



FIERCE GRACE[®]
TEACHER TRAINING

**INTRODUCTION
AND OVERVIEW 2022**

**In Person Intensive &
Online Live course**



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INTRODUCTION TO THE COURSE



Deciding to become a yoga teacher is often the result of years of experimentation, growth, passion, injuries, healing and time on the mat. We are honoured your journey has brought you here. Thank you for your interest in our programme.

Having worked for nearly two decades with over 100 staff teachers at any given time across her four London studios, as well as our Licensed studios, Michele felt the need to develop a programme that addressed all the skills a teacher needed to deeply connect with students and provide them with the best possible experience, while serving the inner growth of the teacher both as a person and practitioner.

To this end, she created the Fierce Grace system. It is her life's work, to bring together everything she needed from every style of yoga and tailored and choreographed with modern fitness wisdom, her passion for modifications for those with stiffness, problems or injuries, as well her interest in the mediational side of yoga and energy conductivity. To this end she sequenced in an original and unique way to allow people to feel freedom both within and without.



ABOUT US

Many yoga styles claim they are for “everyone” and yet the sequences are sometimes not suitable for everyone, and exclude the very unfit, the athlete or the advanced yogi. On top of this, teachers are often not trained well enough or not confident to modify for all ages and body types. Fierce Grace was designed to address this issue - by the poses, the way they are sequenced, and the teacher being trained in clear entry levels that reach all, as well as easy to use modifications for the common issues we see presented in a general level yoga class.

Michele also wanted to affect people energetically in different ways. She felt a method was needed that allowed people to choose softer, more challenging or a specifically targeted class dependent on their needs. This new and revolutionary system allows each person to tailor their practice to suit them at any stage of their life.

We also wanted to create a system that allowed our teachers to continuously grow, learn new classes and add to their repertoire so that the FG graduate knows they have opportunities to develop without having to re-train in another style that may not be compatible. Graduates have the option to learn to teach other classes including Deep Core, WILD, Fierce, S.O.B, IN and FIIT.

Since the launch of the Fierce Grace Teacher Training in 2014 over 400 teachers have trained and graduated with us. With many post-graduation employment opportunities, we have a strong international presence with graduates teaching in Italy, NZ and New York FG Studios. We also have Fierce Grace Teachers across the UK teaching in various studios and health and fitness centres, as well as our London Fierce Grace studios.

“I wanted to be able to sleep at night, knowing that in 20 years from now, no one would have injuries or wear and tear because of my classes. I wanted to be sure that the sequences were safe, the poses were only beneficial and not wearing, and that we were only increasing health, strength and fluidity in the body. I wanted to be able to help teachers to use language and techniques that empowered people to feel their body’s own innate wisdom, not to encourage reckless practises that might end up doing harm. To achieve this I needed new sequences, conceived from scratch and a new breed of teachers teaching with a new teaching methodology.” Michele



COURSE OVERVIEW

This in-depth study course is a transformational journey into the spirit, power and science of yoga. This course is for serious students wishing to deepen their understanding of yoga on all levels. It is practically based, concentrating on the actual skills a yoga teacher needs today to succeed in this competitive market.

You will learn 2 mixed-level classes, with knowledge of correct alignment, modifications for injuries, recognising body types, and how to motivate, relax and inspire your students through teaching methodology, voice, pace and energy projection.

You will focus on understanding classical yoga alignment for all body types, breath, teaching techniques and yoga as a sacred practice of embodiment of the life force, healing and self-awareness. We will also cover Ayurveda, meditation, yoga philosophy and spirituality. The course requires real dedication and application, it is not easy, there is a lot to learn and it will take full commitment. We aim to teach in a supportive and inclusive atmosphere, with humour, and while honoring each person's path and spirit.

You will become a Fierce Grace Certified Teacher, as well as a Yoga Alliance Certified Teacher. This 200-hr qualification is recognised worldwide and will enable you to teach in a wide variety of yoga studios, hot yoga studios, gyms and health clubs or to become part of our growing team.

