**Dru Yoga leads to an empowered life.** Dru is one of the very best forms of mind/body yoga as it transforms negative thinking and disempowering emotions.

**Access profound states of deep peace and relaxation.** Whether dynamic or rest-filled, Dru Yoga explores meditation in movement. It's a potent antidote to stress.

**Strengthens the power of the heart.** Dru is a heart-based healing yoga that empowers you to care deeply for yourself, other people and the planet.

### Why train with us?

**Dru Yoga is safe, and it works.** We teach you how to prepare your body properly and how to use core stability and alignment. Dru is also backed by scientific research.

**We take yoga off the mat and give back to the world.** Dru is a social enterprise and our volunteers work together to give back to their communities in many ways.

**Dru Yoga can take you deeper.** Discover the subtle energetics of yoga through the koshas. You can even delve into the science of yogic spirituality.

**Find greater purpose and meaning in life.** Discover lasting friendships with people who share your values. Connect to a community of yogis that work for global unity.



**Dru Yoga is underpinned by scientific research showing its extensive health 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.**

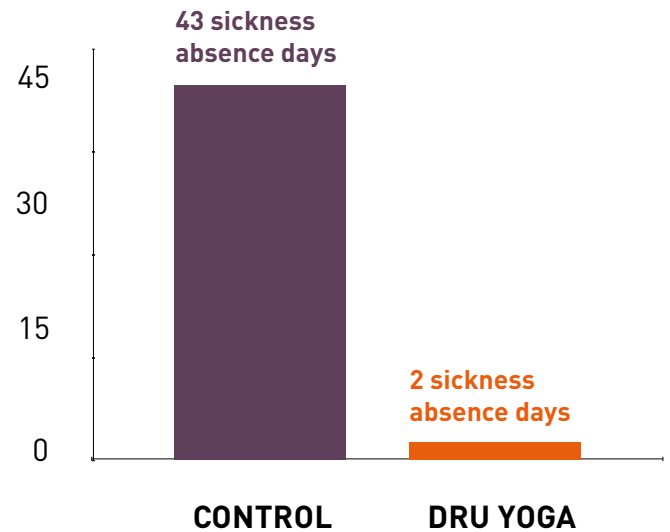
A randomised controlled trial involving 75 government workers, published in *Occupational Medicine* in September 2012, showed that Dru Yoga significantly reduced both stress and back pain at work—two of the key factors leading to sickness absence.

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 (published in *Occupational Medicine* in December 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.

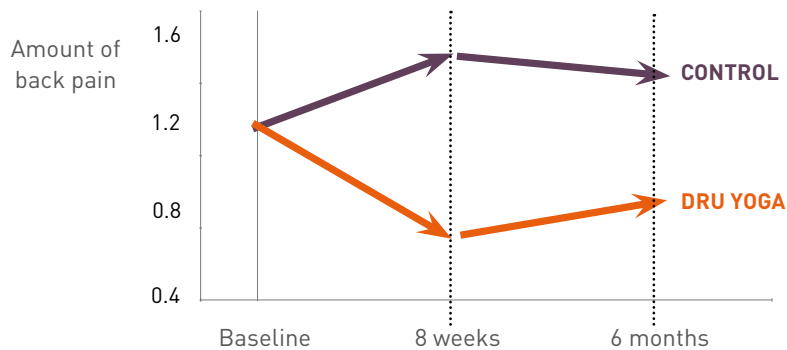
During this study, the Dru Yoga group took only 2 sickness absence days due to back pain and musculoskeletal conditions, compared with 43 days taken by the control group.

## Sickness absence days



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 for NHS staff



The Dru Yoga group had significantly less back pain after the 8-week programme.

4 months after the trial had finished the Dru Yoga group still had much less back pain

**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.**



## 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.

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!

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.

Although we are registered with the Yoga Alliance, our training courses far exceed its requirements.

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.



## 24/7 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.



### Asanas to awaken your spine

**Christiane Saar**, 77 mins

Filmed live at our Dru Centre join Christiane as she shares the asanas...



