



2012 COURSE PROSPECTUS

FLEXIBLE DATES
& VENUES

LONDON MANCHESTER
MIDLANDS NORTH WALES
LEEDS SCOTLAND IRELAND

yoga teacher training
meditation training
foundation courses
ayurvedic massage

'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

The International School of Dru Yoga is registered with the Yoga Alliance (200 hr course) and the Independent Yoga Network (UK) so you can be confident that your training:

- presents a comprehensive, in-depth syllabus
- provides clear, easy-to-follow illustrated manuals
- taught by top international tutors
- offers the recognition of an international school
- leads to membership in a vibrant network of Dru teachers.

What makes this course unique?

Choosing the right yoga school to train with is a big decision and will shape your entire career as a yoga teacher. Since 1985 we have trained thousands of Dru Yoga teachers worldwide, with many hundreds currently in training. Half our students start to teach before graduation, helping to recoup their costs.

- Start teaching and earning halfway through the course
- Flexible course structure (miss a day and catch up elsewhere)
- Indepth post-graduate programmes, including ongoing training in back care and pre-natal which can lead to a yoga therapist accreditation
- A variety of payment plans is available.

Dru Yoga Teacher Training 

'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

What if I want to do the course just for my own personal development?

About one third of our students do the course for their own personal growth, knowing that Dru's deep insights into the body-mind system will make a huge contribution to their lives. Generally, these students find the 'teacher-training' aspects of the course very beneficial. Here are some examples of what you will learn:

- > subtle energetics of rapport building
- > communication and classroom dynamics to help you in almost any interpersonal and group setting
- > fun, supportive teaching practices to help you deepen your yoga experience.

What homework is required?

There are two practical assessments, two written assignments and one lesson planning exercise. Part of the assessment includes a reflective portfolio journal which gives you an invaluable reference guide for personal development.

How is the course content arranged?

During the first half of this experiential course you will be introduced to the foundations of Dru Yoga—essential principles, postures, sequences, pranayama, meditation, anatomy and physiology, communication and teaching skills.

In the second half you will refine your understanding of Dru Yoga, and learn how to develop individualised therapeutic programmes.

When can I start teaching? Will the course pay for itself?

You may begin teaching classes approximately half way through the course when you pass your interim assessment. You will then have an opportunity to earn enough to cover your course fees.

Do you allow payments to be extended beyond the end of the course?

Yes, we always try to meet the needs of our students with a wide range of payment options.

What happens 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. You can do this locally in a one-to-one or group session (at tutor's discretions – and there is an additional cost)
2. You can catch up by visiting another Dru Yoga course elsewhere (anywhere in the world!) when that part of the course is being taught. Anyone for a holiday overseas?

'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



The Dru Meditation Training course has been designed as a powerful transformational journey that provides you with the tools to live life in a positive and successful way.

It takes you deeply into the science of meditation, showing how to bring your awareness from the physical body, through to the deepest layers of your being. It's a systematic approach to working with the five koshas, which are the different levels through which we experience the world.

Some of the things you'll learn:

- > yoga preparations for meditation
- > techniques to enhance your concentration and focus
- > potent Dru prana kriyas, pranayama (breathwork), mudra and visualisation techniques
- > meditations for healing the body
- > meditative contemplation techniques
- > chanting and mantra meditation
- > how to manage group energetics
- > how to maximise the benefits of your meditation.

Some of the benefits of the course:

- > how to relax and gain a calm, clear mind
- > how to use meditation to create success in your life
- > develop yourself personally and spiritually
- > how to manifest your personal goals
- > create more harmony in yourself and your relationships
- > become an effective meditation teacher.

Dru Meditation will help you find that still place

It will bring peace when you are anxious. If you're feeling exhausted, it will give you energy



Dru Yoga Foundation course

Gain an excellent grounding in the essential foundations of Dru Yoga. The Dru Yoga Foundation course is an opportunity to deepen your understanding of Dru Yoga and take your personal practice to a new level.

Practise with confidence!

The Dru Yoga Foundation course has the added benefit that you can go onto the Dru Yoga teacher training course, with the first quarter credited to you.

Books 1–4 of the 16 books of the Dru Yoga teacher training course are covered by the Foundation Course.

