

alchemy of yoga

RYT 200
HOUR
YOGA
TEACHER
TRAINING



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

Alchemy of Yoga Teacher Training is wholeheartedly dedicated to the art of self-discovery. 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 fears, ignite your passion whereby happiness becomes your natural alchemy.

Upon completion, you will be prepared to design and confidently lead Chakra Vinyasa, Vigorous Vinyasa, Slow Flow Mindful Vinyasa, and Gentle

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 effectively inspire others!

Blue Spirit Costa Rica

August 1-22, 2015



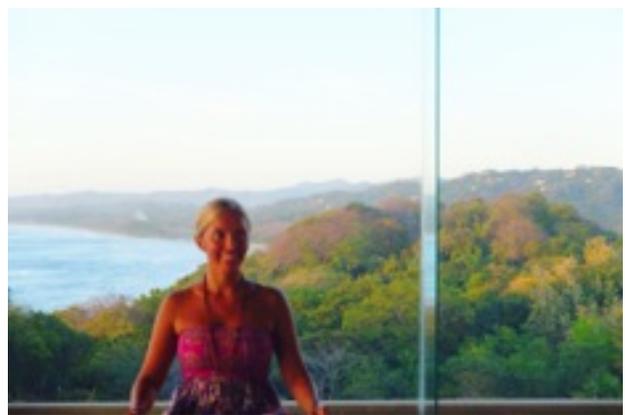
Alchemy of Yoga is recognized by Yoga Alliance as a Registered 200 hour Yoga school. How does the Alchemy of Yoga work? It transforms us on three levels: Physical Alchemy, Spiritual Alchemy, and Mental Alchemy. It supports authenticity and teaches joyful, self-confidence in living your dharma.

Hello and Super Namaste!

Alchemy of Yoga Teacher Training is wholeheartedly dedicated to the art of self-discovery. Consider this the ultimate adventure! A Hero's Journey that will both challenge and encourage you to embrace your potential and playfully awaken your inner power.

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 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 becomes our natural alchemy.

When you've completed your training, you will be completely prepared to design and confidently lead Chakra Vinyasa, Vigorous Vinyasa, Slow Flow Mindful Vinyasa, and Restorative classes, all with your own signature style. You'll also have the skill and confidence to adapt to the varied fitness and experience levels of your students making yoga accessible to everyone. You will be ready to effectively inspire others and will graduate as a Happiness Ambassador joining 16 previous classes of graduates over the last 10 years.

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.



ABOUT RYT200 ALCHEMY OF YOGA TEACHER TRAINING

Alchemy of Yoga covers the foundations of the 8 limbed path of Yoga and believes in yoga as a life-long truthful celebration of ourselves and our world.

Something magical and mystical happens when a group of high-intentioned individuals make the decision to gather together for 200 hours with the purpose of uplifting their lives & expanding their consciousness into radical authenticity. The result is something beyond words. It is, as best as I can explain it, the Alchemy of Yoga at its best. Chapter 2 verse 1 of the Yoga Sutras sets forth how the Alchemy of Yoga actually works. "Tapas svadhyaya ishvara pranidhana kriya yoga." Translated to mean that yoga helps us transform ourselves on three levels:

Physical Alchemy - Tapas helps us ignite the changes we want to make in our lives. It is about the getting fired up and passionate. Literally it means heating the body through moving and breathing in the vinyasa.

Mental Alchemy - Svadhaya. While we are following the discipline of tapas and engaging in physical practice to help move our stuck energy we are watching ourselves. In yoga we study the self to learn about the self. Here the mental alchemy is through self-

observation. We witness what is going on in our thoughts, what are we thinking.

Spiritual Alchemy – ishvara pranidhana. As we are doing and watching we let go of the ego of judgment. We move beyond wanting life to be different and begin to feel the surrender that allows what is being offered to mix together. We practice ishvara pranidhana as we trust the universal intelligence that hugs us from all directions to know what it's doing. And once we find this trust we begin to believe that beauty and goodness are within us flowing nonstop and there is no reason to stop this flow for its natural current is to align with the current of grace that is everywhere outside us. Beauty becomes our way of life. Happiness becomes our natural alchemy.

You see when you get together in a Teacher Training Tribe we are all like the Alchemist in his/her laboratory mixing ingredients. For us as yogis our laboratory is our mat and the ingredients are our bodies, our poses, our breath, our thoughts and the mixing it all together creates a different result every time. A Teacher Training Program changes your life. You wake up to the power you have to go into the laboratory of your life experience and mix the potions you want to create your best life going forward!

