A woman with blonde hair, wearing a vibrant yellow and gold patterned dress, is captured in a joyful dance pose in a lush green field. She has one arm raised high and the other extended outwards. The background is filled with tall grass and dense green foliage under a bright sky. The overall mood is one of happiness and freedom.

silvia mordini
INSPIRE HAPPINESS

MEDIA AKT

ALCHEMIST, LOVE LEADER, HAPPINESS AMBASSADOR

STYLE OF YOGA:
BHAKTI VINYASA * INSPIRED STORYTELLER * PLAYFUL SEQUENCING

With contagious enthusiasm Silvia encourages everyone she meets to love their life. 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 seminars, immersions, Alchemy of Yoga teacher trainings and international retreats spiritually uplifted!

Silvia Mordini is an Author, Love Leader and internationally recognized Presenter. Born in Ecuador, proud of her Italian heritage and raised as a world traveler, Silvia developed a sense of global citizenship early on. In young adulthood she was run over by a car – a life changing accident that led her to discover the “Alchemy” of Yoga to heal and transcend. She has taken every trauma since the age of seventeen and alchemized it into her dharma.

Before becoming a serial Yogapreneur, Silvia had a thirteen year Human Resource career including as Director for a Fortune 100 professional services company. She founded and owned Total Body Yoga Studio with over 9,000 clients for ten years. In 2009 she founded Alchemy Tours, an International Retreat company specializing in Spiritual Adventures and she is the Founder/CEO of the sixteen year old, world renowned Alchemy of Yoga Teacher Training School. She has been inspiring happiness, global awareness, and joyful living in students for twenty years.



SILVIA ...

... is a true Alchemist, Connector and Changemaker.

She wakes you up to possibility to set yourself free and gives you truthful advice about how to remove the obstacles to your happiness. Tune into her motivational “[Loving Your Day](#)” Podcast. Read her popular blog “[HappinessRx](#)”, and learn to love yourself, love your day, love your life through her [Mindfully in Love](#) Program, along with enjoying her “[Loving Your Day](#)” YouTube channel.

Get excited her upcoming books „[Happiness Prescriptions](#)“, and “[Soulecting](#)”. Her articles appear regularly in magazines such as Mantra Yoga and on various wellness sites such as MindBodyGreen, Wanderlust, GaiamTV, Daily Cup of Yoga and she is the author of the The Alchemy of Yoga blog on DoYouYoga.com.

THINK OF SILVIA AS THE ULIMATE HAPPINESS AMBASSADOR.

Connect with her on Twitter/Instagram [@inspireyogagal](#) or on Facebook





WHAT IS SOULECTING?

SELECTING WITH YOUR SOUL.

