

Westmuir Dru Yoga Class



Dru Yoga

Dru Yoga is based on the ancient art of yoga and works on body, mind and spirit—improving strength and flexibility, creating a more positive outlook to life, and relaxing and rejuvenating your whole being.

I was introduced to Dru Yoga several years ago after a lifetimes interest in yoga. I have found it to be accessible, fun and thought provoking. I trained in Aberdeen and have taught in Forfar for 2 years. Students who attend classes experience improvements in flexibility and concentration and enjoy a better quality of sleep.

Taking the students' awareness of their own abilities as a starting point the classes are tailored to any level of fitness.

Chris Croft
Teacher of Dru Yoga



Rejuvenating!

Lovely flowing, energising movements. Really relaxing.



Relaxing and therapeutic.



Gentle exercise. Lovely and relaxing.



The stressful day is now forgotten.

Call Christine Croft 01575 575231 for details or just come along.