

alchemy of yoga

RYT 200 HOUR
YOGA TEACHER
GUIDED BY
SILVIA MORDINI &
LAURA HAND



Yoga believes in transforming the individual before transforming the world...

-Sri Swami Satchidananda

Alchemy of Yoga Teacher Training is wholeheartedly dedicated to the art of self-exploration through SELF-study. Consider this the ultimate adventure! A Hero's Journey that will both challenge and encourage you to embrace your potential and awaken your inner power. This training will transform your doubts, ignite your passion whereby happiness again becomes your natural alchemy.

Upon completion, you will be prepared to design and confidently lead intelligent alignment driven Vinyasa, Hatha and Restorative classes, all with your own signature style. You'll also have the skill to adapt to varied fitness and experience levels of your students. You will graduate as a Happiness Ambassador ready to authentically and effectively inspire others!

Blue Spirit, Costa Rica
July 30-August 20



Alchemy of Yoga is recognized by Yoga Alliance as a Registered 200 hour Yoga school and in it's 10 years has hundreds of graduates worldwide. How does the Alchemy of Yoga work? It transforms us on three levels: Physical Alchemy, Spiritual Alchemy, and Mental Alchemy. It supports authenticity and teaches joyful, self-confidence in living your dharma.

Hello and Super Namaste!

I want you to become part of my Alchemy of Yoga Family. We are a tribe. We are seekers, adventurers, lovers of love, rebel spirits, stretchy-minded, soulful spirits. We enjoy supporting one another, laughter, organic food, dancing in the moonlight, lounging in the hot tub under the stars, playing in the pool, silent meditation hikes, taking naps & enthusiastic conversation about elevating the world.

In our intimate Kula (community of the heart, extended family), we will delve into the deepest study of who we are so we can live our happiness in a big way. More than simply mastering some yoga poses (though you will accomplish this), I want to see you become more self-aware and self-confident in your dharma. This is the part where you find out who you are.



Who am I to you? My teaching intention is to serve you as a compassionate mentor who inspires honest self-inquiry and ultimate transformation. This goes way beyond just teaching: Mentoring means I have the opportunity to hold space for your growth now and forever. I do not follow an authoritarian model of teaching where I just tell you what to do.

Instead, I want you to listen to yourself, pay attention to your body and discern for yourself what supports your authenticity.

How does the Alchemy of Yoga work? It transforms us on three levels: Physical Alchemy, Spiritual Alchemy, and Mental Alchemy. For us as Alchemists

Yogis our laboratory is our mat and the ingredients are our bodies, poses, breath, thoughts and the mixing it all together changes our life.

Happiness becomes our natural alchemy.

I know picking a Yoga School is hard. If my philosophy and approach resonates with you then apply today and let's talk more to know for sure. I'd love the opportunity to be part of your soul journey!

With peace in all ways,
~Silvia~ Alchemy of Yoga

With deep respect and honor: This program is enriched by many ancient teachings, not just yoga, it also draws from Joseph Campbell, Brene Brown, Thich Nhat Hahn, Pema Chodron, Jack Kornfield, Wayne Dyer, Shamanism, Ayurvedic studies, Mythology, and energy systems like the Chakras.

SCHEDULE

MONDAY THROUGH FRIDAY

6:00am-7:30am Meditation + Yoga Practice
7:30am-8:30am Breakfast
8:30am-12:30pm Training Session
12:30pm-1:30pm Lunch
1:30pm-3:30pm Free Time: Beach, Siesta, Surf
3:30pm-6:30pm Training Session
6:30pm-7:30pm Dinner
8:30pm-10pm Training Session (M/W/Fri only, T/TH Free time)
10pm OM OUT

SATURDAY & SUNDAY

7:30am-8:30am Breakfast
8:30am-12:30pm Training Session
12:30pm-1:30pm Lunch
1:30pm-4:30pm Free Time: Beach, Siesta, Surf
4:30pm-6:30pm Training Session
6:30pm-7:30pm Dinner
8:30pm-10pm Movie Night (Sat only, Sun Free time)
10pm OM OUT



2 OPTIONS FOR SELF STUDY:

1. Immersion for serious students looking to deepen their practice and knowledge of yoga asana, meditation, philosophy and spirit but don't want to teach yoga.
2. RYT200 Yoga Alliance Certification program designed for those who are interested in teaching