### Meditation explained

**Jane Saraswati Clapham**, 3 mins

Meditation gives us an incredible inner strength especially when...

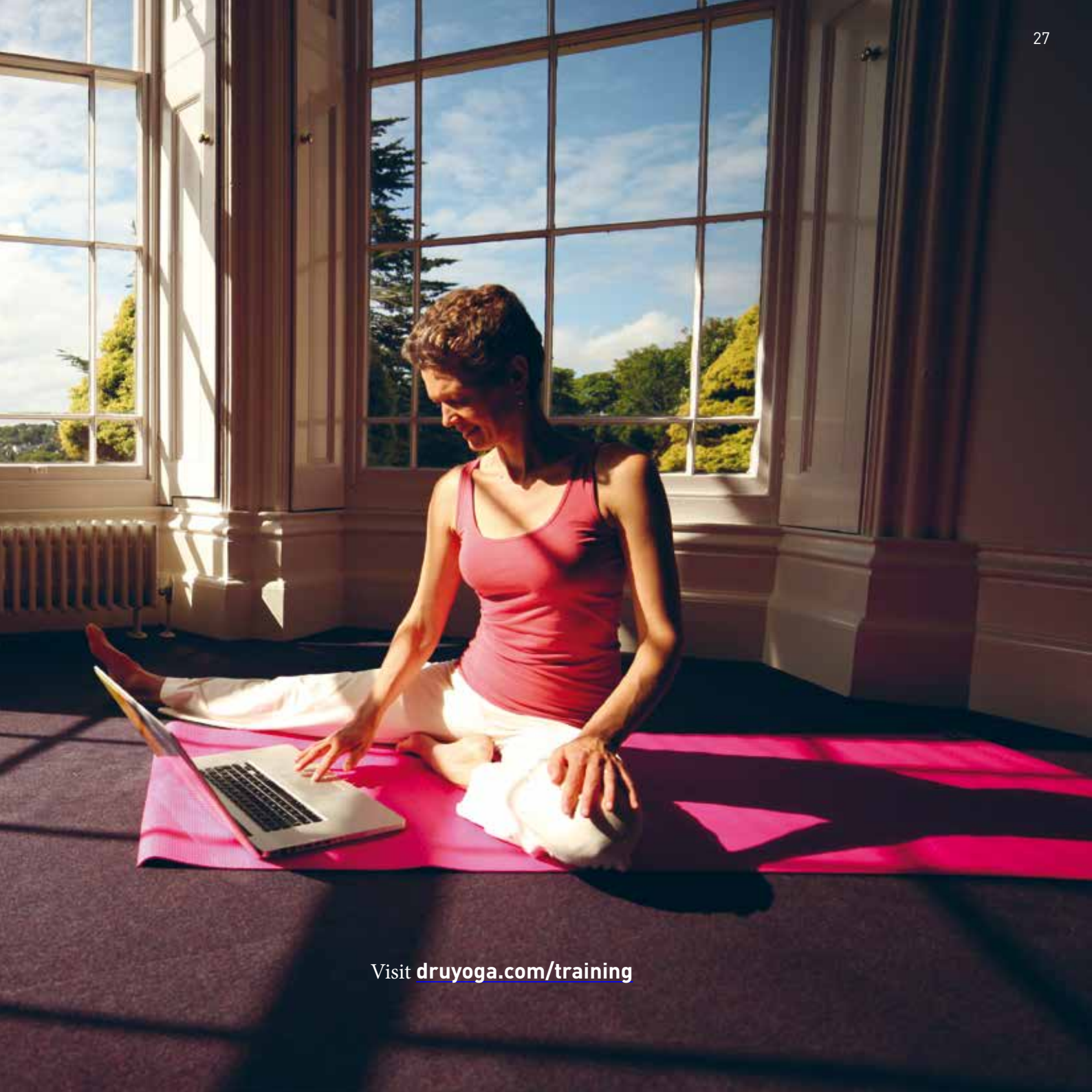


### Overcoming Fear Uncertainty and Doubt

**Andrew Wells**, 65 mins

Fear (anxiety), uncertainty and doubt (FUD) are the challenges of our...





