



FIERCE GRACE[®]
TEACHER TRAINING

**COURSE INTRODUCTION
AND OVERVIEW**



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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 honored your journey has brought you here. Thank you for your interest in our programme.

"Teaching Yoga is a life's vocation. It is to be involved in people's growth and transformation. It is to become a vehicle for awakening the mysterious universal powers of healing in people. It is an important and serious role in society. It is a true privilege." - Michele Pernetta FG Founder

Having worked for years with over 100 staff teachers at any given time across her 4 London 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.

In addition to this, she wanted a system of classes that adequately served all people, all ages and fitness levels, as well as those who would never normally consider yoga such as the injured. To this end, she created the Fierce Grace system, that allowed people to choose softer, more challenging or a specifically targeted class dependent on their needs that day. This new and revolutionary system allows each person to tailor their practice to suit them. Many yoga studios claim yoga is for everyone, however, exclude those who are either super fit or super unfit.



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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. Graduates have the option to learn to teach other classes including Deep Core, Wild, Fierce S.O.B. and IN.

Since the conception of the Fierce Grace Teacher Training in 2014 over 200 teachers have a trained and graduated with us. With many post-graduation employment opportunities, we have a strong international presence with graduates teaching in Italy, New York and New Zealand. We also have Fierce Grace Teachers across the UK teaching in various studios and health and fitness centers as well as our London Fierce Grace studios.

This course will see you teaching 2 mixed-level classes by week 4, with knowledge of correct alignment, modifications for injuries, recognising body types, and how to motivate, relax and inspire your students. This is in-depth study course with acclaimed teacher Michele Pernetta and her senior team, 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.

The course will focus on understanding alignment for all body types, breath, teaching techniques and yoga as a sacred practice of an embodiment of the life force, healing and self-awareness. We will also cover Ayurveda, meditation, yoga philosophy and spirituality. The course will be very hands-on and practical and requires real dedication and application. We aim to teach in a supportive and inclusive atmosphere 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 250-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 nearly 70 poses that span the main yoga systems.

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. It 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-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



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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.

"Spending a month focusing solely on yoga with like-minded people is an experience I'll never forget. The training covered every aspect from anatomy to the philosophy and history of yoga via understanding alignment and yoga as a business. The inspirational teachers gave me the skills and confidence to start teaching straight away and their continued support has given me the best start possible." Tuuli Shipster FG Graduate

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 in 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.

"I wanted a course that would still offer support after qualifying and not leave me trying to find classes whilst building my teaching confidence and style. The internship offering at Hothouse after teachers qualify is invaluable and unique. Training with Michele Pernetta and her wealth of experience and knowledge was and still is a privilege. Furthermore, the senior teachers Karen and Emma and the others involved in the course are encouraging and supportive throughout. I am thrilled to be part of the Fierce Grace team and I can honestly say I love my job." Lisa Missah FG Graduate



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TEACHING OPPORTUNITIES

Fierce Grace Yoga Alliance Certified teachers may teach outside of Fierce Grace studios 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 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 Brixton
- Fierce Grace Finchley
- Fierce Grace Muswell Hill
- Fierce Grace Rome, Italy
- Fierce Grace NYC, USA
- Fierce Grace Queenstown, New Zealand

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



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You will also be equipped to teach the 26/2 hot yoga class and many studios worldwide will accept you as a Fierce Grace graduate to teach this in their studios.

Evolution Yoga in the USA will also accept your FGTT certification on learning of their sequence.

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

*"There is something special about Fierce Grace yoga, from the sequences you're taught to deliver, to the excellent training you're given during the course. On top of this, you're also mentored after the course finishes, setting you up to teach at the Hothouse yoga training centre - which is such a great resource to have when you begin teaching. Emma's support sessions are incredibly invaluable - gaining feedback on your delivery from a senior yoga teacher helps you to progress quickly and it is the best possible preparation you can do to become a Fierce Grace hot yoga teacher. What you put into the course you absolutely get back. My advice would be, if you are thinking about doing the course, do it! It's a wonderful network to be a part of and a privilege." **Camilla Garner FG Graduate***

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.

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.



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COURSE OVERVIEW (for all 250hr TTs):

**Hours for NYC 200hr TT will differ slightly*

- Practice and Training Asana - 120 hours
- Teaching Methodology - 25 hours
- Teaching Experience - 25 hours
- Philosophy & History of Yoga - 20 hours
- Anatomy and Physiology - 12 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 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 68 poses and teach you two motivating general level multi-style classes. You will also be equipped to teach the 26/2 class and sequence classes yourself.

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 we aim to break some of the tribal barriers between yoga systems and teach free of limitations whilst adhering to ancient yogic principles.



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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 2 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.
- 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, 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.



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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 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.



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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 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 training. This certification comes from St Johns Ambulance and is a practical recognised certification.



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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 stories 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, Kapalhati 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.

16. BUILDING YOUR LIBRARY OF HEALTH INFORMATION

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



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EXAMPLE SCHEDULE

You will practice 2 classes a day except for Saturdays (1 class) and Sundays off.

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-9 pm) as well as every Saturday 9:30-3 pm. Some evenings there are no lectures. Sunday is your free day for study, homework and relaxation. The schedule may be subject to some changes.

**This is an example London TT schedule; please enquire for an NYC schedule example.*

A typical schedule:

Monday – Friday:			
8:00am	-	10:00am	Lectures, teaching practice
10:15am	-	11:45am	Class
12:00pm	-	1:00pm	Lunch
1:00pm	-	4:30pm	Posture clinic/lecture
5:00pm	-	6:30pm	Class
7:00pm	-	9:00pm	Lectures, films, asana workshops (2-3 evenings per week)
Saturday:			
9:30am	-	3:00pm	Class

There will be essays and 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.

We believe we have created one of the very best courses, it is founded in our years of experience of what is required of a teacher in yoga studios today and we teach it in a supportive and welcoming environment. We hope you will let us support you on this transformative journey.

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