WHAT'S INCLUDED IN THIS COST

- RYT 200 Hour Alchemy of Yoga Training
- 200 Page Training Manual
- On-going mentoring & teacher tools
- Vision Board
- 21 nights accommodation
- 3 healthful, delicious meals per day
- Vegan, gluten-free, and other options available
- Organic juices, Coffees, Herbal blends, Tea
- Delicious, quadruple filtered drinking water
- Beautiful accommodations
- Daily meditation
- Spanish language basics class
- Excursions to Pacific Ocean Sandy Beaches
- Time for Exploration and Relaxation
- 2 social hours on select evenings
- Yoga mats and all props
- Free wi-fi
- A special eco friendly goodie bag with loving gifts
- Costa Rican Taxes (13%)

WHAT'S NOT INCLUDED

Airfare to and from the training, lodging before and/or after the training if you are coming early or staying later, spa treatments.



MORE ABOUT THE PROGRAM

SVADHYAYA

Self-Study known as svadhaya is really the heart of yoga. This 200-hour program recognized as a REGISTERED 200 HOUR YOGA SCHOOL offers you a unique opportunity to make a deep commitment to learning more about yourself. The emphasis will be on teaching to the heart of the student in a dynamic yet unpretentious way through a marriage of creative vinyasa techniques, disciplined asana & philosophy. This is yoga as a life-long truthful celebration of ourselves, our students, and our world. The program requires a significant, honest commitment of time & energy. It meets every Thursday and 2

IS THIS PROGRAM RIGHT FOR ME?

If reading this resonates with you then yes, it is. Apply and let's talk more. Are you ready for the Adventure of your Life? Joseph Campbell found that there was one CRUCIAL part of every Hero's Journey – and that is the "Call to Adventure". That moment when the hero is living his or her normal life and something changes, there is an opportunity to go on a journey.

The question is, does the hero say YES or NO? Every hero says no at first.

WHY? Simple: fear. They know if they say YES their life will never be the same again. They are afraid of change. They are afraid of risk. They are afraid of greatness. But being a hero means having courage and moving forward even though you are afraid of the discomfort of vulnerability. Vulnerability meaning the courage and truth to be ourselves. (Brene Brown).

Yoga inspires us to aspire to our greatness! The practice tells us that not only do we already possess our greatness, we have a responsibility to share it with the world. Through this program discover your own unique gifts and how to share them authentically with others. APPLY NOW TO SILVIA@SILVIAMORDINI.COM



ALCHEMY OF YOGA: EARTH & FIRE

EARTH: FOUNDATION

Initiation into Truth (Satya)

The Four Agreements

Alchemy of Yoga: How to Live an INSPIRED Life

Alchemy as a Map of Transformation

Tapping into Your Potential and Living in Possibility

How does Alchemy of Yoga Work?

Why does Alchemy of Yoga Work?

EARTH: MANIFESTATION

Alchemy of EARTH Element

Nature Mandalas

Freedom from Fear

Shadow Work

Ethical Guidelines, Your Kula – Your Way

Greatness and Living Honorably Like a Hero & Heroine

Power of Manifestation

Applying the Philosophy of Yoga to Life

Mentoring: One on One Life Coaching

FIRE: IGNITION (TAPAS)

Alchemy of the Fire Element

Recapitulation

Introduction to Movement

· General Principles of Poses

· Intrinsic and Extrinsic Movement

· Bandhas

· Somatics

· The Neuroscience of Yoga

Sun Salutations: Surya Namaskar A, B, C

Moon Salutations & Mandala Namaskars, Dancing

Warriors

Asana Alchemy: 60 Fundamental Poses

Standing Poses:

· Anatomy & Physiology: Feet, Ankles, Legs, Pelvic Floor

· Chakra Focus: 1st

· Techniques + Poses

· Benefits & Purpose

Forward Folds + Seated Poses

· Anatomy & Physiology: Hips + Legs, Integration

· Chakra Focus: 1st + 2nd

· Techniques + Poses

· Benefits and Purpose

Hips + Twists

· Anatomy & Physiology: Abdomen, Hips

· Chakra Focus: 2nd + 3rd

· Techniques + Poses

· Benefits & Purpose

Shoulder Openers/Backbends:

