



YOGA THERAPY DIPLOMA COURSE

**‘Dru Yoga
should be
available in
every GP
surgery.’**

Dr Hilary Jones



Open to all qualified yoga teachers with 2 years teaching experience

What is a yoga therapist?

A yoga therapist is able to work individually and with groups of clients building and designing specific therapeutic programmes for diverse range of health conditions.

Being a yoga therapist gives the qualified yoga teacher an opportunity to join medical and complementary health professionals in assisting people with a wide range of health conditions such as back pain, asthma, arthritis, digestive disorders, heart and circulatory conditions, stress, anxiety and depression.

A qualified yoga therapist is registered with the Complementary and Natural Healthcare council (CNHC) and is recognised as being able to work within a clinical setting alongside other health professionals such as osteopaths, GPs, medics and complementary health practitioners.

What you will learn...

- > exploration of specific health conditions that affect the body and mind
- > psychology of wellness
- > applying Dru energetic principles to design therapeutic programmes
- > applying therapeutic Dru meditation, mudra, visualisation and pranayama techniques tailored to individuals or small groups.
- > in depth principles of yogic philosophy applied to yoga therapy
- > application of the five-kosha model, prana vayus and chakras
- > Patanjali's Yoga Sutras applied to yoga therapy
- > exploring the relationship of yoga therapy with therapeutic modalities such as Ayurveda, Traditional Chinese medicine (TCM), and Osteopathy
- > coaching and motivational approaches for working with people with a wide variety of needs
- > goal setting with clients
- > effective business planning and management.



COURSE STRUCTURE

The course consists of 10 x three-day modules and you'll also...

- > participate and attend specially organised yoga therapy clinics across the UK.
- > attend ongoing tutorials and clinical yoga therapy sessions
- > complete 5 case studies
- > complete a mix of practical and theoretical assignments
- > attend and observe sessions lead by experienced yoga therapists
- > experience a series of yoga therapy sessions with your tutors.

DATES

Introductory weekend 3-4 May 2014
(followed by 10 x 3-day modules)

VENUE West Midlands

TUITION FEES

£300 introductory weekend
£350 per module
£70 per day for clinical practice
£50 per one-to-one tutorial

COURSE ENTRY REQUIREMENTS

1. A recognised 200hr Yoga Teaching Diploma plus 60 hours of post graduate teaching experience
2. A current first aid certificate

CONTACT

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www.druyogatherapy.com

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The **Dru Yoga Therapy Diploma Course** is taught by an international team of yoga, health and medical professionals. This cutting edge course brings together ancient wisdom and modern complementary medicine.

This course enables you to:

- > **deepen your knowledge** of yoga as a therapy
- > assist your clients with a wide variety of **physical** and **psychological** conditions
- > **establish your own clinic** working with small groups and individuals liaising with health professionals to ensure optimum care for your clients.

‘In my entire career I have never found anything as effective as Dru Yoga for resolving back pain’

Pepe Reina, professional footballer

‘I taught a six week Dru Yoga Therapy programme to a client who had uncontrolled epilepsy and chronic pain— which prevented him from sleeping more than two hours at a time. He now takes no painkillers and sleeps all night ’

J.B. Dru Yoga teacher



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druyogatherapy.com