You will learn to teach 2 general level classes and a wide vocabulary of 65 poses that span the main yoga systems. We will give you the sequencing for both the Fix 60 minute class and the Fierce Grace 90 and 60 minute classes.

1. **Fierce Grace** is the signature class in the FG system, a user-friendly but challenging general level class. Fluid but not a "flow" class, the class develops freedom of movement, breath and power. It works 100% of the body safely in an empowering way. Expect hip openers, deep twists, upper body, glute and core strength. FG is a combination of the best of Hatha, Power and Ashtanga yoga, sequenced with Interval timing and slow movement. We teach the classical yoga Sun Salutation, and not a Vinyasa Sun Salutation, which is not suitable for the general level practitioner. Fierce Grace is not only about power, strength and freedom, it is, as a method, strongly based in safety, and safety for all levels. This class balances your Fierce with your Grace. Performed to music it develops a sense of physical and mental



freedom. Beginner's work to their level while more experienced can move into their deeper expression. The Fierce Grace class is central to the FG Method and the class they all originate from.

2. **The Fix** is the condensed version of everything with some added surprises. This is a super-charged 50-60 minute class designed to get you fitter, faster. The Fix blends elements of all the classes, including the key foundational poses, core strength, upper body, ab conditioning and deep hip opening. A great maintenance class it whips you into shape faster than you can say 'Namaste'. For the motivated person on a tight schedule, this is an effective no-frills yoga class combining cardiovascular sweat-inducing poses, strength, flexibility, body sculpting, and stress-release through breath and relaxation. Do it in your lunch hour or on your way home from work and your energy levels will soar. Thirty minutes standing, twenty minutes of floor work to leave you revitalised and raring to go.



Trainees practice teaching one-on-one



HOTHOUSE MENTORSHIP PROGRAMME

We are the only Teacher Training programme in the UK that has a dedicated studio for graduates to begin their teaching journey teaching the public under our mentorship programme.

Michele was acutely aware that new teachers faced a daunting entry into their teaching career - large classes, fierce competition and knowledgeable and experienced students. She wanted to ease her graduates gently, allowing them to teach in a supportive environment, but with real members in the class. So, the Hot House was born, a half-price yoga studio run by new teachers.

Graduates have the opportunity to teach and find their voice and confidence in the supportive environment of the Hot House studio where the students are on board with knowing the graduated teachers are building their confidence there and that if they make a mistake it is OK to laugh about it! This is a free opportunity we offer to our graduates.

TEACHING OPPORTUNITIES

Fierce Grace Yoga Alliance Certified teachers may teach anywhere and still call themselves a Fierce Grace teacher. To advertise and teach Fierce Grace outside an affiliated Fierce Grace studio it would need to be with our agreement. We encourage people to get classes going in new areas, in health clubs etc and our network of classes is growing steadily outside of the UK and worldwide. As we do not want teachers treading on each other's toes, locations need to be approved by us and we like to work with the business owner of a studio or health club, for whom a teacher might be working. We also help the new teacher get set up, with materials and promotions and have a variety of options for how we can help. Full information is available on request, but in short, we do encourage teachers to teach and take FG to new locations. Yoga Alliance certifications are recognised in yoga studios and health clubs worldwide.

We have teaching opportunities in our growing network and have classes running in the following locations:

Our London pure Fierce Grace Studios:

- Fierce Grace West in Queens Park
- Fierce Grace Hot House in Kentish Town
- Fierce Grace City in Old Street
- Fierce Grace Primrose Hill
- Fierce Grace Finchley



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- Fierce Grace Rome, Italy
- Fierce Grace LES NYC, USA
- Fierce Grace Nomad NYC, USA
- Fierce Grace Queensland, NZ

Our other hot yoga partners include studios in:

- Hemel Hempstead (London)
- Bournemouth
- Bristol
- Glasgow
- Dublin
- Switzerland

(With more to come.)

We are proud to announce that we also have opportunities at our partner David Lloyd Centres:

- Dublin
- Raynes Park

This makes Fierce Grace one of the best options when choosing a certification that will give the best opportunities for teaching.

