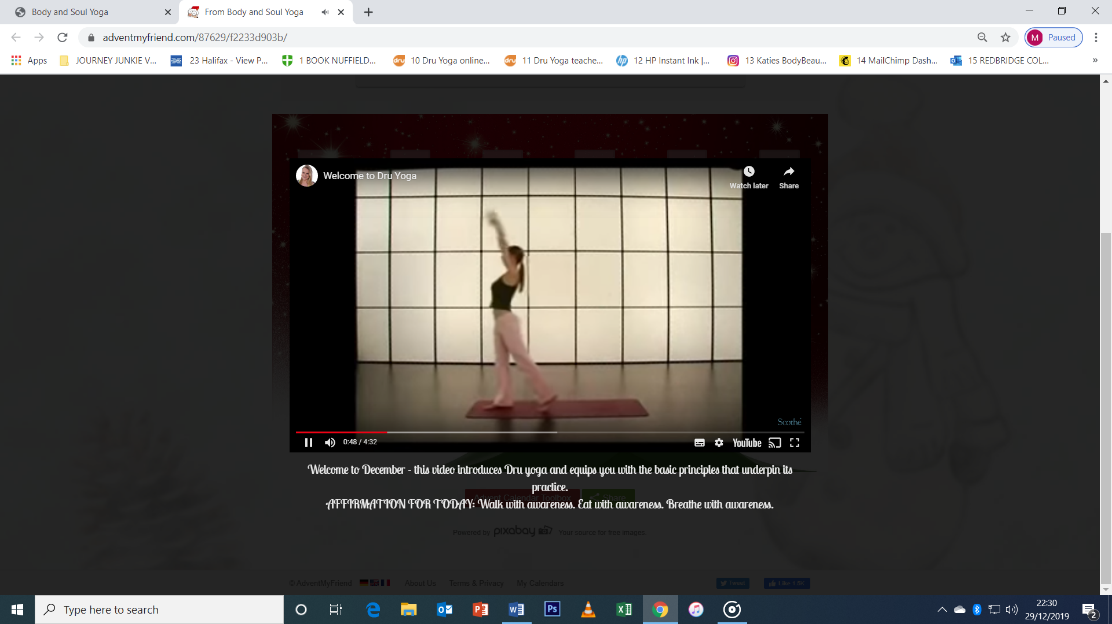
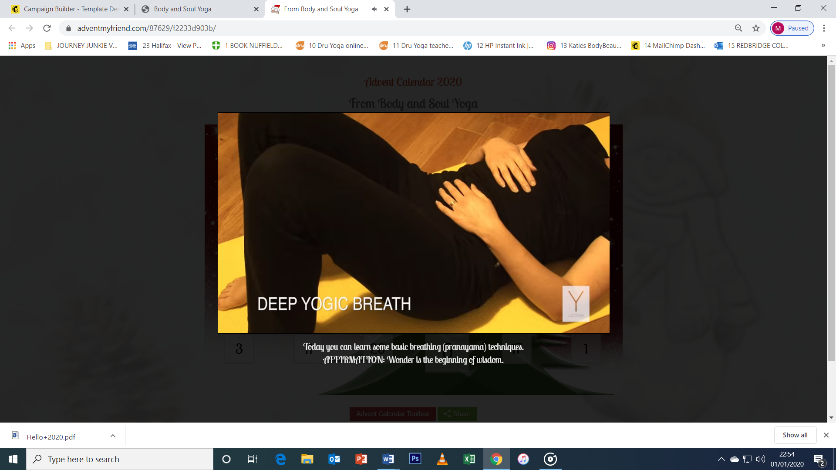
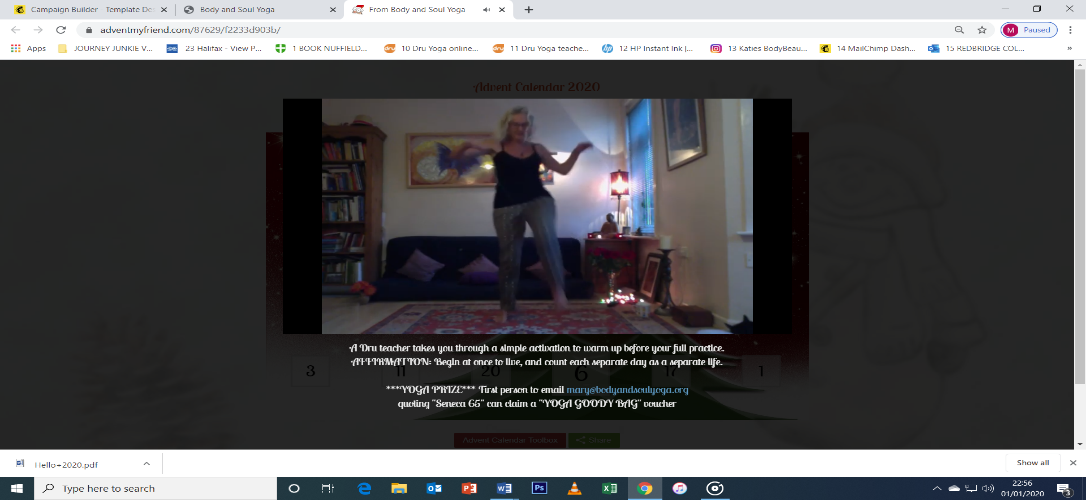
**HOME PRACTICE VIDEOS**<https://adventmyfriend.com/87629/f2233d903b/>