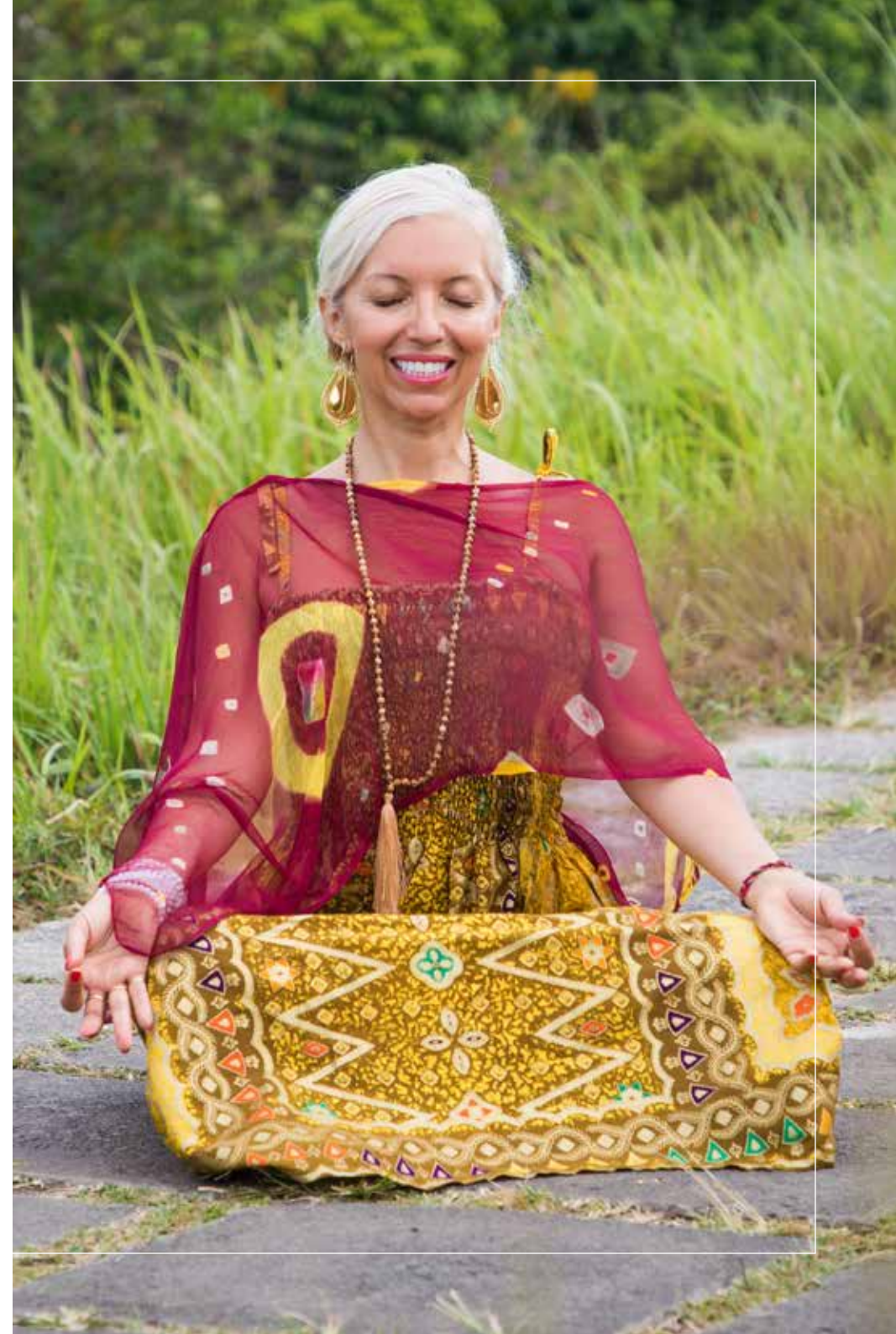
Connect to source energy, believe your intuition and trust your soul to know how to fulfill your spiritual happiness by discovering...

- ... who you really are
- ... how to live your dharma
- ... where to live and find your soul tribe
- ... transform your trauma
- ... leave the safe zone, get unstuck from samskara's
- ... let go of the drama
- ... create rituals and routines for soulful nourishment
- ... nurture your nature
- ... to live mindfullyin.love
- ... with 108 prescriptions for happiness

As the DreamCatcher
Ready to catch
Your OWN dreams.

WORKSHOPS 2019

1. Be a DreamCatcher
2. Dharma over Drama
3. Rituals and Routines
4. Mindfully in Love
5. Happiness Prescriptions
6. Creating Self-Love Kundalini Vinyasa Fusion
7. Eat Dessert First YINalicious



WORKSHOP: BE A DREAM CATCHER

ARE YOU STUCK IN THE SAFE ZONE?

If you're not happier today than you were a year ago, then by its definition you are a bit stuck. Maybe you've already had many of your dreams come true but deep down wonder if you deserve any more. You don't want to ask for too much (as if there was some scarcity around manifesting your dreams). Or your Samskaras, karmic knots, that develop in response to each trauma or loss, have you living from fear instead of love. Then this is the perfect time to drop some old dreams, edit where necessary, transform your trauma, transmute the drama to move through the fear and drop the old stories that hold you back from **DREAMING BIG.**

The origin of the Dream Catcher is associated with a figure from Ojibwa mythology known as Asibikaashi, or "the Spider Woman" a mother protector of all children and people of the land. A popular understanding of Dream Catchers is that while sleeping they protect us from negative dreams, while letting positive dreams through. You place it above your headboard and the feathers hanging down allow us to receive the positive dreams.

Another interpretation is that they represent good energy, and neutralize bad energy - whether you're awake or asleep. They can serve as a powerful ritual reminder to nurture your nature that believes in possibility and wants you to live mindfully in love.

YOUR MEDITATION MIND IS A DREAM CATCHER.

It lets through your high vibration thoughts that connect you to source energy so you can catch your own Dreams. This includes your dream schedule, your dream vacation, dream home, dream life, dream soul mate, and dream health. Living mindfully in love with your life means staying connected to your BEST Dreams and living up into them. No holding back.

THIS IS THE INTERSECTION OF DHARMA AND DREAMS.