AFFILIATION/LICENCE/FRANCHISE

We offer a full package to support you opening a Fierce Grace Franchise studio, adding our classes to an existing studio schedule under a Mini-License, or to set up on your own in a rented studio. We have content, templates, images, and branding packs to support you advertising your classes. We also have a full package of business support, advice, business plan structure and operating processes for our fully licenced partners.

TEACHER DEVELOPMENT

We endeavor to support our graduates in their career and run further training courses in our other classes. This means you can continue to develop as a teacher. We aim to develop long-term relationships with our graduates and provide a go-to source for support, information, training and business advice.

We believe yoga is for everyone, no matter what age, fitness level or injury. We hope you will decide to let us support you on your teaching journey and that together we can take yoga to a wider audience.



COURSE SYLLABUS

- Practice and Training Asana
- Teaching Methodology
- Teaching Experience
- Philosophy & History of Yoga
- Anatomy and Physiology
- Personal Growth
- Ethics
- Energetic Concepts
- Health & Diet
- Voice and Delivery
- Yoga as a Business
- Self-study
- Teaching Online

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 on 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. One of the most rewarding 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, ideas 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 inner truth.

Michele and her senior teaching team, Emma, Mark and Karen will take you through more than 65 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, Ashtanga certified teachers, Jivamukti, Power Yoga and Dharma Mittra, They have between them studied with many of the leading lights in the



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yoga world today and wish to pass on that wisdom to you. The team is also trained in yoga therapy, injury modifications, martial arts, meditation, yin, pre and post natal, nidra and a host of other disciplines. 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 we aim to break some of the tribal barriers between yoga systems, value all for the wisdom they bring and also teach free of some of these limitations, whilst adhering to ancient yogic principles.

1. PRACTICE AND TRAINING – ASANA

- Michele and the senior teaching team will take you through more than 65 poses and you will learn to teach 2 general level classes, Fierce Grace and The Fix
- Through daily classes, your practice will deepen physically and mentally.
- You will learn key principles of asana and learn anatomically correct alignment, as well as foundation principles of yoga practice. These principles can be applied to your practice and provide a core 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 safe hands-on adjustments.

2. TEACHING METHODOLOGY

- We will share our years of experience in teaching and motivating students of all ages and body types.
- We will give you tools to be an inspiring teacher, who teaches from your truth and power.
- Michele will share her years of injury modification experience, so you can confidently teach injured students helping them work safely.
- Understand the best ways to motivate different types of students; how to teach beginners, unfit or injured students and how to recognise different body types and how to work with them.



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- Learn how to recognise when an 'urgent' correction is needed, and when to leave a student be.
- Learn to deal with problems that arise during a class
- The Hot Room - how to work in a hot room and the challenges it brings.

3. 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 practice and to use it as a tool to influence your state.
- How to affect the breathing of your students and how to effectively teach them how to connect with this powerful yogic tool.
- Learn how to observe your students breathing patterns and how to guide them based on your observations
- how to troubleshoot when your students are not breathing correctly and deal with issues that might arise in class

4. 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 and yoga can become one and bring about transformation.
- You will practice mindlessness as a tool to clear your mind to make space for growth, sensitivity and awareness.

5. YOGA HISTORY AND PHILOSOPHY

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

6. TRANSFORMATION AND PERSONAL GROWTH

- You will be taught a framework of principles that provide 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



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- backbone for you to refer to during times of difficulty.
- We will encourage you to explore your aspirations and understand the power of visualisation and manifestation in creating your ideal life and fulfilling your dreams.

7. PRACTICAL ANATOMY

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

8. 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.

9. PRESENCE AND INFLUENCE

- We have a unique module taught by award-winning film director and acting coach Terence Gross. 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 Terry will give you tools to become a more inspiring teacher and provide objective feedback on your 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.

10. VOICE

- Voice is your main tool for teaching. Our expert voice coach Sue Henry from Stand and Deliver will help you with techniques to motivate, calm & affect your students on a deep & meaningful level. Sue will show you how



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to connect with your real voice and speak from your core.

- 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.

