



# Bali

## ALCHEMY OF YOGA RYT-200 HOUR YOGA TEACHER TRAINING

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

-Sri Swami Satchidananda

**This personal development program is wholeheartedly dedicated to the art of self-study through self-exploration. Consider this the ultimate alchemist adventure! A Hero's Journey that will both challenge and encourage you to embrace your potential, awaken your inner power, ignite your passion, and live with the sense of bliss and contentment that all of us are born to experience.**

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 while carrying out Alchemy of Yoga's ultimate mission to Teach Peace."

APRIL 1-22, 2018



Alchemy of Yoga is recognized by Yoga Alliance as a Registered 200 hour Yoga school and in it's 12 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 Beloveds!

We want you to become part of our worldwide high vibe 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), we will hold space for you to delve into the deepest study of who you are so you can live Your happiness in a big way. More than simply mastering some yoga poses (though you will accomplish this), we want to see you become more self-aware and self-confident in your dharma (life's purpose). This is the part where you find out who you are.

**Who are we to you?** Our teaching intention is to serve you as a compassionate mentors who inspires honest self inquiry and ultimate transformation. This goes way beyond just teaching: Mentoring means we offer the opportunity to remain supportive of your growth now and forever.

**How do we teach?** We do not follow an authoritarian model of teaching where we just tell you what to do. Instead, we want you to learn to really listen to your feelings, 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 Alchemist 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 remains our natural alchemy.

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

With peace in all ways...Lokah Samastah Sukhino Bhavantu  
Silvia Mordini and Emily Perry ~ Alchemy of Yoga ~ Firekeepers

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# What's Included?

- Tuition for Yoga Alliance accredited 200-Hour RYT Alchemy of Yoga Teacher Training
- 21 nights accommodation
- 3 healthful, delicious meals per day with vegan, gluten-free options including purified water, freshly brewed coffees, teas & tropical fruits provided through the day
- Excursions: Including but not limited to Goa Gajah (elephant temple), UNESCO World Heritage Rice Field Hike, Water Temple Purification Ceremony, Monkey Forest, Sanur Beach, Kecak Dance
- Daily meditation, mantra, and chanting (rhythmic speaking)
- Energy Medicine prescriptions: Earth, Water, Fire, Air Rituals
- 200+ page training manual and vision board
- Time for exploration and relaxation
- 2 social hours on select evenings
- Free WiFi
- Infinity pool
- Fully equipped studio with yoga mats and props
- A special eco friendly goodie bag
- On-going support, mentorship and resources post program
- Taxes included



# Where is Bali?



**Bali** is an island and the smallest province of Indonesia, and includes a few smaller neighboring islands. It is located between Java to the west and Lombok to the east, and its capital—Denpasar—is at the southern part of the island.

Bali is renowned for its highly developed arts, including traditional and modern dance, sculpture, painting, leather, metalworking, and music.

Bali's central mountains include several peaks over 3,000 meters in elevation. The highest is Mount Agung (3,031 m), known as the "mother mountain" which is an active volcano. South of the mountains is a broad, steadily descending area where most of Bali's large rice crop is grown.

The island is surrounded by coral reefs. Beaches in the south tend to have white sand while those in the north and west have black sand.

# Where We Stay

## ALAM PUISI RETREAT

Your room is only steps away from the surrounding rice fields and opens onto a private deck with seating. All of the rooms are designed with their own unique aspect to allow you to experience the stunning beauty and tranquility of the environment. Sit and relax on your private deck, admire the view and feel the freshness of the breeze. Recycled timber, handpicked furniture, fine cotton sheets and authentic Balinese touches are combined with European styling.



# Daily 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)  
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



# Accommodations



Triple Lodging: \$3899

Early Birds \$3,499

Double Lodging: \$4150

Early Birds \$3,750

Single Lodging: \$4699

Early Birds \$4,299



# Cultural Excursions

## WATER TEMPLE PURIFICATION CEREMONY

This experience provides a healing ritual and understanding to the magical mysteries of Balinese spirituality. For this very unique spiritual experience, we have established a collaboration with a Holy Water Temple located in the outskirts of Ubud, that carries a mystifying and ancient energy.





# Cultural Excursions

## WATER TEMPLE PURIFICATION CEREMONY



After your tour of the temple, the Ceremony will be conducted by a Mangku (Balinese Priest).

After the ceremony, you will be invited to change your clothing where a healthy, high vibe lunch will be served. Post lunch we will have a closing ceremony in the Yoga Studio including meditation, group sharing, journaling and mantra. Afterwards, you will have free time to either enjoy the swimming pool, spa or visit the traditional town.

# Cultural Excursions

## UBUD TOUR AND MONKEY FOREST

The monkeys within the Sacred Monkey Forest Sanctuary of Padangtegal are commonly called long-tailed macaques. Their scientific name is *Macaca fascicularis*. Macaques are found throughout Southeast Asia and many species of macaques live successfully in areas that are heavily utilized by humans like they do in Monkey Forest. Interestingly, within long-tailed macaque societies, females are typically born into and remain with a single troop for life. In contrast, adult males may migrate between troops. Currently, there are approximately 600 Balinese long-tailed macaques that inhabit the Sacred Monkey Forest.