· Anatomy & Physiology: Head, Neck, Shoulders, Front + Back Body

· Chakra Focus: 4th + 5th

· Techniques + Poses

· Benefits & Purpose

Core Cultivation/Inversions/Arm Balances

· Anatomy & Physiology: Abdomen, Arms, Integration

· Chakra Focus: 3rd, 6th, 7th

· Techniques + Poses

· Benefits & Purpose

Anatomy – Physical Alchemy

· Muscles and Bones

· Special Health Conditions

Anatomy – Mental Alchemy

· Stress Response and Relaxation

· Restorative Poses, Therapeutics, Gentle Yoga

· Kids Yoga

ALCHEMY OF YOGA: WATER & AIR

WATER: CREATION

Alchemy of the Water Element

Water Ritual

Body Love

What is Yoga? Spiritual Happiness

Svadyaya of Possibility

Intention as Your Mission Statement

Dharma as Your Vision Statement

Vision Boards & Dream Journaling

The 5 Koshas

Energetic Anatomy

Psychology of Yoga: The Chakra System



AIR: EDIFICATION (SVADHYAYA)

Yoga History: Lineages

Alchemy of The Yoga Sutras from Pantajali

- Alchemy of Yamas
- Alchemy of Niyamas
- Alchemy of Balance
- Alchemy of Happiness

Breathing (Pranayama) Techniques &

Guidelines

Prana Vayus

Meditation Techniques & Guidelines

Ayurveda Philosophy and Concepts

- Daily Routines (Dinacharya)
- Lifestyle Guidelines for Balanced Living



- Dosha Summaries
- Guidelines for balancing the Doshas
- Yoga of Eating: Ayurvedic Diet and Food Plans

ALCHEMY OF YOGA: ETHER

ETHER/SPACE: LIBERATION (ISHVARA PRANIDHANA)

The Psychologically Healthy Teacher

- Teaching as Art, Skill and Service
- Self-Talk: Staying Inspired as a Teacher
- Teacher Mission Statement

The Psychologically Sound Classroom

- Teaching to the Heart of the Student
- Creating a safe and sacred space
- Assessment of class energy, mood, style
- The Essence of Great Teaching
- Teacher & Student Relationship
- Honoring the Sacred Seat of the Teacher
- Ethical Relationships & Boundaries

Alchemy of Communication:

- Learning Sanskrit & Becoming Bilingual in Sanskrit
- Languaging
- Passive and Active Instruction
- Positive and Affirmative language
- Linking Words
- Class Theme Preparation

Creating Themes:

- Drawing Inspiration
- How to Theme in Psychologically Healthy Way
- How to guide students to their own experience through theming
- Teaching a Theme Based Class

- Revisiting Languaging Based on Theme
- Musical Awareness: How to Enhance your Theme Through Music

Wave Theory and Choreography:

- Wave Theory
- Vinyasa Krama
- Choreography and Wave Theory Application
- The Art of Sequencing for Vinyasa Flow: Palette for Sequencing
- Wave Theory: Use of stages Kramas, Layering for Multiple Peaks
- Mini Vinyasas, Rhythmic Vinyasa, Pulsation
- Transitions and Pausing
- Beginning a Class and Ending a Class
- Pacing and Demonstrations
- Sample Sequence Formats & The Language of Movement
- Practice Teaching: Bringing It All Together
- Revisiting Living Your Yoga: Embodying the Practice, Applying Yoga to Your Life
- The Business of Yoga and Sustainability



HOW TO MEET YOGA ALLIANCE REQUIREMENTS FOR RYT200 CERTIFICATION

PRACTICUM:

1. Observations: 4 Hours of Observation are to be completed by each trainee and are made up of 1. observing a practice class while in training, 2. a sunrise, 3. a sunset, 4. self-observation during silent breakfasts. To get credit for these observations you will be required to complete a brief report (a paragraph for each event observed).

2. Assistant Teaching: 2 hours of assisting are to be completed by each trainee and are made up of assisting Silvia in a practice class in Costa Rica and assisting a fellow trainee during practice teaching times. To get credit for assisting you are required to submit a paragraph report for each.