Visit [druyoga.com/training](https://druyoga.com/training)

# Career development

One of the best ways to make a really good income out of yoga is to offer specialised programmes to a target audience.

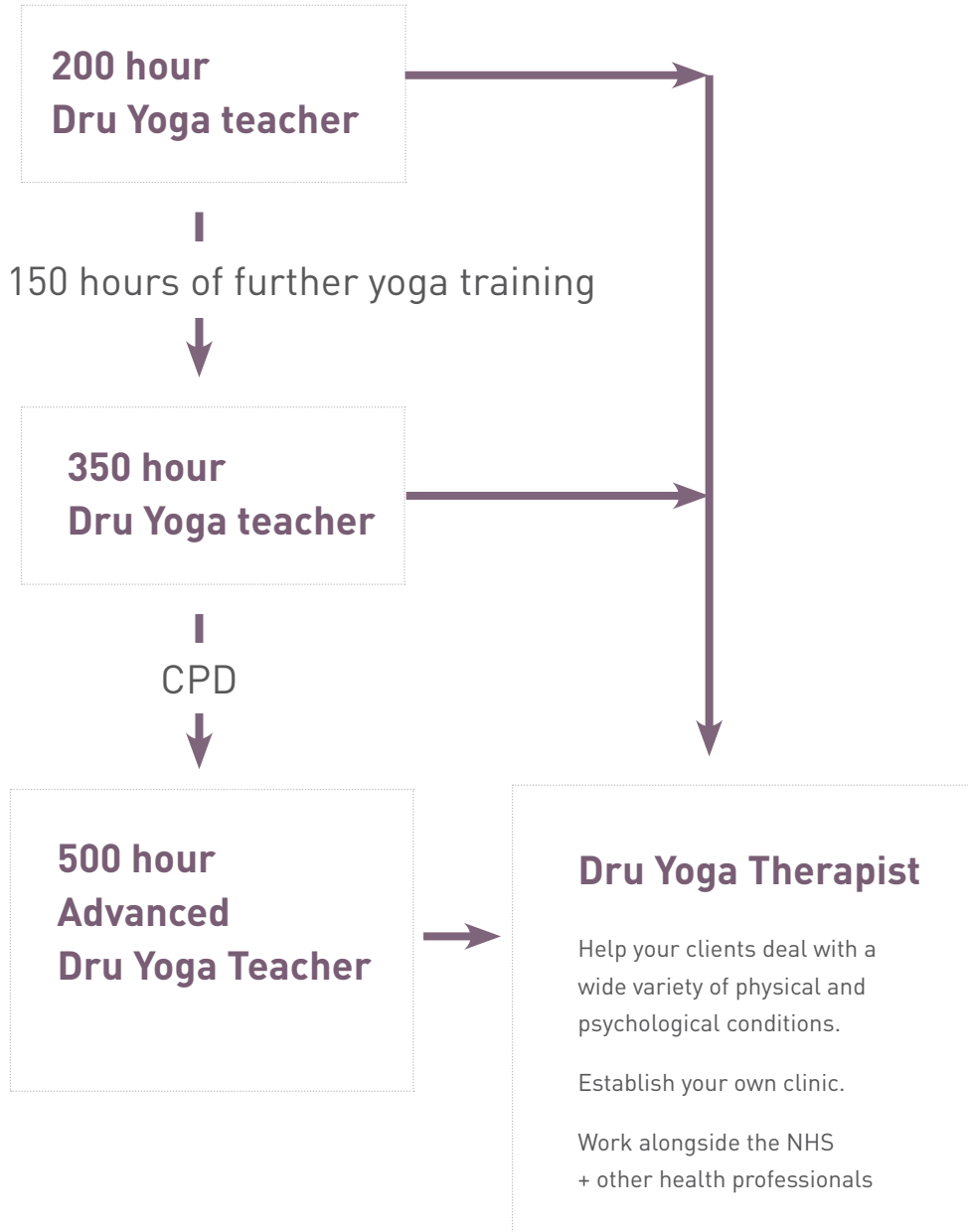
For that, you do need ongoing training.

