

What is Dru Yoga ?

Dru Yoga offers you far more than a great work-out, a thorough de-stress and a deep relaxation. It forms a complete programme for body, emotions and mind. Whatever your age, state of health or level of fitness, Dru Yoga will work for you.

Both graceful and potent, Dru Yoga stretches and strengthens your major muscle groups and improves flexibility. You will look younger, have more stamina and uncover an inherent abundance of energy.

Explore its unique Energy Block Release Sequences which help release energy blocked on the physical, mental and emotional levels. Dru Yoga's distinct feature is that it strengthens the powerful field of energy surrounding your heart, making you feel more centred, at ease with yourself, content and confident. On a mental level you will enjoy greater peace of mind, clear thinking and enhanced creativity.

Specifically Dru...

The heart produces the most powerful rhythmic electromagnetic field in the body.

Its field is approximately 5000 times greater in strength than that of the brain. The brain and all the cells in the body are continuously bathed in the heart's electromagnetic field.

When you suffer from stress, anxiety, anger it can have the following consequences:

- Stress makes the heart rhythm erratic
- The body produces stressor hormones
- The electromagnetic field of the heart contracts
- Others avoid you
- Glitches in decision-making
- Low creativity
- Low productivity and low confidence
- Low self-belief
- Out of tune with yourself and other's needs

Dru makes the heart rhythms coherent with the following results:

- Body produces endorphins
- Electromagnetic field of the heart expands

- Others are attached to you
- Clearer decision-making and increased creativity
- Greater productivity
- More confidence
- High self-belief in tune with your own needs and those of others

Heart Power

Research shows that our heart's electromagnetic field changes as we experience different emotions

- It affects people around us.
- It is capable of affecting cells, water, and DNA .

Heart Rhythms

When

we feel centred, at ease with ourselves, happy and confident, our heart rhythm patterns become coherent. When we feel stressed, angry, depressed, our heart rhythm patterns become erratic.

Use

your heart to change your mind & emotions. When you use your mind to change your mind it means tackling the problem with the same tool that caused it. Not easy! The heart and brain maintain a continuous two-way dialogue, each influencing the other's functioning. So we can use our heart to change our mind. Easy!

Dru works

with flowing yoga movements, meditation & breathing techniques, specifically designed to bring the heart rhythms into a more coherent pattern.

Regain your power and experience uncontrollable bouts of happiness!

Yoga of the heart

Dru

Yoga creates healing and unity, characterised by powerful flowing movements that channel and transform the body's subtle energy through the heart. According to the HeartMath Institute's statistics, the heart generates the largest electromagnetic field in the body and is about 60 times greater in amplitude than the brain waves recorded in an electroencephalogram (EEG). The magnetic component of the heart's field, which is around 5000 times stronger than that produced by the brain, is not impeded by tissues and can be measured several feet away from the body.

Dru Yoga accesses the power of the heart by combining Asana (posture), Pranayama (the science of breath) and the ancient Eastern tradition of Mudras (hand gestures). All of these come together to create flowing sequences that balance the energy centres of the body and help us to express ourselves to the world. Accessing the power of the heart is essential to the process of healing painful emotions. Within Dru Yoga there are specific, easy to practise

sequences that work to transform different negative emotions into their positive counterparts. Dru Yoga sequences simply take the trapped energy caught in such a pattern and release it safely through the heart.

The keystone of Dru Yoga is a process that we call Energy Block Release or EBR. Every day we have emotional energy thrown at us.

Sometimes we can handle it, and sometimes we can't. Emotional energy enters the body via the joints, enters the muscle structures, and ends up in the internal organs, from where discomfort and in extreme cases, disease begins.

Energy Movement with the Pleasure Professor

Classes available at Venus in Albir at 7 pm. Please call for dates and directions. €40 per month.