This course is designed for:

- > everyone who would like to develop an effective personal practice
- > yoga students who want to explore Dru Yoga in more depth
- > yoga students who are considering joining the Dru Yoga Teacher Training course
- > yoga teachers from other schools who want to teach Dru Yoga in their classes.

Some of the topics covered:

- > principles of Dru Yoga
- > pranayama
- > sequences
- > meditation
- > asanas
- > anatomy & physiology
- > subtle energetics
- > philosophy

Dru Meditation Foundation course

The Dru Meditation Foundation course is a powerful four day programme in which you will learn to meditate, develop mindful awareness, discover real inner peace and gain a fresh, new perspective on life.

In just four days, you will learn a tried and tested meditation method that will keep you calm, balanced and energised amidst the ever-changing experiences of life.

This course will enable you to discover how to:

- > deeply relax your body
- > calm and clear your mind
- > balance and manage your emotions
- > change the way you think and feel
- > turn crises into opportunities.

Some of the topics covered:

- > chakras
- > prana kriyas
- > contemplation techniques
- > koshas
- > asanas
- > subtle energetics
- > pranayama



London courses

Dru Yoga Teacher Training

Venue: The Light Centre
7-9 Eccleston St, Belgravia,
London SW1W 9LX

- 1st intake** 27 May 2012
- 2nd intake** 17 June 2012
- 3rd intake** 15 July 2012
- 4th intake** 5 Aug 2012
- 5th intake** 2 Sept 2012
- 6th intake** 23 Sept 2012

Dru Yoga Foundation

- 1st intake** 27 May 2012
- 2nd intake** 17 June 2012

Try Out Days

- 19 Nov 2011, £20
- 3 Dec 2011, £20
- 8 Jan 2012, £20

Upcoming Workshops

Dru Yoga and Meditation

5 Nov 2011, Norwich

Dru Taster

13 Nov 2011, Central London

Dru Yoga Dance

10 Dec 2011, Central London

Vegetarian Xmas Cookery Demo and Meal

19 Nov 2011
Central London

Dru Meditation training

Venue: Dru London Studio,
131 Drummond St, London NW1 2HL

Intake 15 Sept 2012

Meditation Foundation

day format

Intake 18th Feb 2012
24th March 2012
21st April 2012
5th May 2012

weekend format

Intake 26-27 May 2012
16-17 June 2012

Try Out Days

- 19 Nov 2011, £27
- 14 Jan 2012, £27
- 4 Dec 2011, £27
- 18 Feb 2012, £27

Dru Meditation enquiries

E. meditation@drulondon.com

Dru Yoga enquiries

E. london@druworldwide.com

T. 01372 725 327

www.drulondon.com

Manchester courses

Dru Yoga Teacher Training

Venue: The Mercure Hotel, Piccadilly
Plaza, Manchester M1 4PH

1st intake 14-15 April 2012

Dru Yoga Foundation

1st intake 14-15 April 2012
2nd intake July 2012

Try Out Days

- 14 April 2012, £27
- 26 May 2012, £27
- 30 June 2012, £27
- 21 July 2012, £27

Meditation Foundation

Intake 10-11 March 2012

For full events details
in Manchester

E. manchester@druworldwide.com

T. 0161 839 7039

www.drumanchester.com

Snowdonia courses

Dru Yoga Teacher Training

Venue: Snowdonia Mountain Lodge
Nant Ffrancon, Bethesda,
Gwynedd LL57 3LX

weekend format

1st intake 25-27 Nov 2011
2nd intake 20-22 Jan 2012

3 week format

Intake 17 July - 8 Aug 2012

Dru Yoga Foundation

1st intake 25-27 Nov 2011
2nd intake 20-22 Jan 2012

Dru Yoga Summer School

2-6 August 2012

Dru Meditation Training

Intake 29 Nov-3 Dec 2012

For yoga holidays & meditation
retreats in Snowdonia

E. hello@druworldwide.com

T. 01248 602900

www.druworldwide.com



Ireland courses

Dru Yoga Teacher Training

Venue: Dru Ireland Centre
Enniskillen BT74 4HD

Please contact us for the next
course start date.

Meditation & Mindful Awareness Retreat

5-6 Nov 2011

January to February dates to be
announced.

Meditation Training

Intake Spring 2012

Yoga & meditation workshops,
retreats and classes happening
all over Ireland.

