



fusion
yoga studio

Yoga Teacher Training Program

Special Weekend Training Program
Next Session Starts: July 20, 2012

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FusionYogaSac.com

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Fusion Yoga Studio offers a 200-hour training program for students who want to develop skills to teach others in classical Hatha Yoga. This program is designed to deepen one's understanding and practice of yoga, and **may also be taken by those who are not necessarily intending to become yoga instructors**. Many students pursue teacher training not because they want to teach, but because they love yoga and want to learn more. Teacher Training is a wonderful way to deepen your practice and take it to a new level. *This course will build on whatever form of yoga you have been training or practiced in.*

While there are some programs that train teachers in less time than ours, we feel that a longer program gives student-teachers an opportunity to integrate what they've learned. *(There is no substitute for having the time to put into practice what you are learning!)* Our program is offered mostly on the weekends allowing students to complete their training while accommodating career and family commitments. We'll learn, play, and teach together in a relaxed yet focused way. This apprenticeship program will provide you with the opportunity to gain in-class teaching and assisting experience also.

You'll Learn...

- ♥ How to give verbal instructions for teaching postures (language and use of voice), demonstrating poses effectively, and making physical adjustments. Includes working with injuries and teaching safely as well as prop usage and offering modifications. Gain ability to safely teach beginner yoga.
- ♥ How to structure a class, sequencing of poses, creating lesson plans, and managing your classroom.
- ♥ How to teach pranayama, meditation, and relaxation techniques.
- ♥ Basic human anatomy (muscles, bones) and principles of alignment, plus an introduction to the chakra system.
- ♥ The dynamics of student-teacher relationship, building rapport with students, developing confidence as a teacher, and a professional attitude.
- ♥ The Business of yoga – marketing your services, teaching to special populations, etc.
- ♥ Yoga philosophy, ethics, and lifestyle.
- ♥ Opportunity to practice teaching and assisting sessions (in a safe setting to help you gain confidence as a teacher).
- ♥ Homework assignments and self-study, including required reading, observing and assisting in classes. *(Self-study portion of program is completed by student at her/his own time and pace.)*

Prerequisites:

In order that we all begin with a basic knowledge of the postures, our requirements are... 1) **Must have taken a minimum of 5 classes with Lori**, 2) if you plan to actually teach, then you must have been practicing yoga for at least 1-2 years consistently and have a regular personal practice, and 3) a willingness and dedication to commit to self-study/home-study is imperative.

Tuition: \$2,300 **Early Bird & CASH discounts available! See below.**

FULL tuition fee (\$2,300) is due two weeks before the start date unless other arrangements have been made with Lori. Tuition includes the training manual, over 180 contact hours with Lori McCormick, and discounted yoga classes during duration of training. Tuition does NOT include required reading material. *(Most books are available used on Half.com or Amazon.com. We also have some books available for lending.)*

Fees can be made in one-payment or paid out over a couple of months with a \$100 finance charge. *(Financial arrangements will need to be discussed with Lori in advance.)* Payment can be paid by check, credit card (Visa or MasterCard), or cash (discount available). **To qualify for Early Bird Discount, FULL payment must be received ONE MONTH before the start date.**

Tuition w/ Early Bird Discount:	\$2,000	Save \$300
Tuition w/ Early Bird & CASH Discount:	\$1,900	Save \$400
Tuition w/ CASH Discount:	\$2,100	Save \$200

Interested..?

Talk to Lori and/or pick-up an application form available at the front desk – or print and view forms on-line at www.FusionYogaSac.com.

For more information:

Talk to Lori and/or pick-up an application form available at the studio or on our website. If you have any questions or concerns about the program, call Lori at (916) 600-6557 or email Lori@FusionYogaSac.com.

Procedure for Applying:

Complete an Application Form available at the studio or on our website (www.FusionYogaSac.com). You will be notified of your acceptance within a week of our receiving your application. An application fee of \$50 must be included with completed application form (*payable to "Fusion Yoga Studio"*). The application fee will be deducted from full tuition upon acceptance of application. ***If your application is unsuccessful there will be no charge and your payment will be returned to you.***

Tentative Meeting Dates:

Although student-teachers are encouraged to attend all meeting dates, if you're unable to make a session, make-up options ARE available. PLEASE NOTE: This is a 200-Hour program; however, we've scheduled well over 200 hours for this particular training. (*Some dates may be deleted once the program starts or as the training progresses.*)

July

Fri	July 20	5:00 pm – 10:00 pm
Sat	July 21	8:00 am – 5:00 pm
Fri	July 27	5:00 pm – 10:00 pm
Sat	July 28	8:00 am – 5:00 pm

August

Wed	Aug 1	6:00 pm – 9:00 pm
Thur	Aug 2	6:00 pm – 9:00 pm
Sat	Aug 4	8:00 am – 5:00 pm
Wed	Aug 8	5:00 pm – 9:00 pm
Fri	Aug 10	5:00 pm – 10:00 pm
Sun	Aug 12	9:00 am – 4:00 pm
Thur	Aug 16	5:00 pm – 9:00 pm
Wed	Aug 22	5:00 pm – 9:00 pm
Fri	Aug 24	5:00 pm – 10:00 pm
Sun	Aug 26	9:00 am – 4:00 pm
Thur	Aug 30	5:00 pm – 9:00 pm
Fri	Aug 31	5:00 pm – 10:00 pm

