



FIERCE GRACE
TEACHER TRAINING

APPLICATION PROCESS YOUR APPLICATION FORM AND SUPPORTING DOCUMENTS

Please read the below information and then complete and return the application form along with the following supporting documents from one of the two options below.

A. London / UK based Students that can get to our studios & students that can get to non-UK Fierce Grace Studios (Italy, NYC & New Zealand)

1. Your yoga bio, including how long you have practiced, with whom and how often.
2. A short essay (1/2 page) on why you want to become a yoga teacher.
3. Come to Michele, Mark, Emma or Karen's class (UK) or one of our non-UK senior teacher's classes listed below. Inform them before the class that you would like to attend the teacher training and stand in the 2nd or 3rd row so they can see you and give you corrections.
4. A recommendation letter signed by your current yoga teacher. If it is from one of our FG Senior teachers, it can simply be the sign off form enclosed in your documents, or an email from our teacher. Please note if you are a regular student at Fierce Grace, we would expect to see you in the months before teacher training and be helping you prepare.

B. *Italy – Laura Giroto or Isabella Zuanelli, NYC – Tricia Donegan or Kelly Isaac and New Zealand –Matthew Burnett.*

OR

B. If you live abroad or unable to get to one of our Fierce Grace studios. Please send us all of the below.

1. A short video of 3 of your best poses (taken on iPhone or similar and sent via we-transfer to us).
2. Your yoga bio, including how long you have practiced, with whom and how often.
3. A short essay (1/2 page) on why you want to become a yoga teacher.
4. A recommendation letter from your yoga teacher stating that you are fit, healthy and have a strong regular practice. Please include attendance records such as MBO print out for the last 6 months if possible or have your teacher confirm you have a regular practice.
5. A letter from someone of good standing (doctor, teacher, lawyer or your yoga teacher etc.) saying you are reliable, honest and hard working.



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SUBMITTING YOUR APPLICATION

Please submit your application form and supporting documents to training@fiercegrace.com

Applications may also be returned by post to:

Training Administrator
Fierce Grace West
260 Kilburn Lane
London W10 4BA

We also ask for a deposit payment of £500 to process your application. This will be deducted from the cost of the training. If your application is unsuccessful or you cancel before being accepted, we will return your deposit less an administration fee of £100. Please note, once accepted and signed up to the course, if you cancel your place, we will be unable to refund your deposit.

DATES OF TRAINING

The Teacher Training dates for 2020 are as follows:

Spring: 2nd of March - 1st of April 2020. Based in London at our Hot House and Primrose Hill studios.

Spring/Summer: 1st May – 22nd May 2020. Based in NYC at our NYC studio and a nearby venue.

Autumn: 7th of September - 4th of October 2020. The first two weeks are based in London and the second two weeks are based at our Tuscany retreat centre on a full board basis. Fly out to Italy on Sunday the 20th of September 2020.

COST OF TRAINING

The price of the training is £3900 (\$4995 NYC)

The autumn training has an additional cost of £1200 for two weeks full board at our Tuscany Retreat Centre. Flights to Perugia are additional cost (inexpensive, approx. £120 return.) Please ensure to book your own flights in advance to save on fares. There is also an airport transfer fee of £40 each way, plus £20 for transport to the outings, payable in euros on arrival. This is



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a fee that goes directly to the retreat centre and drivers.

Please note: Some countries will refund the VAT part of this payment to you or if paid from a business, the VAT portion can sometimes be claimed back. You should discuss this with your personal accountant. The full course fees are tax deductible against your teaching fees, so ensure you give the info to your accountant.

PAYMENT INSTRUCTIONS

Please make your deposit payment of £500 via bank transfer using your initial and surname as a payment reference. Please contact us at training@fiercegrace.com if you would like to pay by debit or credit card over the phone.

Bank: National Westminster Bank
106 Finchley Road, London NW3 5JN
A/c: Fierce Grace Ltd
Sort: 51-50-10
A/c no. 66208548
BIC: NWBKGB2L
IBAN: GB51NWBK51501066208548

APPLICATION DEADLINE

We would prefer that your application is submitted one month before the start of the course. Your full course payment is due one month before the start of the course.

