

# Allison



In Chicago, January 2013, Allison walked to the end of her block and tried the 'Free Week' promotion at CorePower Yoga. Although it took her 2 weeks to get past the heat, she felt like an entirely new, positive person with a brand new perspective on life. She went every single day for 3 months straight and was so hooked she couldn't remember life before yoga. She wanted to spread the love and awesome yoga vibes with the rest of the world! In April 2014, she completed her 200 hour RYT with the Hot Power Fusion Teacher Training program and Extensions program, and later the C1 CorePower Training program, and went on to teach at CorePower for 2 years.

Allison has been teaching for the last 4 years and loves exploring the variety of yoga styles. She's so happy to call The Zen Box her new home and excited to grow in its community!