If you’ve been opening the Advent Calendar windows every day, by now you’ll have a fantastic grounding in my style of yoga. The great news is you can still access the videos whenever you want and in any order! All the videos are short (15 minutes or less) so you don’t need to set aside much time. What could be easier for between class practice?

**INSTRUCTIONAL VIDEOS**

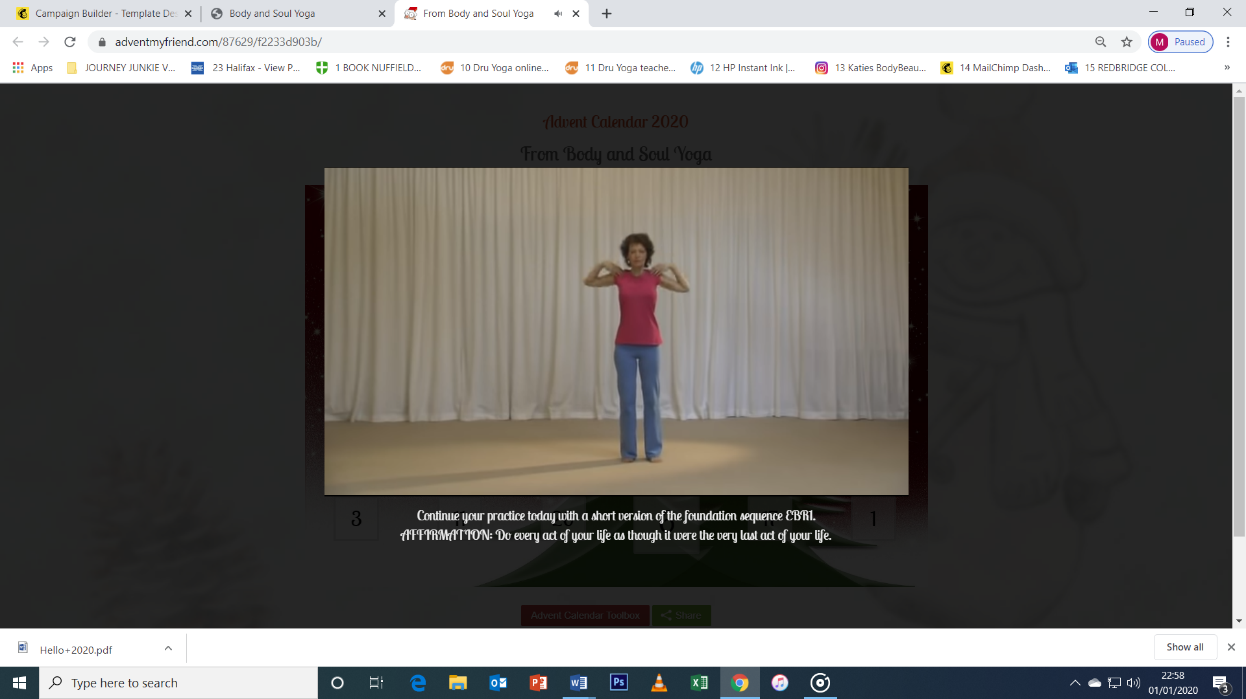
* WINDOW 1 – Dru Introduction
* WINDOW 2 – Core Stability
* WINDOW 16 - Introduction to Mudras