We accept approximately 25 students to the September TT and 35 to the March TT. Spaces operate on a first come first served basis.

Your full course payment is due three weeks before the start of the course.

PREPARING FOR THE COURSE

The Teacher Training programme is an intense month of physical and mental growth and requires careful preparation and commitment. We have 15 years of experience preparing prospective teachers for teacher trainings. While there are no hard-and-fast rules and some people might have experience that might bend these rules, our guidelines are below. Please contact us if you have any questions.



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Our requirements are as follows:

1. 2 years regular yoga practice, or if you are a dancer or gymnast for example or have relevant experience you feel contributes towards this, please let us know the details.
2. For the 6 months prior to attending the course, you have had a regular unbroken yoga practice.
3. In the 2 months before the course we advise you to have practiced 2 classes a day a few times a week. We want you to get the most from the course and not be simply getting used to practicing twice a day. It takes the body a while to adapt to, so it is better to get used to it in your own time before the course. This is a guideline for your own enjoyment of the course and will prevent soreness or even injury.
4. You have progressed through the initial stages of your practice, in that the basic opening of your spine, hips, and legs has occurred, and you are strong, have good stamina and are not either very overweight or underweight.
5. You are fit, healthy and able to practice twice a day and do the necessary study and homework.
6. If you live in the UK or near a non-UK Fierce Grace studio, please come to a class with one of the senior teachers, so we can tell you what you personally need to do to prepare and sign you off if you are ready. If you do not live in the UK or near an FG studio, work with your studio owner/teacher.

The months of preparation prior to TT is a very valuable time in your yoga career, possibly the most valuable. It is better to wait until you feel prepared, than rush the process.

If you live near a Fierce Grace studio, it is a time where you get individual and tailored attention from our instructors on your own practice, corrections, tips, and their years of yoga experience and knowledge.

You should have practiced for 6 months regularly prior to attending the training. The month before teacher training, we suggest you do “doubles” (2 classes a day) as often as you can. On the training, you are doing two classes a day, so it is best to get used to it. We want you to enjoy your training, rather than spend most of it adjusting to doing a lot of yoga.

During the TT course lectures and classes run Monday-Friday anywhere between 8 am - 9 pm (some days 8 am-6 pm, other days 10 am-8 pm) as well as every Saturday 9-3 pm. Some evenings there are no lectures. Sunday is your free day for studying, homework and relaxation. The schedule may be subject to some changes.



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OTHER REQUIREMENTS

Although it is difficult to say here what needs to be in place before one comes to the training, as each person is different and has a different body, problems etc., it is a pretty safe guideline to say that the following need to be in place:

- a) The knee is locked in the relevant balancing postures (Standing Head to Knee, Balancing Stick, Aeroplane, Tree, Standing Bow) and you are stable
- b) From the time you began the yoga to now, you have considerably begun the opening up process of your spine (i.e. it has changed!)
- c) You have the strength to work hard in class whilst maintaining correct breathing and alignment. You do not wait until the end of the pose to go to your maximum.
- d) You do not have to have perfect practice to attend teacher training, just have a good basic knowledge and good alignment for your body type.
- e) You have good focus. You are not looking all around or fidgeting.
- f) You take your teachers corrections and immediately try to implement them.
- g) You have a solid understanding of the postures and how to work yourself in them. Your technique is perfect for your body. Even if you are naturally stiff, that is ok.
- h) Overweight or underweight. If you are very over or underweight, spend time balancing these things out before going on to the training. The training should not be used as a weight control programme.
- i) You should be able to perform a good Camel, Straight Leg Triangle, Twisted Bent Leg Triangle and Standing Head to Knee posture (with both knees locked, elbows down) and a good Standing Bow. Don't worry if you are not the most flexible person.
- j) You can breathe calmly and steadily through the nose throughout the class and can use the breath during your postures.
- k) You want to teach. This is not a self-improvement holiday, or a yoga intensive. It is for those who want to learn to teach. Ask yourself the questions "Am I good with people?" "Do I understand enough about the process to be able to teach



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people who have been practicing longer than me?”, “Am I compassionate, and can I motivate people?”. Not everyone who is good at yoga is destined to be a teacher.