3. Sacred Study Project: Please provide a 2-3 page "report" on the chakra(s) or dosha(s) of your choice. You have complete creative freedom in this self-study, the intention is that you dive deeper into the chakra system or the practices of Ayurveda. You are encouraged to take the direction that inspires you most.

4. Photo Diary: Provide a photo diary of the following 10 fundamental poses: Downward Dog, Warrior 1, Warrior 2, Utkatasana, Pyramid, Pigeon, Ardha Matsyendrasana, Plank or Side Plank, Upward Dog or Cobra, Bridge or Wheel. The personal photo embodying your personal alchemy should include a sentence or two of your impressions.

OTHER:

5. Final open book exam. Please submit your completed final exam within 4 months of completing teacher training. Part of this final will be offered as an oral exam while in Costa Rica.

6. Attendance: 180 contact hours. In the event that any training classes are missed while in Costa Rica, make-up hours covering similar content (as defined by Yoga Alliance) must be submitted for approval to the Alchemy of Yoga team. Categories include: Techniques, Teaching Methodology, Anatomy & Physiology, and Philosophy/Ethics/Lifestyle. All make-up hours must be completed within 6 months of completing teacher training.

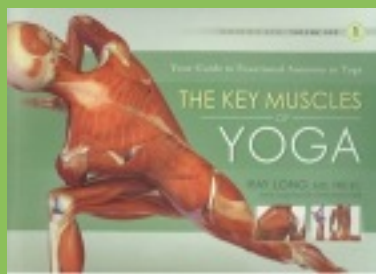
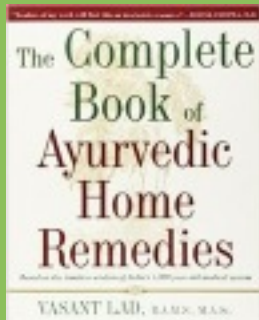
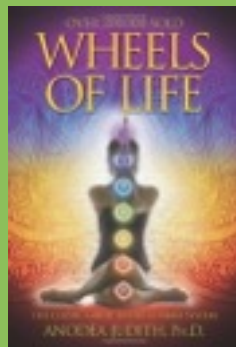
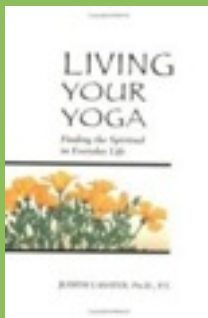
7. Attitude: As a requirement for certification, each trainee commits to a positive attitude of ahimsa, offering loving kindness and patience to all beings.

8. Alignment: Conscious relationships and ethics in line with Yoga Alliance, please refer to the YA Code of Conduct found here: <https://www.yogaalliance.org/AboutYA/OurPolicies/CodeofConduct>

9. Video: Please submit a video of you teaching 30-minute class. This can be a live video with students present or a video of you alone teaching a class that you have created.

REQUIRED BOOKS

- Yoga The Spirit and Practice of Moving Into Stillness, Eric Schiffman
- The Complete Book of Ayurvedic Home Remedies by Vasant Lad
- The Yoga Sutras of Patanjali, Swami Satchitananda or Secret Power of Yoga, Nichala Joy Devi
- Wheels of Life by Anodea Judith
- Living Your Yoga: Finding the Spiritual in Everyday Life, Judith Lasater
- Yoga for Wellness, Gary Kraftsow
- Teaching Yoga: Exploring the Teacher-Student Relationship, Donna Farhi
- The Key Muscles of Hatha Yoga, Dr. Ray Long
- The Four Agreements, Don Miguel Ruiz
- The Yamas & Niyamas: Exploring Yoga's Ethical Practice, Deborah Adele
- How We Choose to be Happy: 9 Choices of Extremely Happy People, Roch Foster & Greg Hicks
- Key Muscles of Yoga: Scientific Keys Volume 1, Dr. Ray Long



Other Recommended Books:

- The Heart of Yoga: Developing A Personal Practice, T.K.V Desikachar
- Yogi Bared by Philip Self
- Yoga from the Inside Out, Christina Sell
- A Path With Heart: A Guide through the Perils and Promises of Spiritual Life, Jack Kornfield
- Wherever You Go There You Are, Jack Kornfield
- Eastern Body Western Mind, Anodea Judith
- The Language of Yoga, Nicolai Bachman
- The Anatomy Coloring Book, Wynn Kapit & Lawrence M. Elson
- The Art of Forgiveness, Lovingkindness and Peace, Jack Kornfield
- Healing Mantras, Thomas Ashley-Ferrand
- Yoga & the Path of the Urban Mystic, Darren Main
- Daring Greatly, Brene Brown
- The Four Desires, Rod Stryker,
- The Way of the Happy Woman, Sara Stover
- The Hero's Journey, Joseph Campbell
- The Heroine's Journey, Maureen Murdock
- Sweat Your Prayers, Gabrielle Roth
- Light on Life, BKS Iyengar

ABOUT BLUE SPIRIT



Blue Spirit has been described by Trip Advisor as "Peaceful Luxury at it's best". It is perched on a hilltop overlooking the Pacific Ocean and is the perfect place to experience your teacher training. When you're not in training, you can relax at the salt-water infinity pool, indulge in a spa treatment, or you're just a short walk away from a stunning, 3-mile long, sandy white beach.

Blue Spirit is one of the foremost world-class yoga and meditation retreat centers in Costa Rica, providing an extraordinary setting to all who are dedicated to spiritual transformation, personal growth, and environmental sustainability. Located in Nosara, the Blue Spirit yoga and meditation retreat center is perched on a hilltop over looking the Pacific Ocean that is protected as a turtle refuge.



The pristine nature, subtropical climate, dedicated staff, and the healing energy of the Nosara community create the ideal environment for an unforgettable and deeply nurturing experience.

Learn more at BlueSpiritCostaRica.com

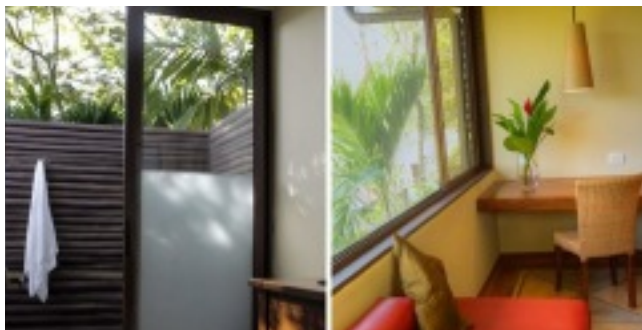
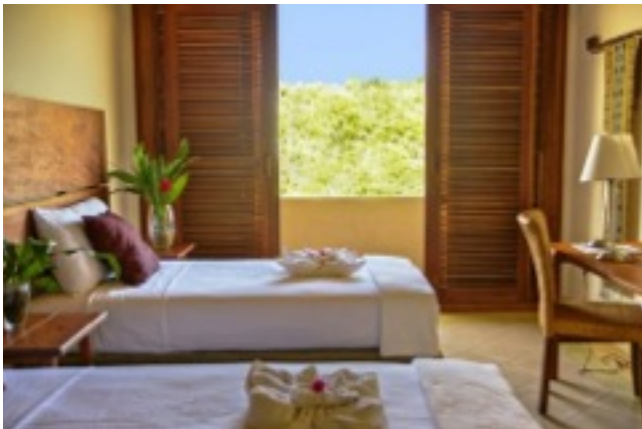
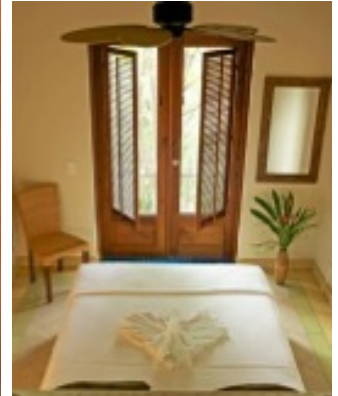
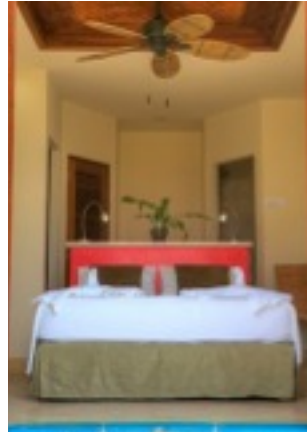
ROOMS AT BLUE SPIRIT COSTA RICA

Nature Suite

Nature Suites are very cozy and located on a hillside overlooking the lush vegetation. They are simple and natural wood frame structures and have private bathrooms with an outdoor shower overlooking the jungle. Each Suite sleeps two people and includes a separate enclosed porch with a desk. All Suites have solar hot water as well as air conditioning. The Suites are a short walk up the hill to the Main Building. Nature Suites have a safety box large enough to fit a 17" laptop computer.