**PRANAYAMA (BREATHING TECHNIQUES)**

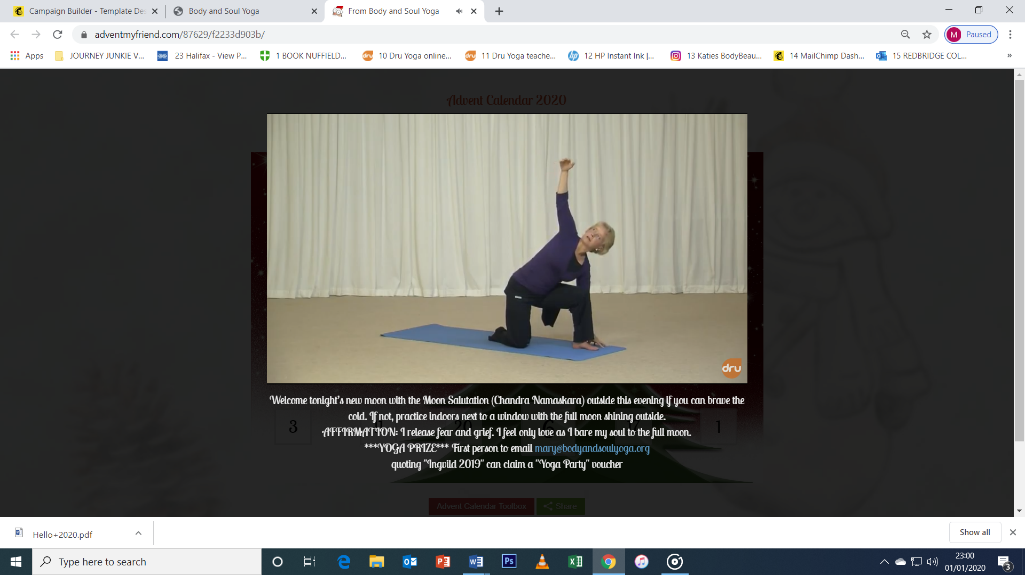
* WINDOW 3 – Deep Yogic Breath
* WINDOW 4 – Ujjayi Breath
* WINDOW 9 - Alternate Nostril Breath
* WINDOW 18 - Dru Pigeon Breath
* WINDOW 19 - Windmill Breath