Up-skilling means you will always be unique and authentic no matter how many new yoga teachers are qualifying across the world.

CPD is important for any professional—it safeguards the public and your own career. “Any industry expert will recognise another expert no matter what the field.” says business consultant Gail Biddulph.

Enhancing your skills is therefore crucial if you want to work alongside the NHS, in business workplaces, government, schools or for social prescribing. With CPD you can choose to train as a yoga therapist where you can treat illnesses in a clinical setting. GPs are really paying attention to this so why not stay ahead of the wave?





## Why CPD is so important

CPD is essential to help you understand, access and apply yoga's deep and profound benefits for yourself and your clients. Its enormous power to enhance your prana is key to health, and CPD is needed to understand how to manage your own pranic body and help guide others.

Dru's multi-disciplinary teams have been crafting such programmes for over 40 years: combining yoga postures and sequences rooted in ancient practice with the most up-to-date practices from neuroscience, physiotherapy, osteopathy, and anthropology. We now offer a massive range of specialities from prenatal and kids & teens to yoga therapy, back care and mental health.

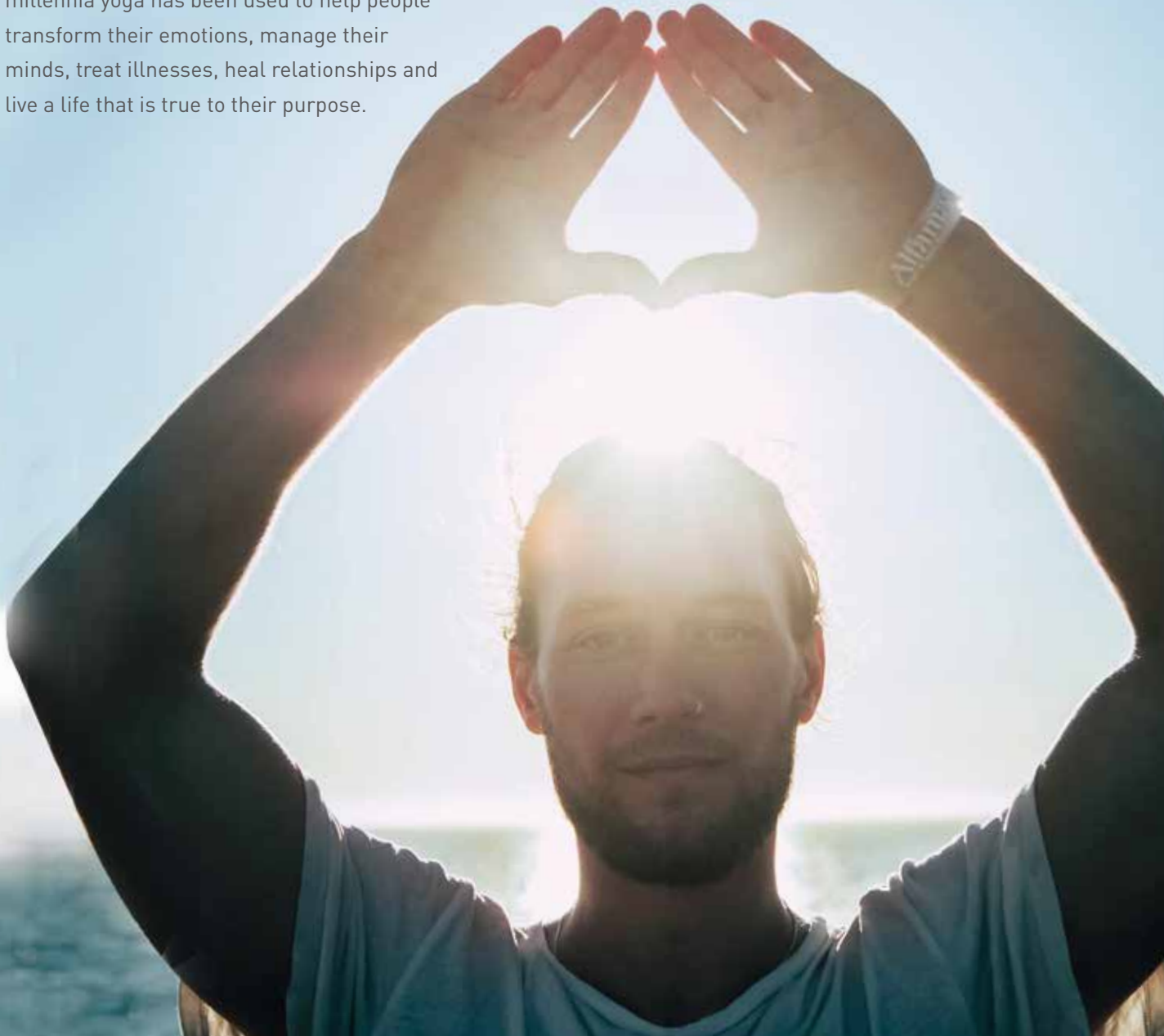
Andrew Wells has taken trauma-aware Dru Yoga into war zones, and says yoga is one of the fastest ways to change your consciousness. "Transforming mental, emotional and physical trauma is really hard to do without yoga."