Nature Suite Double (with AC): \$4950

Nature Suite Single (with AC): \$5850



Mountain View

This double room has a step-out balcony and large windows with an extraordinary mountain view. The room is tastefully furnished and provides the perfect space for two people. It has a king-sized bed or two twins with a private bathroom with solar hot water and air conditioning.

Mountain View Rooms have a safety box large enough to fit a 17" laptop computer.

Mountain View: (with AC) – email for pricing

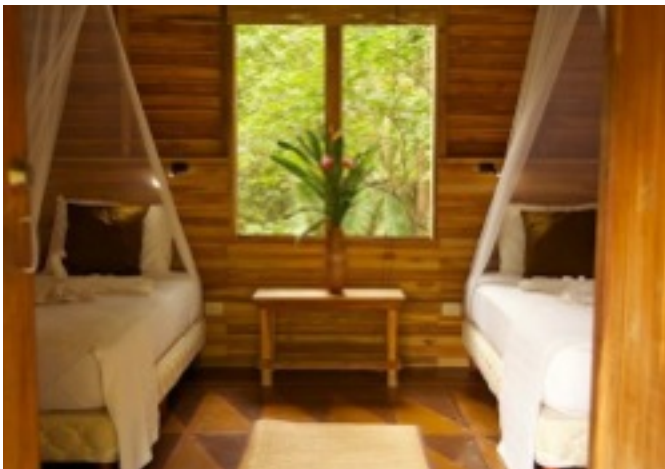
ROOMS AT BLUE SPIRIT COSTA RICA

Hermitage

These rooms are specifically designed for singles and provide privacy and elegance, while being cozy and inexpensive. Many of these rooms have partial views of the ocean and others of the mountains nearby, a queen-sized bed, a private bathroom with solar hot water and a natural ventilation system. There are also a few Hermitage Rooms available with twin beds for two people. Hermitage Rooms have a safety box large enough to fit a 17" laptop computer.

Hermitage Double (Natural Air): \$4599

Hermitage Single (Natural Air): \$4950



PAYMENT PLAN:

\$500 Deposit saves your space!

Payment plan available.

Final Balance due before training (by July 30, 2016)

Eco-Cottages

The cottages are beautifully situated in lush vegetation, allowing for a sensual being-in-touch experience with nature. They are simple and natural wood frame structures with screening for natural ventilation. Each Cottage sleeps two people and has a private bathroom with solar hot water showers and everything runs on solar powered electricity to provide a comfortable and ecological setting. The Eco-Cottages are situated below the Main Building and involve a short hike up a stone stairway to get to the Main Building. Each Eco-Cottage has a safety box large enough to fit a 17" laptop computer.

Eco Cottage Double (Natural Air): \$4150

Eco Cottage Single (Natural Air): \$4699

ABOUT SILVIA MORDINI



Enthusiasm to love your life is contagious around Silvia. Her expert passion connects people to their own joyful potential. Silvia lives her happiness in such a big way that you can't help but leave her classes, workshops, trainings & retreats spiritually uplifted! Born in Ecuador, raised traveling around the globe she is an adventure junkie, writer & happiness coach. After being run over by a car & using yoga to recover physically & emotionally, she owned a Chicagoland yoga studio for 12 years, has taught for over 15 yrs. with more than 12,000 hours of experience.

Founder of 10 year old internationally recognized RYT200 Hour Yoga Teacher Training Program Alchemy of Yoga and co-founder of Alchemy Tours, through which she leads Yoga Retreats and spiritual adventures worldwide. Silvia is currently writing a book "Happiness Prescriptions" and has a popular blog called Loving Your Life, along with producing her "Loving Your Day" videos. Her workshops such as Chakra Vinyasa, Alchemy of Empowerment, Alchemy of Manifestation, 3 Habits of Happiness, Alchemist Detox, Drinking the Lotus, Alchemy of Yoga, Rebel Spirit Flow, Ayurvedic Seasonal Detox and Yoga Sutras Unplugged include inspirational music, mantra, guided visualization, journaling, and meditation.