# Cultural Excursions



## BALINESE CULTURAL DINNER & DANCING

We will enjoy a tour of an ancestral home, learn why it is organized as such and what the meaning is behind everything. You will learn how to make traditional Balinese offerings. And we'll enjoy an incredibly generous dinner buffet with dance performance.

## SANUR BEACH CLUB & SPA DAY

The island of Bali is surrounded by coral reefs. Beaches in the south where we'll be at Sanur have white sand and the ones on the East have black sand. There is good reason why Bali wins "The Island of The Year Award" almost every year. This trip is a not to miss opportunity to enjoy a day spa and beach club along with riding a bike along the boardwalk if you want. Kite surf, wind surf or just play in the water in between spa appointments.



# Cultural Excursions



## GOA GAJAH (ELEPHANT CAVE)

Goa Gajah 'Elephant Cave' is an archaeological site of significant historical value that makes it a special place to visit.

Goa Gajah dates back to the 11th century, built as a spiritual place for meditation. Upon reaching the base of the cave you will come across an assortment of large old stone carvings, some restored to their former full glory. The pool, excavated in 1954, features five out of supposedly seven statues depicting Hindu angels holding vases that act as waterspouts.

The cave is shallow; inside are three stone idols each wrapped in red, yellow and black cloths. Several indentations show where meditating priests once sat. At the southern end are beautiful rice fields and small streams that lead to the Petanu River – another natural site entwined in local legends.

Goa Gajah was built on a hillside and as two small streams met here forming a campuhan or 'river junction', the site was considered sacred and was built for hermetic meditation and prayers.

# Cultural Excursions

## KECAK DANCE UBUD

Experience the impressive traditional Bali Kecak and fire dance inspired by the epic of Ramayana. Learn about the history and culture of the island from the locals.



# FAQs

## **When does the training start?**

April 15th, 2017

## **When do I book my flight home?**

May 6, 2017

**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 12 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.



# Silvia Mordini

*Writer. Happiness Coach. Teacher. Healer  
Spiritual Vinyasa \* Inspired \* Playful \*  
Mystical*



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 classes, workshops, trainings and retreats spiritually uplifted!

Silvia Mordini is a Writer, Happiness Coach and internationally recognized Yoga Presenter. Her expert passion connects people to their own joyful potential. 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 transform. A serial Yogapreneur, Silvia had a 13 year Human Resource career, owned 2 Yoga Studios, founded Alchemy Tours, a Spiritual Adventure company and developed the 10 year old international Alchemy of Yoga Teacher Training School. She has been inspiring happiness, global awareness, and joyful living in students for 20 years. She also leads private Dharma Mentoring courses for

socially conscious yogapreneurs that aims to calibrate the inner compass for fulfillment and work life balance. This program provides the mechanics to do the work of spirit and be financially successful at the same time. She has been inspiring happiness, global awareness, and joyful living in students for 20 years.

Look for her upcoming book “Happiness Prescriptions,” read her popular blog called Love Your Life (named one of the top Yoga blogs for 2015), along with enjoying her “Loving Your Day” YouTube channel. Her articles appear regularly in magazine such as Mantra Yoga and Health and on various yoga sites such as MindBodyGreen, Yoganonymous, GaiamTV, Daily Cup of Yoga and she is the author of the The Alchemy of Yoga blog on DoYouYoga.com. Devotee of Lakshmi, Silvia loves making Aperol Spritz and cooking tasty vegetarian Italian and Latin infused meals while entertaining friends. She dreams of one day living on a beach “almost” full-time and simplifying her closet by 50%.



Inspired Yoga, Study, and Travel for a LIFE Inspired

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# Emily Perry



*E-RYT 500 hour Yoga Teacher  
Acupuncturist  
Herbalist*

Born in Los Angeles, Emily came into contact with yoga and pilates as a dancer in L.A. and Santa Monica. It wasn't until college in upstate New York, however, that the practice of yoga and meditation found her. She discovered yoga around the same time she started practicing Zen meditation. It was a book called "Light on Yoga," that really hooked her, as she found it to be an amazing manual for living a joyful, healthy, peaceful life.

During that same time Emily began studying herbalism with Native American healers, and soon found a calling to study Chinese Medicine and holistic health. Eventually, when she returned to Los Angeles, she dove into vinyasa flow yoga during its early stages, and felt immediately at home. Emily has studied with Janet Stone, Jody Greene, Christina Sell, Mark Stephens and others in the vinyasa tradition, and still continues her meditation practice she began back in 1994.

Her yoga practice has carried her through Acupuncture school, two pregnancies, and has become the heart of her everyday life. Emily eventually left her Acupuncture practice as teaching became a full time offering. Now, as a wife and mother with two kids, Emily is based in Santa Cruz, California, while offering immersions, retreats and trainings internationally.

Emily currently teaches Bhakti Power Vinyasa and Transformative Flow, trains students in her Transformative Yoga Flow Teacher Training program, and mentors teachers and coaches students in her INNER SHIFT transformative coaching program. You can often find her on the mat when she's not out surfing with the kids, hiking in the redwoods with the dog, or at home cooking plant-based meals.

How I Teach? Weaving together five element theory, energetic alignment, and non-dual philosophy, my vinyasa flow classes explore energetics, mudra, chanting, and pranayama."

Connect with Emily:

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