Getting the basics of yoga under your belt is a huge accomplishment. That's what a 200 hour course does for you. But this is just the beginning.

You can then go on to use yoga's mega-tools like applied pranayama, transforming emotions, visualisation, light, mantra shakti and Ayurveda. Ultimately yoga can help you live at your peak by attaining unity at every level. But you can't do that until you've got at least mental health, and that's highly unlikely unless you also have physical health. So, as Vivekananda says, "Learn how to use your yoga to transform your health."

At Dru, a deep understanding of group energetics is fundamental - how to transform a classroom of people practicing postures into a warm supportive environment of friends. Learning how to create a transformative community is health-giving on so many levels.

Once you start studying the deeper aspect of yoga's extensive effects on the physical and metaphysical levels you'll discover why for millennia yoga has been used to help people transform their emotions, manage their minds, treat illnesses, heal relationships and live a life that is true to their purpose.



**Did you know  
that some of our  
Dru Yoga course tutors  
are part of a  
UK national workgroup  
setting standards for  
social prescribing?**

**That means with a Dru  
qualification you can work  
confidently alongside  
health professionals.**



## CPD courses include:

### **Back Care & Wellbeing Course for Social Prescribing**

75 guided learning hours

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

### **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.

### **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.

### **Dru Dance Teaching Diploma**

100 guided learning hours

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



## Dru Professional Network (DPN)

The DPN is the professional body for qualified Dru Yoga teachers. It's the pathway to higher learning, qualifications and a vibrant interactive worldwide community. Membership offers a wide range of benefits:

- > business and marketing resources
- > professional yoga teacher insurance at substantially reduced rates
- > an extensive nationwide CPD programme
- > discounted rates on CPD events, masterclasses and courses
- > discounts on Dru memberships, downloads, books, products & affiliates
- > access to Dru online resources at reduced rates
- > '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.



## 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.”

## 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.”



## 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.”



## TRY OUTS

Want to find out if the Dru Yoga teacher training course is for you? If you would like an in-depth exploration and personal attention then look no further.

This Try Out is all about YOU!

These enjoyable and fascinating zoom sessions are the ideal introduction to all aspects of Dru Yoga and the course. We deliberately keep the numbers very low so you can get that 1-to-1 tailored experience with one of our senior teacher trainers.

This live, highly interactive zoom Dru Yoga and Q&A will give you a great overview of the Dru Yoga Teacher Training Course.

Ask questions, meet like-minded people and get a real feel for the course.