11. OBSERVING

- You will observe several senior teacher's 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.

12. FIRST AID

- Become certified in First Aid and CPR. This is an optional add-on session during the period of the training (outside the standard course hours.) This certification comes from St Johns Ambulance and is a practical recognised certification. There will be an extra fee for this, in the region of £45 and is available only for the in person training in London.

13. BUSINESS OF YOGA

- You will learn the challenges of running a 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 advice, experience, highs and lows of running a busy yoga studio.

14. 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, Kapalbhati and other yogic techniques for steadying, using and expanding this pranic force in the body.

15. 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.
- We will discuss how Ayurveda is safe, effective and compatible



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supplement to our yoga practise and thus can be a valuable tool in our lives.

16. BUILDING YOUR LIBRARY OF HEALTH INFORMATION

- Learn how to answer the health and fitness questions your students will ask you and build support for 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. Michele will share her library of remedies, tips, advice and how to deal with more complex questions you may have to face.

17. TEACHING ONLINE

- You will learn how to teach online, and practise this new development in yoga teaching during the course.
- Learn the pros and cons of teaching online
- Zoom - How-To's
- Extra tools and equipment you will need
- How your teaching needs to adapt to this medium
- Legals, insurance and troubleshooting



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COURSE STRUCTURE

ONLINE LIVE COURSES- This online Teacher Training will run over 12 weekends with homework over the week. 6 weekends will be full days of 9-10 hours each and then the remaining 6 weekends will be 5 hours on Sunday afternoons. You will practice 1-2 classes a day and have lectures and workshops that run from 8.00/9.00 am to 7.30/8.30 pm. These weekends will be alternating. You will be expected to watch pre recorded sessions before each weekend to discuss content in online sessions. This training requires full attendance during the live sessions online. In total the 200 hours consist of 140 hours live Zoom hours, 40 hours of on demand videos, and 20 hours self study.

IN PERSON INTENSIVE COURSES- full time 25 day courses

During the intensive course, lectures and classes run Monday-Friday anywhere between 8.00 am - 9.00 pm (some days 8 am-6 pm, other days 10 am-8 pm) as well as every Saturday 10.00 - 5.00/6.00 pm. Some evenings there are no lectures. Sunday is your free day for study, homework and relaxation. In total the 200 hours are comprised of 140 live in-person hours, 40 on-demand videos, and 20 hours self study.

EXAMPLE SCHEDULES

A typical schedule for Online- Live Course:

Saturday- Sunday:			
8:00 am	-	10:00 am	Lectures, teaching practice
10:00 am	-	11:30 pm	Class
11:45 am	-	12:30 pm	Lunch
12:30 pm	-	4:30 pm	Posture clinic/lecture
5:00 pm	-	6:30 pm	Lectures, asana workshops
6:30 pm	-	8:00 pm	Class
Wednesdays 6.00 - 8.00 pm Workshop/Lecture			
Monday - Friday: watch 8 hours of pre-recorded sessions			

A typical schedule for In Person Course:

Monday – Friday:			
8:00 am	-	9:30 am	Class
10:00 am	-	12:00 pm	Lectures, teaching practice
12:00 pm	-	1:00 pm	Lunch
1:00 pm	-	4:30 pm	Posture clinic/lecture



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5:00 pm	-	6:30 pm	Class
7:00 pm	-	9:00 pm	Lectures, films, asana workshops (2-3 evenings per week)
Saturday:			
9:30am	-	5:00/6 pm	Class & lectures

There will be homework to do, as well as learning the instructions in the manuals.

This is a brief overview of the content of this course. Please feel free to ask any questions you may have to training@fiercegrace.com

We believe we have created one of the very best courses, and are proud to offer it in a variety of convenient formats. It is founded in our years of experience of understanding what is required of a teacher in yoga studios today and we pride ourselves on having some of Europe's most experienced and influential teachers at our helm who teach in a supportive and welcoming way. We hope we will be able to support you on your exciting and transformative journey.

**PRACTISE FIERCELY
TEACH GRACEFULLY
LIVE LIFE WITH FIERCE GRACE**