



**FIERCE GRACE**  
NORTH - WEST - CITY - PRIMROSE HILL

## TEACHER TRAINING COURSE OVERVIEW

- Practice and Training Asana - 110 hours
- Teaching Methodology - 25 hours
- Teaching Experience - 25 hours
- Philosophy & History of Yoga - 20 hours
- Anatomy and Physiology - 30 hours
- Personal Growth- 4 hours
- Energetic Concepts – 4 hours
- Health & Diet – 4 hours
- Voice and Delivery - 6 hours
- Yoga as a Business - 2 hours
- Self Study - 20 hours

**“Yoga is 99% practice, 1% theory” Pattabhi Jois**

*While there is much to learn and study to become a yoga teacher, we believe that if it is not brought into our **experience**, it will fade into shadow.*

*This teacher Training programme is based in practical, hands on, visual and interactive workshops, not textbooks.*

*Teaching yoga is visceral, exciting and energetic, - full of caring, sweat, compassion, force and love. We aim to teach you how to deeply connect with your students and by doing so, your knowledge, skills, study, hard work and self-practice will shine through. Your ability to reach every student where they stand today - whether they are injured, overweight, troubled or flying high, will facilitate their growth, healing and wellbeing and is one of the most rewarding and transformative things a person can do in their life.*

This Teacher Training programme will peel away the layers you no longer need, and set you on a new path of power, discovery and meaning. You will leave with new goals, ideals and skills and understanding some of the world’s greatest wisdom teachings. You will discover more about yourself than you imagined possible, let go of limitations and reveal your own inner truth.

Michele and her senior teaching team, Emma, Mark and Karen will take you through more than 60 poses and teach you two motivating general level multi style classes.

Our team has many years of experience in teaching students and teachers and includes Bikram Yoga Senior teachers, Yoga Alliance Senior Yoga Teachers, with Ashtanga, Jivamukti, Power Yoga and Dharma Mittra experience. This wide approach will bring you a deeper understanding not only of the Fierce Grace system but also a deeper understanding and appreciation of many yoga systems. We believe a great yoga teacher should understand many “styles” of yoga, and be able to draw on a wide knowledge base to create the best possible experience for their students. At FG our aim is to break the tribal barriers between yoga systems and unite them.

If you continue in the Fierce Grace System, you can return to us for shorter courses to teach the other FG classes, Core, Fix, S.O.B and Fierce to ensure you continue to feel inspired, interested and grow both as a teacher and as a practitioner.

### **Practice and Training - Asana**

- Michele and her senior teaching team will take you through more than 60 poses and you will learn to teach two motivational, general level classes, Classic and Fierce Grace.
- Through 2 daily classes, your personal practice will deepen physically and mentally.
- You will learn key principles of asana and learn anatomically correct alignment, as well as foundational principles of yoga practice. These principles can be applied to your own practice and also provide core material for your teaching.
- Interactive posture workshops will develop your understanding of alignment, correcting, modifying and the physical and energetic benefits of postures.
- Your increased awareness and understanding of your body will become the foundation from which you teach.
- You will learn how to use props.
- You will learn how to perform hands-on adjustments.

### **Teaching Methodology**

- We will share our years of experience in teaching and inspiring, motivating students of all ages and body types.
- We will give you tools to be an inspiring teacher, who teaches from your own truth and power and methods in how to ignite passion for yoga in your students.
- Michele will share her years of injury modification experience, so you can confidently teach injured students and help them work safely.
- Understand the best ways to motivate different types of students; how to teach beginners, unfit or injured students and how to recognize different body types and how to work with them.
- Learn how to recognize when an 'urgent' correction is needed.
- Learn to deal with problems that arise during a class and how to work in a hot room and the challenges that brings.

### **Pranayama**

You will learn:

- The importance of breath and how it affects our energy; how to use it as a gauge in each pose.
- How to direct your breath and energy in your own practice and to use it as a tool to influence your own state.
- How to affect the breathing of your students and how to effectively teach them how to connect with this powerful yogic tool.

### **Meditation**

- You will begin a foundation meditation practice and learn different ways to awaken this powerful practice in your life.
- Through daily yoga practice you will discover meditation as a tool to clear your mind in order to make space for growth, sensitivity and awareness.