I'd love the opportunity to be part of your transformational journey living true to your soul contract by authentically living your Dharma aligned with your Dreams. Your soul knows the way. Dreams reveal your best decisions to your soul. All we have to do is engage in SOULECTING, choosing from your soul.

"Never let life impede on your ability to manifest your dreams. Dig deeper into your dreams and deeper into yourself and believe that anything is possible, and make it happen." – Corin Nemec

Join me in this workshop and BE a DREAM Catcher!

Expect inspirational talk story, dream journaling, guided Vision Quest, Manifesting Kriya and time to meditate for inspiration to love yourself, love your day, love your dream life into reality!

WORKSHOP: DHARMA OVER DRAMA

STARVE YOUR DISTRACTIONS. FEED YOUR FOCUS.

Are you ready to stop being distracted by drama in the form of people, expectations, and old stories in order to live your Dharma? Are you ready to take what's happened and enlighten up your dharma to live your soul's destiny?

Time together in this workshop will give you new and practical ways to move from distracted energy to undistracted energy. No more wasting time making small things important. Let's get clear on what really matters. Focus on what you are manifesting to support your dharma in 5 easy steps.

YOU WILL LEARN:

- How to transform your trauma to dharma
- How to transmute your drama to dreams
- The difference between Distraction and Disturbance
- Understand difference between Attention and Awareness

YOU WILL STOP:

- Living in the past. That was then and this is now.
- Living the life other's want you to
- Stop allowing yourself to shame yourself

Let's take the Bhagavad Gita to heart. It reveals what the world needs from you and how you are called to act as an agent of awakening - to be a healing presence in this world.

Let's get real and drop the luxury of postponing our dharma. The world needs you to share your wisdom, offer up your gifts by starving your distractions and feeding your focus.

In this workshop expect Vinyasa Yoga, Kundalini Kriyas, light meditation, journaling and talk story.

www.alchemyofdharma.com

www.dharmaoverdrama.com

WORKSHOP: RITUALS AND ROUTINES

THIS WORKSHOP WILL TEACH YOU HOW TO:

- Create rituals that matter
- How to build an altar
- Create your BEST Vision statement
- Have a plan supported by daily routines (sadhana)
- Use meditation and mantras that work
- Receive a Decluttering Booklet to detox your life

Think of this as Modern Mysticism or practical mysticism for the modern yogi.

RITUALS DISCUSSED AND PRACTICED WILL INCLUDE:

- REVIVE Morning awakening rituals, yoga and meditation routine
- RECHARGE Soulful nourishment rituals, superfoods and eating mindfully routine
- REPLENISH Bedtime rituals, evening wind down routine for best sleep
- RELEASE Recapitulation, letting go rituals and decluttering

www.soulecting.com

DAILY CONNECTORS TO WHAT REALLY MATTERS: THE PEOPLE YOU LOVE, THE THINGS YOU LOVE, AND THE WORK THAT YOU LOVE.

Learn how to respond to your own needs through ritual and daily routines prescribed as Happiness Prescriptions for radical self-care. Everything works better if you plug it in. Learn practical ways to recharge, reset, replenish, revive, replenish, recite, relinquish, and release. Reach deeper within yourself to make deposits into your love bank so you can rise up higher outside.

WORKSHOP: MINDFULLY IN LOVE

WE ARE MADE BY LOVE, WE ARE MADE OF LOVE, AND WE ARE MADE FOR LOVE ...

Imagine what it would be like to be present and awake to the blessings of love all around us and inside us: To awaken to universal love and be awake2love as presence in relationship to self, family, soulmate, and the world. Let love take center stage.

We live in a world of constant distraction. It's easy to get agitated by the over stimulation of bells, whistles, alarms. With that said we could still overcome this if it wasn't for how we try to deal with it in our left-brain centered world. The left-brain according to psychologists is adept at tasks that involve logic, numbers, reasoning, language and analytical thinking. We try to make peace by over controlling or denying the distraction. This will not bring us peace in our left-brain world.

WHAT WE NEED IS TO PRACTICE BEING MINDFULLY IN LOVE.

Join me for this life-changing love workshop which includes inspirational music, mantra, guided visualization, talk story and Vinyasa flow yoga. Learn a new perspective on your practice through the prism of the empowered feminine. Meet familiar poses in a more

nurturing way and expand your practice with new poses approached in an expressive, connected manner. Move beyond limitations, feel elegance in movement, find joy in what makes you unique in the world. Move like love. Let's play and flow, and restore balance to our inner and outer worlds. At the end, we will have the luxury of the most beautiful guided meditation in savasana ready to live more mindfullyinlove!

