



Teacher Training Testimonials

"I have been a yoga and Pilates teacher in this area for nearly 15 years, and am an E-RYT 200 certified teacher. I have taken classes, workshops and teacher trainings from many 'big name' teachers over the years; I've learned things from all of them. I have developed my own 'style' of teaching that is a blend from all the things I've learned either as a student or a teacher. As well, I've practiced at nearly every studio in our area, and many in the Bay Area or beyond. Last year I was invited to teach at the Wanderlust Festival, in Squaw Valley, and got to be up close and personal with many accomplished teachers in the art of yoga, in all its forms -- hatha, yin, power, pranayama, meditation, et al. and while they are impressive in their own rights, I can honestly say that Lori McCormick is one of the best yoga teachers I've ever had the honor of learning from.

"Every time I step into the studio to teach or practice, it is still and always Lori's words, lessons, and knowledge that I bring with me as I teach. I have never learned so much about yoga as I did in Lori's teacher training program -- it is comprehensive in every regard. Her knowledge of anatomy, of sequencing, cueing; her mastery of HOW TO TEACH safely and with total concern for the student. She is ethical, compassionate, well-versed in the history and spiritual aspect of the practice, and allows each student (whether in her classes, or in her TT programs) to explore their own particular voice and passion.

"While I believe that yoga is for everyone, the run of the mill power yoga studios that I see do not begin to really address the deeper aspects of this practice. Lori has respect for the ancient art, and treats it as such. It is NOT 'cookie cutter' yoga, but rather, a subtle skill that is different and unique for every person. I would recommend her teacher training program to ANYONE, whether it be a seasoned student or teacher, or a novice." ~ Wendy

"I have met a lot of yoga instructors over the years since I started in 1973. When I met Lori in late 2007, I was immensely impressed by her teaching skill, so much so, that within two weeks, I had signed up for her teacher training program so I could learn from her. Since then, my initial impression has been proved true consistently. Her teacher training program not only demonstrated her deep knowledge of yoga, but also her sensitivity to her students. I have watched her teach a class with both novices and highly experienced students, and be able to teach to all the levels without making the novices feel inadequate or the experienced students feel not challenged. I have experienced her integrity, her skill, and her concern for students. I have seen that she does not strive to be a "rock star" yogi, but rather to be the best teacher she can be. It has been, and it always will be an honor and a pleasure to learn from and work with Lori. I have been consistently impressed by the quality of teachers that graduate from her program, and I heartily recommend her teacher training program." ~ Carl, MD

"Lori's training was REAL. Real people, talking about real things: The REAL aspects of yoga... not the fairy tales. The knitty gritty. I appreciated the authenticity of this training. The authenticity of Lori, and of my classmates. We bonded through the "Why's?" of the practice, not just the "know how's." We bonded through the painful times going on in our personal lives. We bonded through the pain going on in our bodies. We bonded through the CHANGES of character, the growth, the endurance of what we thought we knew about Yoga, our perspectives and life; we all pushed our limits. This training will change your life. YOU WILL BECOME A STRONGER, MORE CAPABLE PERSON IN THE END, WHETHER YOU CHOOSE TO TEACH YOGA OR NOT! Bless you Lori, Fusion, and friends for changing my life for the better!" ~ Colleen

"I really appreciated the Fusion Yoga teacher training. It was my second 200 hour teacher training program, and I intentionally took it as a review to the curriculum and to boost my (dormant) teaching confidence. As a learner, I especially liked the bare bones nature of the Lori's teaching style, focusing more on A&P, teaching methodology (particularly, teaching beginners, non-athletes, and physically challenged students) and focusing more on the general ethics of the ancient yogic ideologies rather than more dogmatic interpretations. Of course, the Satasang (relations, friendships, and community) that came from the training was the silver lining to my experience. Lori is a thorough and experienced teacher. Her 200 hour teacher training is excellent"! ~ **Kate**