E. info@druireland.com

T. 02 889 541100 or 01 442 9888

M. 07891 988602

www.druireland.com

Leeds courses

Dru Yoga Teacher Training

Venue: Conference Suite
Leeds Trinity University, Horsforth

1st intake 15-16 Oct 2011

2nd intake 26-27 Nov 2011

Dru Yoga Foundation

1st intake 15-16 Oct 2011

2nd intake 26-27 Nov 2011

Try Out Days

Please contact us for updates or
visit our website.

Dru Meditation training

Intake 14-15 Jan 2012

Meditation Foundation

Intake 14-15 Jan 2012

Try out days

6 Nov 2011, £20

More Try Outs in December &
January, dates to be confirmed

E. leeds@druworldwide.com

T. 01943 467189

M. 07534 006 092

www.druleeds.com

Midlands courses

Dru Yoga Teacher Training

Venue: to be confirmed

Intake April 2012

Try Out Days

20 Nov 2011, £27

Venue: Dru Midlands Centre,
Maristowe House, Dover St,
Wolverhampton WV14 6AL

More Try Out Days will be available,
please visit our website for updates.

Upcoming seminar

**Achieving your Goals
with the Power of your Intention**

21 Nov 2011, Wolverhampton, £12

For updates on yoga & meditation
workshops, retreats and classes
in the Midlands

E. midlands@druworldwide.com

T. 01902 409164

www.drumidlands.com

Scotland courses

Dru Yoga Teacher Training

ABERDEEN

Venue: please enquire

Intake 12-13 Nov 2011

DUNBLANE

Venue: Dunblane Hydro Hotel
Perth Road, Dunblane
Stirlingshire FK15 0HG

Intake 28-29 April 2012

Try Out Days

29 Jan 2012

19 Feb 2012

18 March 2012

15 April 2012

For workshops, retreats and
courses in Scotland please
get in touch!

E. scotland@druworldwide.com

T. 01324 820 392

www.druscotland.com



Ayurvedic Massage Course

Ayurveda is a 6000 year old therapeutic system that aims to maintain the health of body, mind and spirit.

It shows us that the natural elements, such as the warmth and light of the sun, the air we breathe, and in particular mineral and plant substances, have an immense therapeutic value. Intelligent use of these gifts of nature, combined with a wholesome diet and a positive mindset, contribute to a healthy and fulfilling life.

In Ayurvedic massage natural herbal oils and powders are applied to the body using a variety of specific techniques. Oils and treatment methods are chosen especially to suit the client's constitution and skin type in order to encourage deep healing and maintain vibrant health.

The Ayurvedic Massage Course is held at our stunning woodland retreat centre in Snowdonia, North Wales. In this course, you will learn about:

- > the history and philosophy of ayurveda
- > the elements, the doshas and the effect of their balance and imbalance
- > the correct way to take a case history to determine your client's predominant dosha
- > the selection of the proper ayurvedic massage oils for your client
- > the correct positioning of your client
- > a variety of massage strokes and techniques of warm oil application to the body
- > 'hands on' practice with course participants and staff to ensure correct massage technique.

Main benefits of Ayurvedic massage:

- > increases longevity and prevents premature ageing
- > deeply relaxes, reducing stress and fatigue
- > strengthens the body, especially the immune system
- > generates higher energy levels
- > deeply nourishes the 7 tissues of the body
- > promotes sound sleep
- > improves the texture and strength of the skin
- > helps in the management of chronic pain and musculo-skeletal problems.


- Module 1** 3– 7 Aug 2012
Abhyanga full body
- Module 2** 16– 19 Nov 2012
Mukha Abhyanga
(face massage)
- Module 3** Spring 2013
Marma points
massage on the back
- Module 4** Summer 2013
Shirodhara and
ayurvedic foot
massage

For more information on content and costs, please contact:

E. shona@druexperience.org

T. 01372 725327

www.drulondon.com



**'The Dru Yoga teacher training
course turned my life around.
I became a happy, enthusiastic,
highly-motivated individual.'**

Wendy, Yoga for Your Health, UK

www.druworldwide.com

BODY
& MIND

HEALTH
& NUTRITION

PRODUCTS

NOT FOR PROFIT
PROJECTS