Her articles appear regularly on various yoga sites MindBodyGreen, Yoganonymous, GaiamTV, Daily Cup of Yoga and she is the author of the The Alchemy of Yoga blog on DoYouYoga.com. Silvia lives in Seattle near the water and the mountains. She loves making Aperol Spritz while entertaining friends at home, and often helps others redecorate their homes. She dreams of one day living on a beach "almost" full-time and simplifying her closet by 50%.

ABOUT LAURA HAND



I went to my first yoga class more than 10 years ago seeking solace from a stressful engineering job. Many breaths and years later, my focus has shifted to learning, living and loving the practice of yoga. The more I scratch the surface, the more this practice lays out before me.

Presently, I am a travel enthusiast and student of life currently living in Japan. I teach yoga to a variety of populations from Google employees to expecting mothers. Through creative and thoughtful sequencing, I encourage practitioners to explore their breath and find space in the movement for stillness. My ultimate goal in sharing yoga is to elevate on a cellular level, stirring up creative energy that vibrates long after the asana practice. It is this residual vibration that has kept me coming back to the practice again and again.

I completed my first teacher training with Alchemy of Yoga under the loving guidance of Silvia Mordini and have continued studying on the evolutionary path ever since. While living in Japan, I have had the good fortune of learning from a host of inspiring yogis including Christina Sell, Kino MacGregor, Kathryn Budig, Simon Park, Elizabeth Rossa, Chuck Miller and Gloria Latham. Most recently, I completed a 3 week immersion training with Shiva Rea in Costa Rica. I embrace the abundance that is available in our present day global yoga community and jump at the opportunity to learn through live transmission whenever I can.

www.laurahandyoga.com

FAQ

When does the training start? July 30th

When do I book my flight home? August 20th

Is there more than one teacher? Yes, both Silvia Mordini and Laura Hand will be leading this training.

How do I know if I'm ready? If you feel inspired to share what you know about how yoga has changed your life then that is one indication that you are ready. We will talk to you and help ask you great questions to help you know for yourself what your heart is saying.

What if I don't want to teach? We offer two tracks of study. 1 is for those interested in going deeper into their own self-study with no intention to teach. The other for those that are looking to use this self-study combined with formal certification to teach publicly.

What if I DO want to teach--will this training prepare me? We have a 10 year proven track record of giving you the tools, the guidance and the practical experience to teach with your own authentic voice. We offer you the opportunity to learn how to adapt the practice for every student using an open system of yoga.

I've been teaching already for a while and need to be sure that this training is going to cover something above and beyond the trainings I've already done.

Can you tell me more about the content? Take a look at our Syllabus page for details. And email us and we'll be happy to go over more detail. About 30% of the students that do our program have already completed another formal teacher training program. They have said over and over how much deeper our program takes you from day 1.

APPLY TODAY! Complete your responses to these questions and submit to silvia@silviamordini.com or download an application at SILVIAMORDINI.COM

Please include: name, emergency contact, address, city/state, zip, day/night phone, cell phone, and email address.

Step 1: Please tell us more about your yoga practice

- How long have you been taking yoga classes and/or practicing?
- Who have been your most influential teachers and why?
- List any trainings, intensives, or retreats attended and why?
- What style(s) of yoga do you practice?
- How often and how long do you practice?

Step 2: Why do you want to take this program?

- Why do you want to be a certified yoga teacher?
- What are your expectations for the training? What do you hope to gain, learn, or improve?
- Do you teach yoga now? If so, please describe in detail.
- If you plan on teaching after completing the program, why do you want to teach yoga?

Step 3: What does yoga mean to you?

- Describe how your life has been impacted by practicing yoga.
- Tell us about your hobbies, interests, community service, etc.
- Describe your physical health (major illnesses, surgeries, physical conditions).
- Tell us about your emotional and mental health
- Do you have a support network of friends or therapist?
- Does your family support this journey you've decided to take?
- This program requires a significant time commitment. Do you have any other major commitments (grad school, 2 jobs, etc.) that would prevent you from participating fully?