"If you are reading this, most likely you've already experienced the relaxation and feeling of well-being that comes from yoga. I practiced yoga for eight years before Fusion Yoga and with Lori for two years before I took her training. This course is a gift to yourself, your family, and your community. You learn to remove distractions and connect with the goodness in yourself and others. Lori's commitment to each student and their process of learning was what impressed me the most. As a Gerontologist, I am keenly aware of the importance of flexibility, strength and balance as we age. I learned the intricacies of yoga from a dedicated professional who understands the body/mind/spirit connection and helped me develop and expand my practice." ~ **June**

"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 well-being 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**

"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**

"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**

"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**

"You will not find a better Yoga Teacher Training Program! Lori opens her heart and her life to the YTT students; she has assembled her wealth of yoga-infused experiences into an exceptional program that will challenge and inspire. I learned so much about all aspects of yoga. Along the way, I learned more about myself and about how to grow with all my wonderful classmates who were on the same path." ~ **Terri**

"If you love taking Lori's classes, you'll love her Teacher Training. Her classes really are true teasers... I loved the relaxed and supportive environment during her training. The personal time, instruction, feedback and one on one assists with Lori were the highlights of the training for me." ~ **Suzanne**

"I am a December 2012 graduate of Fusion Yoga Studio's 200-Hour Hatha Yoga Teacher Training Program and a dedicated yoga practitioner who would love to recommend Fusion Yoga studio.

"I would like to share my appreciation for the sensitive, knowledgeable, wise, and inspiring guidance Lori McCormick gave me throughout the Teacher Training Program, as well as for the high standards maintained and warm, caring teaching offered by all Instructors at the comfortable, clean Fusion studio.

"Lori's anatomical knowledge, deep life experience, spiritual and compassionate character, and personal commitment to yoga and health give the Teacher Training Program authenticity and power.

"I was challenged intensely in the Teacher Training Program, but never injured myself (a good sign that there is balance and awareness being practiced) and I learned so much, both intellectually and in my body. As a result, I stepped past my former limits and was reborn through completing the 200-Hour Training.

"Fusion has also become a home away from home for me, since taking classes from the diverse Instructors at Fusion, as well as bonding with my fellow Teacher Trainees in that Program, filled my heart with a rich, comforting sense of community and shared ideals." ~ **Ann**

"The knowledge and experience that I took away from the Teacher Training program at Fusion has been life changing. Lori directed the program with such confidence, grace and true passion as she created teachers of us all. Not only does Lori provide the trainees with tremendous amounts of information on the practice itself, but also she makes SURE that each student finds their confidence and unique presence on the mat as a teacher. Lori taught me how to find my inner voice, my strength and provided a lifetime worth of knowledge so that I am able to teach where I am at today.

"I know why this program picked me and I am ever grateful for my experience with the phenomenal Lori McCormick". ~ **Alanna**

"After more than a six-month period of research into yoga teacher training, I chose Fusion Yoga Studio for my training. As I spent time practicing there and other places prior to making my decision, I came to know a yoga community at Fusion Yoga Studio full of grace, insightful experience, and a knowledge base unrivaled in my 20+ years of yoga practice. It became clear to me in my time at Fusion that there was no question as to where I would attend teacher training.

"In addition to cultivating an environment of true learning, Lori McCormick understands teaching the teacher. Lori's thorough and thoughtful instruction helped me obtain an education that goes beyond just the physical teaching of yoga into one of a teacher's relationship to safety, quality, and understanding of yoga teachings and responsibility to students.

"I recommend Fusion Yoga Studio's yoga teacher training to the person who wants to teach yoga rather than lead a yoga class, come to a greater understanding of themselves and their yoga practice, and learn in an environment that fosters a sense of a larger community.

"I am thankful to say that I have made lifelong friends in my teacher training. I am also grateful that although I live in another state now, I consider Lori McCormick as my Yoga Mentor and Fusion Yoga Studio as my yoga home.

"Shortly after completing teacher training, I gained regular employment as a yoga teacher at a community college. After an application process, I am now a PrAna Influencer. I credit my good fortune to the valuable and worthy yoga teacher training I received at Fusion Yoga Studio." ~ **Lori D**