



**Positive
health
Positive
wellbeing
Positively Dru**

dru

INDEX & CATEGORY CONTENTS

DRU YOGA TEACHER TRAINING BOOKS 1-16

**BODY
& MIND**

**HEALTH
& NUTRITION**

PRODUCTS

**NOT FOR PROFIT
PROJECTS**





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**Dru Yoga—the
wind beneath our
wings. Let your
practice bring
you a heightened
feeling of
positivity and
empowerment,
and rejuvenate
your soul.**

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Beam	parighasana	10	9	hip adductor stretch quadratus lumborum Stretch
Bhima	utthita Parsvakonasana	11	5	hip adductor stretch hip adductor strengthening pectoralis stretch latissimus dorsi stretch
Bow	dhanurasana	7	17	quadriceps stretch iliopsoas stretch pectoralis stretch
Bridge	setubandhasana	2	17	general warm-ups
Camel	ustrasana	6	13	quadriceps stretch iliopsoas stretch tri-spinal release (spine)
Cat	marjariasana	1	32	general warm-ups
Chair of the heart	utkatasana	3	9	transversus abdominis strengthen soleus stretch
Charity posture	parsvottanasana	7	11	forearm flexor stretch pectoralis stretch hamstrings stretch
Child	pindasana	6	16	none
Cobra in 4 stages	bhujangasana	2	14	general warm-ups
Cobra in 7 stages	bhujangasana	10	13	general warm-ups tri-spinal release (spine)
Corpse	savasana	1	35	none
Cow face	gomukhasana	9	15	triceps stretch piriformis stretch pectoralis stretch latissimus doesi stretch
Crane	bakasana	8	5	hamstring stretch gluteus maximus strengthen iliopsoas stretch (runner)
Crocodile	makarasana	3	13	none
Dog	adhomukha svanasana	2	11	gastrocnemius stretch soleus stretch hamstring stretch latissimus dorsi stretch
Eagle	garudasana	9	7	soleus stretch piriformis stretch posterior shoulder stretch
Extended lateral triangle	utthita trikonasana	5	9	hip adductor stretch quadratus lumborum stretch pectoralis stretch weaving cat spiral
Fish	matsyasana	10	18	recruiting abdominals— strengthening—stages 1-4 EBR 1
Head-to-knee	janu sirsasana	7	13	tri-spinal release (spine) hamstring stretch hip adductor stretch
Locust	salabhasana	7	15	iliopsoas stretch gluteus maximus strengthening
Lord of the dance	natarajasana	6	9	quadriceps stretch iliopsoas stretch

POSTURES (cont'd)

posture	asana	book	page	body preps
Maltese cross	shava udarakarshanasana	14	11	hip adductor stretch quadratus lumborum stretch pectoralis stretch weaving cat spiral hamstring stretch
Mast	eka pada raja kapotasana—1	8	7	iliopsoas stretch (runner)
Mountain	tadasana	1	28	none
Parrot	eka pada raja kapotasana—2	14	9	iliopsoas stretch (runner) gluteus maximus strengthening
Plough	halasana	12	12	hamstring stretch sitting forward bend neck movements from EBR 1 deep neck flexor strengthening
Rotated triangle	parivritta trikonasana	5	12	hamstrings stretch pectoralis stretch spiral weaving cat
Shoulderstand	sarvangasana	11	10	recruiting abdominals—stages 1–4 deep neck flexor strengthening neck movements from EBR 1
Simple inversion	sarvangasana—1	2	19	see notes
Sitting forward bend	paschimottanasana	3	11	hamstrings stretch
Sitting spinal twist	ardha Matsyendrasana	10	11	piriformis stretch
Standing forward bend	padahastanasana	5	7	hamstring stretch
Supported inverted posture	viparita karani	6	17	none
Tiger	vyaghrasana	6	11	gluteus maximus strengthening gluteus medius strengthening
Tranquillity	sarvangasana—2	12	9	recruiting abdominals—stages 1–4 deep neck flexor strengthening neck movements from EBR 1
Tree	vrksasana	1	30	general warm-ups
Wandering through the chakras	chakra anusandana	13	5	none
Warrior—1	virabhadrasana—1	9	10	hip adductor stretch iliopsoas stretch (runner)
Warrior—2	virabhadrasana—2	9	11	latissimus dorsi stretch gastrocnemius stretch iliopsoas stretch
Warrior—3	virabhadrasana—3	9	13	hamstring stretch gluteus medius strengthening gluteus maximus strengthening
Wheel	chakrasana	11	7	forearm flexor stretch pectoralis stretch iliopsoas stretch (runner) latissimus dorsi stretch quadriceps stretch