September (Labor Day Week off)

Sat	Sept 8	8:00 am – 12:00 pm
Sun	Sept 9	9:00 am – 3:00 pm
Fri	Sept 14	5:00 pm – 10:00 pm
Thur	Sept 20	5:00 pm – 9:00 pm
Fri	Sept 21	5:00 pm – 10:00 pm
Sun	Sept 23	9:00 am – 3:00 pm
Wed	Sept 26	5:00 pm – 9:00 pm
Thur	Sept 27	5:00 pm – 9:00 pm

October

Wed	Oct 3	5:00 pm – 9:00 pm
Thur	Oct 4	5:00 pm – 9:00 pm
Sat	Oct 6	8:00 am – 12:00 pm
Thur	Oct 11	5:00 pm – 9:00 pm
Fri	Oct 12	5:00 pm – 10:00 pm
Sun	Oct 14	9:00 am – 3:00 pm
Wed	Oct 17	5:00 pm – 9:00 pm
Fri	Oct 19	5:00 pm – 10:00 pm
Thur	Oct 25	5:00 pm – 9:00 pm
Fri	Oct 26	5:00 pm – 10:00 pm
Sun	Oct 31	9:00 am – 3:00 pm

November

Fri	Nov 2	5:00 pm – 10:00 pm
Sat	Nov 3	8:00 am – 12:00 pm
Wed	Nov 7	5:00 pm – 9:00 pm
Fri	Nov 9	5:00 pm – 10:00 pm
Sun	Nov 11	9:00 am – 3:00 pm
Thur	Nov 15	5:00 pm – 9:00 pm
Fri	Nov 16	5:00 pm – 10:00 pm



About Lori ...

Lori McCormick, ERYT is the director of Fusion (and former owner of My Yoga Lounge, Sacramento). Formally trained in the Ashtanga yoga tradition, Lori has studied with Ashtanga yoga master David Swenson, Vinyasa teacher Seane Corn, and Shannon Wells. Additional teachers who've inspired/guided her teaching include Shiva Rea, Ana Forrest, Erich Schiffmann, Ganga White & Tracy Rich as well as many others.

Ultimately, teachers come and go, and while she's studied with many remarkable, in fact extraordinary, teachers, she recognizes the greatest teacher of all is the one inside – the one that lives in your heart; the one that knows what's right for you, is the one that fundamentally remains. That is the teacher she hopes to awaken in each of her students and student teacher... their own inner guru.

Lori blends her experience, knowledge, and passion for teaching into a non-dogmatic style that's supportive and nurturing to ALL physical levels and abilities. She enjoys teaching classes that are energetic, playful, and exploratory – working with students to help them develop their own personal and unique connection to the practice of yoga, both on and off the mat. Her intention is to help guide students in using yoga as a vehicle for healing, in body, mind, and spirit, while connecting to their Source. Besides teaching yoga, Lori is a certified Transformation Meditation teacher. She is registered with Yoga Alliance and is a member of the Sacramento Yoga Instructors' Network. She teaches on-going classes at Fusion Yoga Studio, leads workshops and retreats, trains yoga teachers, and also teaches corporate classes and students privately.

About Bernadette...

Bernadette Halbrook, Ph.D., RYT is a Professor of Counseling with over 25 years experience teaching at the university level and in private practice. She is a graduate of Fusion's Yoga Teacher Training Program and is currently teaching classes at Fusion. She is also a member of the International Association of Yoga Therapists.



Testimonials...

When I enrolled in the teacher training at Fusion, I wasn't sure what to expect. Not only did my practice deepen but so did my relationships with my fellow classmates. In addition, Lori's passion and tremendous knowledge about yoga as philosophy and practice really fostered a holistic understanding of the world of yoga. I would certainly recommend it! ~ Jennifer

I can't imagine having done my teacher training with anyone OTHER THAN Lori Moore McCormick. She is a Master Teacher, and experience teaching new instructors definitely counts when selecting a program. She understands the emotional journey that occurs during training, and was able to support and guide us through times when we felt frustrated and insecure. The program was extremely thorough, and at the end we had the skills to teach a class, to do adjustments with students, and to handle the classroom environment. Lori works with each student until she believes they are ready, regardless of the additional time required of her. ~ Bernadette

I completed Fusion Yoga Studio's 200 hour yoga teacher training program under the guidance of Lori McCormick in the fall of 2011, and receiving my certification has been a life changing event. Lori's instruction was clear, concise and challenging, and while I experienced many ups-and-downs during the program, I am more balanced, confident and fulfilled as a result of those challenges. I have had the wonderful good fortune to begin teaching immediately upon receiving my certification, and I look forward to every single class. My personal practice has grown by leaps and bounds, and my overall wellbeing has been greatly enhanced as a result of my experiences during the training. Whether your goal is to deepen your personal practice or to share the gift of yoga with others, I wholeheartedly recommend this program. I am forever indebted to Lori for taking my brass and turning it into gold, and to my classmates who supported my struggles and celebrated my successes. ~ Carol

This Yoga Teacher Training Program is transformational! It's not just about learning to teach, although, Lori is expert on the nuances of the yoga poses, it is about the integration of the body, mind and the spirit. If you are willing to dive in, Lori will guide you, with beautiful strength and presence! ~ Christie