It is not imperative that you be the most flexible person in the world or look the best in your postures. Very often, people with physical difficulties or more mature practitioners who may have come to yoga later have gone on to be very successful teachers. Sometimes having worked through a difficulty or an injury makes someone a better and more compassionate teacher.

There is no substitute for having a strong practice before coming on the training. However, we will give you the tools to help you grow, and the seeds of a great teaching career even if you have not practiced for that long. If you are injured or get injured, don't worry - we can help you work through and with it, and you will become an expert in teaching people with that injury. However, it is best to wait for an injury to heal before attending a Training course if possible.

If you have bad eating addictions, are abusing recreational drugs or alcohol, or have any major issues going on, you need to sort these out before coming on the course as the course is intense and may exacerbate detoxification or bring out underlying issues. Come when you feel fit, strong and happy.

So, as you can see, this is not a quick process. It requires real dedication, commitment, hard work and love of yoga. If you have all these things and want to take the next step then it will reward you with a lifetime of health, happiness, healing, fascination, and the ability to share this with others.

We are here to help you with this journey, support you through the process and help you learn how to share what you have learned with others.

We hope this was helpful, feel free to email us if you have any questions on training@fiercegrace.com.



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TEACHER TRAINING APPLICATION FORM

Please tick either - MARCH ___ or SEP ___ SPLIT* ___

* in exceptional circumstances we allow people to split the course into 2 x 2-week sections in London only.

*Insert
Image
Here*

| | |
|---|--|
| <i>Please complete clearly in block capitals or fill in on computer, print and scan back.</i> | |
| First Name: | |
| Last Name: | |
| Male / Female: | |
| Date of Birth: | |
| Address: | |
| | |
| Postcode: | |
| Telephone/mobile: | |
| Email: | |
| Next of Kin | |
| Name: | |
| Relationship to you: | |
| Telephone: | |
| | |
| Country you will live in after the course: | |
| Have you practiced Fierce Grace before? | |
| What yoga style(s) have you been practicing? | |
| <i>Please tick any medical conditions that apply to you:</i> | |
| Epilepsy | |
| Joint Problems | |
| Dizzy Spells | |
| High Blood Pressure | |
| Low Blood Pressure | |
| Other: | |
| | |
| <i>Please circle the following:</i> | |
| Have you ever been diagnosed with a heart condition? | |
| Are you pregnant? | |
| Have you given birth in the last 6 months? | |
| Are you underweight? | |
| If so, has the doctor approved your exercise? | |
| Have you recently been diagnosed with a slipped disc? | |
| Do you suffer from impaired hearing? | |



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| Do you suffer from impaired vision? |
| Other medical conditions (please provide full details): |
| Dietary limitations (Italy only): |
| Brief reason for joining the course: Yoga has had a profound positive effect on my life and I would like the opportunity to be able to teach it. |
| Where did you hear about the course? |

PAYMENT INSTRUCTIONS

Payments to be made via bank transfer. Please use your initial and surname as a payment reference. We will process your application on receipt of your £500 deposit and let you know if you are accepted. Your deposit minus a £100 admin fee will be returned to you if you are not accepted. If paying in full now, and you are not accepted, we will refund your fees minus a £100 admin fee.