### **Yoga History and Philosophy**

- These sessions will give you a foundational understanding of yoga history, taught by our passionate and highly qualified tutor.
- You will experience the classical Indian yogic texts under expert guidance and discover a 'blue-print' for modern yogic living.
- Yoga philosophy and the lineage of the yoga traditions.
- We will discuss how these texts and ideas apply to the yoga framework of today.

### **Transformation and Personal Growth**

- You will be taught a framework of principles that provides a potent yet accessible template for being a powerful yoga teacher and human being, which will guide you

throughout your life journey and form a backbone for you to refer to during times of difficulty.

- We will encourage you to explore your personal aspirations and understand the power of visualization and manifestation in creating your ideal life and fulfilling your dreams.

### **Practical Anatomy**

- Learn anatomy and physiology that is relevant not just on the blackboard, but in the yoga studio with real bodies.

- You will learn anatomy that is applicable and valuable to your teaching and to your understanding of your students' bodies.

- You will combine anatomical principles with those of alignment to gain detailed insight into asana and the human body.

- You will become skilled and proficient at understanding and reading bodies – anatomically, physiologically and energetically – which is an essential skill in being an inspirational yoga teacher that can adapt their teaching to suit all types of students.

### **Practice teaching**

- From week 1 you will teach and we provide a supportive environment in which it is OK to make mistakes and be messy. By taking this step early it creates space for you to learn and grow throughout the course.

- You will learn how to correct; verbally and with hands-on adjustments.

- By week 4 you will be teaching the two full general level classes.

### **Voice, presence and influence**

- We have a unique module taught by an award winning film director and acting coach. You will be filmed teaching, and then fed back on your voice, timing body language and presentation. Two weeks later this will be repeated so you can see how you have improved. Feedback from Michele and the tutor Terry will give you tools to become more inspiring teacher and objective feedback on your own personal strengths and weaknesses.

It is important that your students collectively feel they are safe, secure and supported, but also that you are simultaneously speaking to them individually. You will practice techniques and develop skills that will develop your confidence, presence and ability to influence individuals and groups in both a heartfelt and effective way.

### **Voice and Presentation Skills**

- Voice is your main tool for teaching. Our expert voice coaches will help you with technique to motivate, calm & affect your students on a deep & meaningful level.

- Michele and her team will show you how your voice can be used to change the mood of the class, inspire, uplift, discipline, motivate, relax and encourage.

### **Observing**

- You will observe several senior teacher classes, and learn what a teacher needs to be aware of in class, how they correct, and watch how they assist different body types or injuries.

### **First Aid**

- Become certified in First Aid and CPR. A skill everyone should have, as the person who's life you are most likely to save is someone in your family. This certification comes from St Johns Ambulance and is a practical recognized certification.

### **Business of yoga**

- You will learn the challenges of running your own studio from studio owners.

- We will give you tips, tools and advice on how to set up as a teacher, and a studio owner. Our visiting studio owner will share their stories of running a busy yoga studio.

### **Energetic Concepts**

- Understand the way the pranic life force moves in the body, and how to connect with it.
- Learn how to breathe and direct this energy.
- We will cover Bandhas, the internal “locks” that allow us to harness this power, Drishti, Chakras, Nauli, Kapalbhata and other yogic techniques for steadying, using and expanding this pranic force in the body.

### **Ayurveda, yogic cleansing practices and diet.**

- You will learn about Ayurveda, the 5,000 year-old Indian science of health, cleansing and wellbeing.
- You will discover the yogic diet and learn the best diet for your Ayurvedic constitution.

### **Building your own library of health referral information**

- Learn how to answer the health and fitness questions your students will ask you and build a support of information and knowledge for the main student questions including: injuries, difficulties, physical symptoms of purification, when to alert their doctor, when to modify their poses.

There will be essays and homework to do, as well as learning your manual of poses.

This is a brief overview of the content of this course. Please feel free to ask any questions you may have. We believe we have created one of the very best course there is, as it is founded in our years of experience and we teach it in a supportive and welcoming environment. We hope you will take this transformative journey with us.

PRACTISE FIERCELY  
TEACH GRACEFULLY  
LIVE LIFE WITH FIERCE GRACE