The solution to not be pulled into the tug of war between distraction and disturbance is Love.

YOU WILL LEARN THE FOLLOWING:

1. The difference between Attention and Awareness: Awareness is the forest, attention are the trees
2. In our brain focused society rebuilding our awareness through a more global perspective will help us be less caught up in the details of our thoughts that distract us in a gazillion ways. Attention and awareness and action are the intelligence of the soul.
3. How to concentrate. We have become a world where the old saying you have my undivided attention is a thing of the past, these days if we're honest we'd tell people "you have my divided attention." Nobody knows how to listen these days.

"All of us need to believe that we are loved and lovable." – Deepak Chopra

www.mindfullyinlove.com

WORKSHOP: HAPPINESS PRESCRIPTIONS

BHAKTI VINYASA CHILL HAPPINESS FLOW

What does happiness look like? Sexy, flowing, relaxed. We will move in the way that happiness moves. Come as you are, be as expressive as you want in what you wear, and how you move.

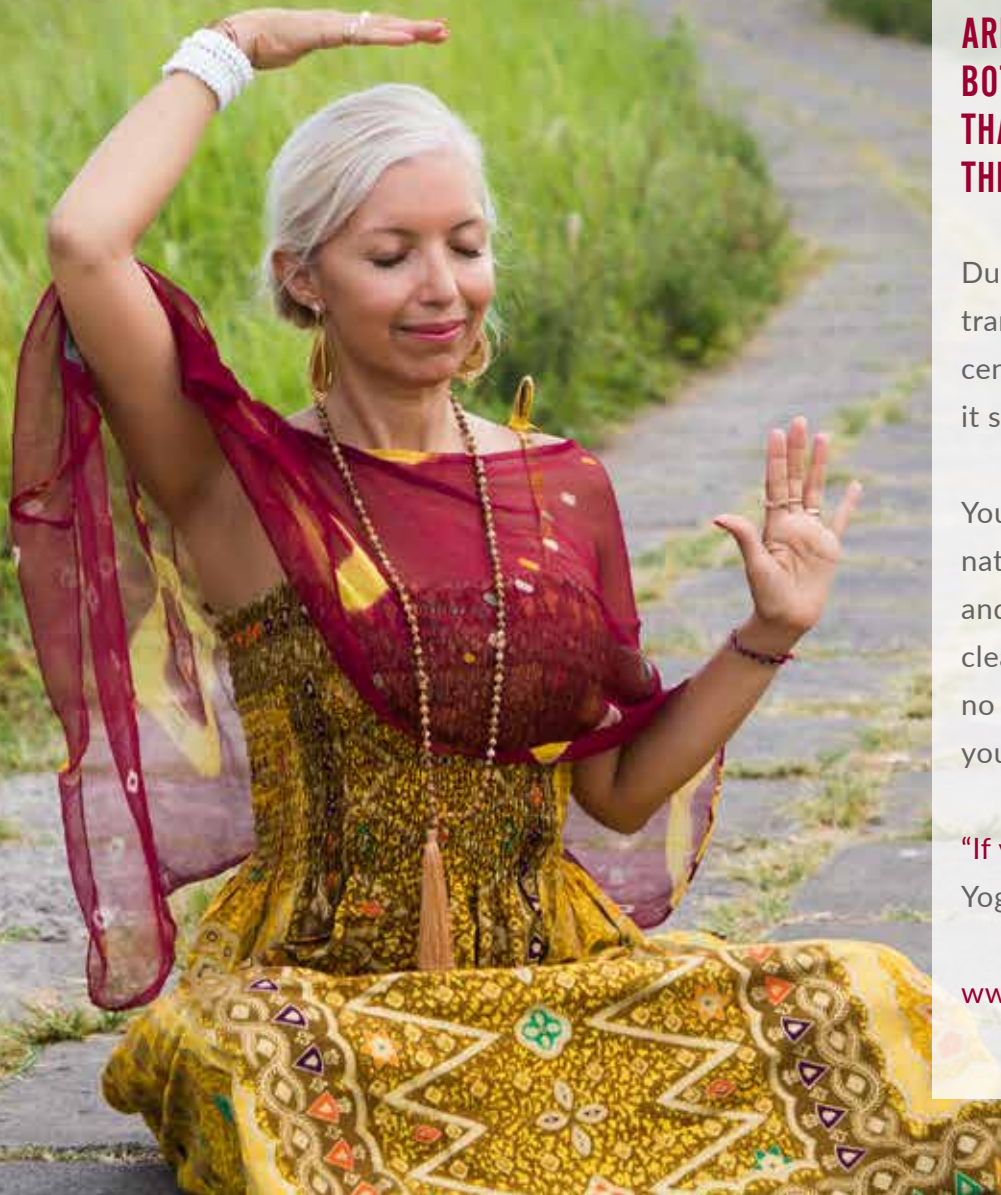
Deep beats, elegant Vinyasa are the backdrop for the ultimate moving meditation. Find finesse between poses, breath, and energy. This practice is a joyful balance of strength, Bhakti, grace, and creativity that reflects the pulsing rhythms of nature through the vibrant practice of Mandala Namaskar, a circular, fluid Vinyasa