**Go to [druyoga.com](http://druyoga.com) to see all our  
try out dates**

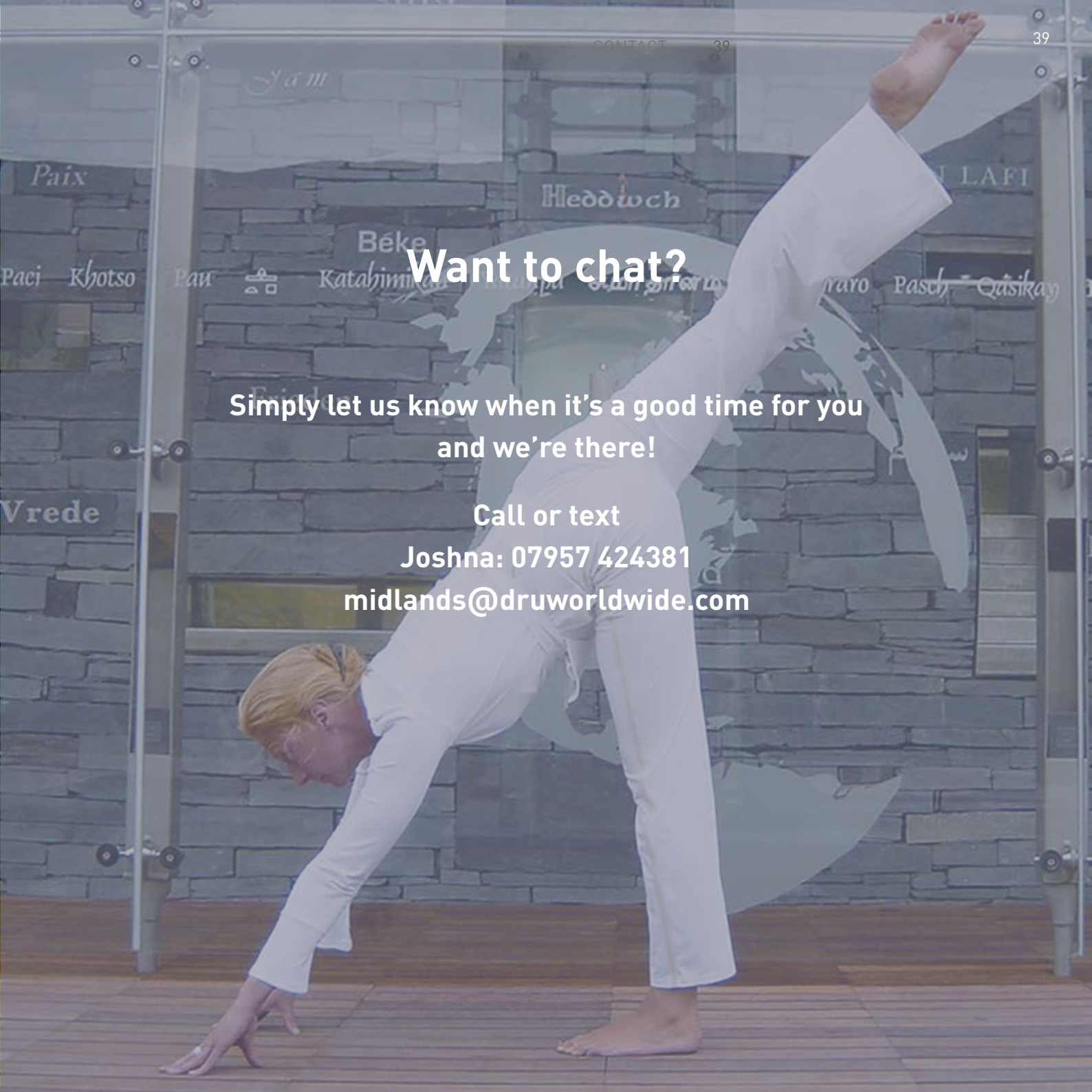
# Want to chat?

Simply let us know when it's a good time for you  
and we're there!

Call or text

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[druyoga.com/training](http://druyoga.com/training)