Please tick which payment you will be making now, those that you will be paying on acceptance and if you will wish to take the First Aid course:

| | Please tick those that apply | |
|----------------|---------------------------------------|--|
| Deposit: | £500 | |
| Full Amount: | £3900 incl. VAT (£3250 plus £650 VAT) | |
| Italy board | £1200 (Sep course only) | |
| EXTRAS | (optional, but advisable) £30 | |
| First Aid Cert | | |

Bank: National Westminster Bank
106 Finchley Road, London NW3 5JN
A/c: Fierce Grace Ltd
Sort: 51-50-10
A/c no. 66208548
BIC: NWBKGB2L
IBAN: GB51NWBK51501066208548

PLEASE READ THE T&C' S BELOW AND SIGN AT THE BOTTOM

In consideration of, and as an inducement to enrolling as a student of Fierce Grace North, 173 Queen's Crescent, London NW5 4DS, Fierce Grace West, 260 Kilburn lane, London W10 4BA, Fierce Grace City, 53-55 East Road, London N1 6AH and Fierce Grace Primrose Hill, 200 Regents Park Road, London, NW1 8BE, I represent and agree as follows:

1. I am in a good state of health / I have been examined by a licensed doctor within the past six months and have been found by such doctor to be in good physical health and fully able to perform all yoga exercises which I am to learn during my enrolment with you.
2. I will faithfully follow all instructions given to me as to when, where and how to perform and not perform yoga exercises, it being understood that any deviation by me from such instructions shall be at my own risk.
3. I understand and acknowledge that I am to receive instruction in yoga theory and exercises only and I will not hold you, your partners, instructors or employees to any higher standard of care than that applicable to the Fierce Grace Yoga Teacher Training theory and exercises.
4. These classes entail intensive physical activity (conducted in a heated room - approximately 95 degrees Fahrenheit) and exertion by me. I recognize that such physical activity and exertion may be difficult and strenuous and may cause or aggravate a physical injury or medical condition. I am fully aware of and accept any risks and hazards involved.
5. I understand that it is my responsibility to consult with a physician and receive approval prior to and regarding my participation in Fierce Grace Yoga Teacher Training. I represent and warrant that I am physically fit and I have no medical condition or injury, which would prevent me from fully participating in Fierce Grace Yoga Teacher Training. Any impairment I have I will disclose to you in writing.
6. In consideration of being permitted to participate in Fierce Grace Yoga, I agree to assume full responsibility for any risks, conditions, injuries or damages, known or unknown, which I might incur or aggravate as a result of my participation.



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- 7. In future consideration of being permitted to participate in Fierce Grace Yoga Teacher Training, I knowingly, voluntarily and expressly waive any claim I may have against Fierce Grace, for any injury, condition or damages that I may sustain as a result of entering or being on the premises or participating in Fierce Grace Yoga.
- 8. My heirs and legal representatives forever release, waive, discharge and covenant not to sue Fierce Grace Yoga, for any injury, condition, or death which arises, is caused by or is aggravated by reason of my participation in Fierce Grace Yoga Teacher Training.
- 9. I understand that it is my continuing responsibility to inform the instructor(s) at Fierce Grace Teacher Training of any previous or current medical conditions, injuries or surgeries prior to my first class.
- 10. The tuition paid herewith and any registration fees paid hereafter are non-refundable. Refunds, if any, shall be entirely at the discretion of Fierce Grace.
- 11. I also understand that, except for a monetary refund, I have no claims against Fierce Grace by reason of their refusal to allow me to participate in Fierce Grace Yoga Teacher Training.
- 12. I have read the above Agreement of Release of Waiver and Liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.
- 13. Italy Only- Italy accommodation fees (additional £1200) are based on double occupancy. Airport Transfer fees are not included.

| | |
|-------|------------|
| Date: | Signature: |
|-------|------------|

FG SENIOR TEACHER SIGN OFF FORM

By completing this form I am signing off that this student is ready to attend the Fierce Grace Teacher Training course.

| | |
|---|--------------|
| FG Senior Teacher: (please circle) Michele Pernetta / Emma Croft / Karen Bellfield / *Other | |
| TT Applicant Name: | |
| Teacher Training Date: March / September (please circle) | Year: |
| Notes: | |
| FG Teacher Signature: | |
| Date: | |

*For students attending classes in our London studio only.
Student to submit this form with their application form.*

**Other senior teachers*

- NYC Studio: Tricia Donega or Kelly Isaac
- New Zealand: Matthew Burnett
- Rome: Laura Giroto/Isabella Zuanelli