sequence and includes twists, spirals, flow motion within asanas, culminating in variations on traditional backbends. Creativity, spontaneity, and playfulness will infuse our chill happiness practice!

Look at Spotify for the ultimate Happiness Playlist and you'll receive a 40 page "Manifest Happiness Guidebook" full of 108 Happiness Prescriptions straight to your inbox to inspire you to Love Yourself, Love your Day, Love your Life!

www.108happinessprescriptions.com

WORKSHOP: CREATING SELF-LOVE KUNDALINI VINYASA FUSION



Fall radically in love with yourself and your body temple.

ARE YOU READY TO CLEAR AWAY ALL THE SUBCONSCIOUS, SELF-SABOTAGING, PROGRAMMED STUFF THAT HAS BEEN BLOCKING YOUR LIGHT? THIS IS THE DAY YOU STOP PLAYING SMALL.

During this workshop repair and release a lifetime of negativity with transformative Kundalini kriyas and then expand your radiant heart center with flowing vinyasa yoga. Let go of lifetimes of fear and playing it small. Learn to see your divine beauty.

You are inherently beautiful, bountiful and blissful. This is your true nature. Let go of old programs and patterns of thinking about yourself and your body that hold you back. From this practice you will have a clear path to walk in beauty as who you really are, no more pretending, no more masks. You'll leave ready to live yourself, love yourself, love your day, love your life!

"If you simply love to live, just love yourself and live yourself."

Yogi Bhajan

www.loveyourday.com

OTHER WORKSHOPS

1. The 13 Mistakes even the most spiritual people make
2. How to be a successful Yoga Teacher: Authenticity, Abundance and Sustainability
3. The Business of Yoga: Yogapreneurship
4. The Business of Yoga Retreats
5. The Business of Yoga Teacher Trainings
6. Bhav Marley Bhakti Vinyasa: Roots, Rock Reggae Flow
7. Yoga Sutras Unplugged: Removing the Obstacles to Your Happiness



SOCIAL

- Instagram 15,9K Followers
- Facebook 12K
- Pinterest 1,5K Followers
- Twitter 2,6K Followers
- YouTube Subscribers
- Newsletter Subscriptions
- Web Traffic available upon request





MY AUDIENCE

- My audience is almost evenly split in gender: 53 % female, 47 % male with the majority between the ages of 25 - 34.
- They live in the United States, Canada, Australia.
- They are adventure travelers who have an insatiable curiosity for the world
- They take pride in being conscious consumers

CONTACT INFORMATION

**WRITER, HAPPINESS COACH,
MINDFULNESS TEACHER, LOVE ALCHEMIST**

Inspired Yoga, Study, and Travel for a LIFE Inspired

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Travel: www.alchemytours.com

Twitter/Instagram: [@alchemytours](https://www.instagram.com/alchemytours)

Love: www.mindfullyin.love

Twitter/Instagram: [@mindfullyin.love](https://www.instagram.com/mindfullyin.love)





alchemy of yoga
THE ART OF SELF-DISCOVERY

TEACHER TRAININGS

- March 31 – April 21 | 2019 | Bali
200 Hour Yoga Teacher Training
- July 7 – July 14 | 2019 | Italy
100 Hour Yoga Teacher Training
- July 27 – Aug 17 | 2019 | Costa Rica
200 Hour Yoga Teacher Training
- September 1 – September 22 | 2019 | Bali
200 Hour Yoga Teacher Training

YOGA RETREATS

- March 17 – 24 | 2019 | Bali

YOGA FESTIVALS

- March 14 – 17, | 2019 | Sedona Yoga Festival
- March 24 – 31 | 2019 | Bali Spirit Festival

PRESS & PUBLICATIONS

Provided upon request



**MAY I BE EMPTY
SO LOVE CAN FLOW THROUGH ME**

silvia mordini
INSPIRE HAPPINESS