ASANAS				
asana	posture	book	page	body preps
Adhomukha svanasana	dog	2	11	gastrocnemius stretch soleus stretch hamstring stretch latissimus dorsi stretch
Ardha matsyendrasana	sitting spinal twist	10	11	piriformis stretch
Bakasana	crane	8	5	hamstring stretch gluteus maximus strengthen iliopsoas stretch (runner)
Bhujangasana	cobra in 4 stages	2	14	general warm-ups
Bhujangasana	cobra in 7 stages	10	13	general warm-ups tri-spinal release—spine
Chakra anusandana	wandering through the chakras	13	5	none
Chakrasana	wheel	11	7	forearm flexor stretch pectoralis stretch iliopsoas stretch (runner) latissimus dorsi stretch quadriceps stretch
Dhanurasana	bow	7	17	quadriceps stretch iliopsoas stretch pectoralis stretch
Eka pada raja kapotasana 1	mast	8	7	iliopsoas stretch (runner)
Eka pada raja kapotasana 2	parrot	14	9	iliopsoas stretch (runner) gluteus maximus strengthening
Garudasana	eagle	9	7	soleus stretch piriformis stretch posterior shoulder stretch
Gomukhasana	cow face	9	15	triceps stretch piriformis stretch pectoralis stretch latissimus dorsi stretch
Halasana	plough	12	12	hamstring stretch paschimottanasana neck movements from EBR1 deep neck flexor strengthening
Janu Sirsasana	head-to-knee posture	7	13	tri-spinal release (spine) hamstring stretch hip adductor stretch
Makarasana	crocodile	3	13	none
Marjariasana	cat	1	32	none
Matsyasana	fish	10	18	recruiting abdominals— strengthening stages 1–4 EBR1
Natarajasana	lord of the dance	6	9	quadriceps stretch iliopsoas stretch
Padahasthasana	standing forward bend	5	7	hamstring stretch
Parighasana	beam	10	9	hip adductor stretch quadratus lumborum stretch
Parivritta trikonasana	rotated triangle	5	12	hamstrings stretch pectoralis stretch spiral weaving cat
Parsvottanasana	charity posture	7	11	forearm flexor stretch pectoralis stretch hamstring stretch

ASANAS (cont'd)

asana	posture	book	page	body preps
Paschimottanasana	sitting forward bend	3	11	hamstring stretch
Pindasana	child	6	16	none
Salabhasana	locust	7	15	iliopsoas stretch gluteus maximus strengthening
Sarvangasana	shoulderstand	11	10	recruiting abdominals—stages 1–4 deep neck flexor strengthening neck movements from EBR1
Sarvangasana 1	simple inversion	2	19	see notes
Sarvangasana 2	tranquillity	12	9	recruiting abdominals—stages 1–4 deep neck flexor strengthening neck movements from EBR1
Savasana	corpse	1	35	none
Setubandhasana	bridge	2	17	general warm-ups
Shava udarakarshanasana	maltese cross	14	11	hip adductor stretch quadratus lumborum stretch pectoralis stretch weaving cat spiral hamstrings stretch
Tadasana	mountain	1	28	none
Ustrasana	camel	6	13	quadriceps stretch iliopsoas stretch tri-spinal release (spine)
Utkatasana	chair of the heart	3	9	transversus abdominis strengthen soleus stretch
Utthita Parsvakonasana	bhima	11	5	hip adductor stretch hip adductor strengthening pectoralis stretch latissimus dorsi stretch
Utthita trikonasana	extended lateral triangle	5	9	hip adductor stretch quadratus lumborum stretch pectoralis stretch weaving cat spiral
Viparita karani	supported inverted posture	6	17	none
Virabhadrasana 1	warrior 1	9	10	hip adductor stretch iliopsoas stretch (runner)
Virabhadrasana 2	warrior 2	9	11	latissimus dorsi stretch gastrocnemius stretch iliopsoas stretch
Virabhadrasana 3	warrior 3	9	13	hamstring stretch gluteus medius strengthening gluteus maximus strengthening
Vrksasana	tree	1	30	general warm-ups
Vyaghrasana	tiger	6	11	gluteus medius strengthening gluteus maximus strengthening

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	recruiting abdominal muscles—stage2	1	16
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Gastrocnemius	stretch	2	4
Gluteus maximus	strengthen, stages 1-3	6	7
Gluteus medius	strengthen, stage 1 & 2	3	6
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Hip adductors	Strengthen, stage 1 & 2	11	3
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	stretch, stage 1 & 2	3	5
Latissimus dorsi	stretch	2	6
Neck muscles	deep neck flexor strengthen	6	5
	semispinalis strengthen	6	6
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Pectoralis	stretch	5	4
Piriformis	stretch	9	5
Quadratus Lumborum	stretch / length test	5	4
Quadriceps	stretch	6	7
Shoulder rotator cuff	posterior shoulder muscle stretch	9	3
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	internal / external rotation	9	4
Spiral	preparation for triangles	5	5
Soleus	stretch	2	4
Transversus abdominis	strengthen	1	16
Trapezius	recruit	2	7
Triceps	stretch	9	5
Tri-spinal release—pelvic girdle	warm-up	6	3
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