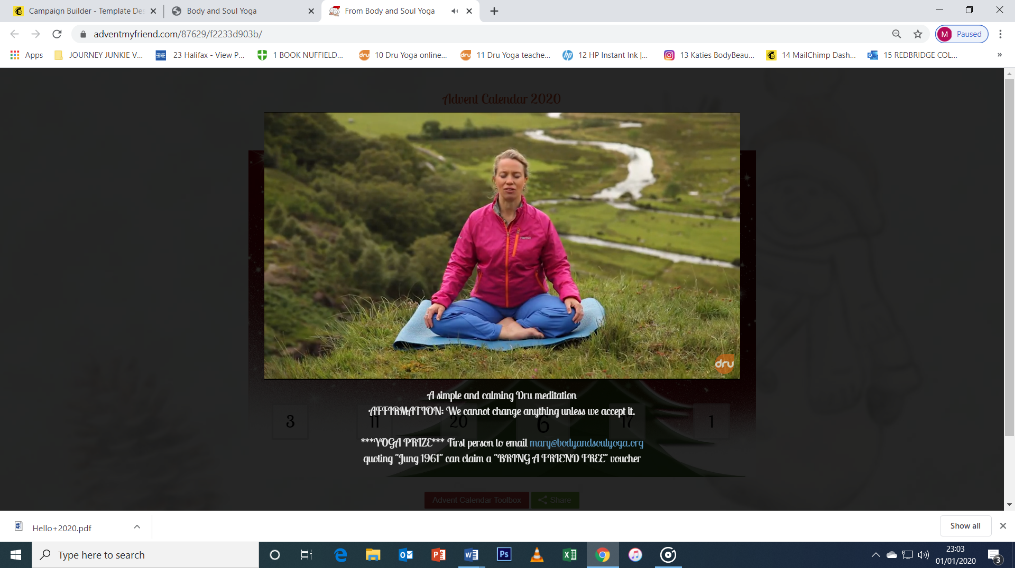
**ACTIVATIONS (WARM UP)**

* WINDOW 10 - Floor Warm up including Cat/Cow
* WINDOW 5 – Dru Activations

**EBR (ENERGY BLOCK RELEASE) SEQUENCES**

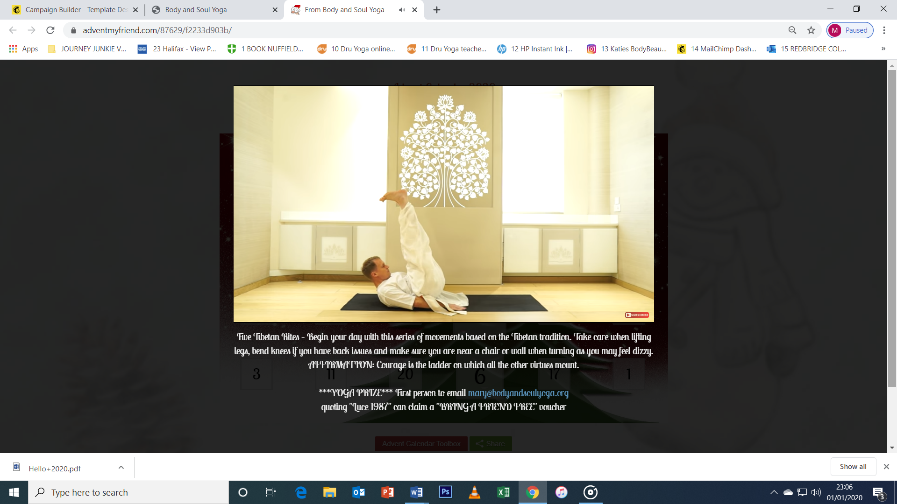
* WINDOW 6 - EBR1
* WINDOW 7 - EBR2 Part 1
* WINDOW 8 - EBR2 (Incorporating the Water Sequence)
* WINDOW 11 - EBR3

**DRU SEQUENCES**

* WINDOW 12 - Moon Salutation
* WINDOW 13 - Sun Salutation
* WINDOW 14 - Earth Salutation
* WINDOW 17 - Dru Salutation to the Four Directions
* WINDOW 20 - Flowing Tree

**RELAXATION**

* WINDOW 23 - Meditation Introduction
* WINDOW 22 - Savasana (complete Dru relaxation)

**OTHER TRADITIONS**

* WINDOW 15 - Five Tibetan Rites
* WINDOW 21 - Qi Gong Introduction

With special thanks to:

* Dru Online Studio [https://druyoga.com/yoga-online/home /](https://druyoga.com/yoga-online/home%20/)
* Lucy Yoga <https://www.lucyoga.co.uk/>
* Christina Marie Kane <http://druyogadorset.weebly.com/>
* Lee Holden (Qi Gong) <https://www.holdenqigong.com/> **© Body and Soul Yoga**