OVERVIEW OF YOUR ADVENTURE

1st Chakra: Alchemy of Yoga:
Tapping into your potential and living in possibility

2nd Chakra: Flow:
Discovering your optimal performance

3rd Chakra: Unlearning the obstacles to your happiness

4th Chakra: Express Yourself!
Self-love, Tapas, and healthy habits

5th Chakra: Relationship Yoga:
Communication

6th Chakra: 5 Elements Alchemy of Yoga (Anatomy, Ayurveda, Chakras, Muscles & Bones)

7th Chakra: Awareness of Awareness: Transformation into the infinite



PROGRAM MODULES

1. The first phase will focus on the fundamental principles of Yoga including an introduction to yoga philosophy (Yamas and Niyamas), history, basic Sanskrit, the implications of Ethical Behavior and living your yoga with an Ethical Code and Ecological integrity.
2. The second phase will focus on General Principles of Poses, How to Teach a Pose safely to all levels of students, The Stages of Poses, Benefits of Poses, Purpose of Poses, Ways of Sequencing using Vinyasa Krama, Sun Salutations, therapeutics, & the Art of Assisting (verbal and physical adjustments and enhancements) in an authentic, safe and generous way.
3. The third phase will focus on the art of teaching including creative sequencing in class design, developing life affirming class themes, importance of positive language, voice intonation, musical awareness, personal practice as laboratory and how to teach to the heart of the student. The healthy Teacher-Student relationship: understanding it and how to resolve ethical issues.



4. The fourth phase will focus on the practical skill development of apprenticeship through observing classes, assistant teaching, and Karma yoga (community service yoga offering). And personal development in respect to the Business of Yoga.

Post Training Mentoring Includes but is not Limited to:

- Planning a yoga career/business: how to best market yourself while maintaining strong ethical standards and life balance
- How to resolve ethical issues that arise from teaching yoga

IS THIS PROGRAM RIGHT FOR ME?

Well 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

ABOUT SILVIA MORDINI



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!

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 9 years, has taught for 15 yrs with over 11,000 hours of experience. Silvia is currently writing a book about Prescriptions for Happiness and has a popular blog called Loving Your Life, along with producing her "Loving Your Day" videos.

Thru Alchemy Tours, she leads retreats worldwide. She also founded Alchemy of Yoga, a nationally recognized RYT200 Hour Yoga Teacher Training (Self-Study) Program in its 9th year. Her articles appear regularly in MindBodyGreen as a Wellness Expert, Do You Yoga, Yogi Times, Yoganonymous, The Cultureist, My Yoga Online, and Daily Cup of Yoga amongst others. 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 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 overlooking 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.

WHAT'S INCLUDED?

- 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 Waterfalls and 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%)



ABOUT COSTA RICA

Recently named the Happiest country in the world! This is a land of Pura Vida where Ecological Integrity really matters. The easy vibe and friendly locals welcome you like you were family.

In the last 10 years Nosara has grown quietly into one of the hip holistic hot-spots on the planet. This peaceful and vibrant international community of nature lovers, surfers, yogis, and families truly embraces the Pura Vida lifestyle. The community resides along the coast with 3 unspoiled stunning beaches – Playa Guiones, Playa Pelada, and Playa Nosara – with private houses, little hotels, and excellent restaurants hidden into lush tropical greenery. Blue Spirit has become a vital part of this community.

The residents of Nosara are committed to preserve their natural environment. The 3 beaches are protected as a turtle refuge, and almost half of the land in the entire area is protected forest, and a moratorium on hunting animals stretches back for over 20 years.

The actual village and original settlement of Nosara is 4 miles inland, alongside the Rio Nosara. It's a small traditional Costa Rican town with grocery stores, typical restaurants, churches, a disco, a soccer field, and the landing strip for daily flights to and from San Jose.

YOUR INVESTMENT

Nature Suite Double (with AC): \$4950
Nature Suite Single (with AC): \$5850

Hermitage Double: \$4599
Hermitage Single: \$4950

Eco Cottage Double (Natural Air): \$4150
Eco Cottage Single (Natural Air): \$4699

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



ABOUT RYT CERTIFICATION

SYLLABUS INCLUDES

- Techniques 100 Contact Hours/15 Non Contact Hours: Includes asanas, pranayamas and meditation. These hours include both training in the techniques and the practice of them.
- Teaching Methodology 25 Contact Hours/6 Non Contact Hours: Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning.
- Anatomy and Physiology 14 Contact Hours/6 Non Contact Hours: We will incorporate awareness of physical and subtle anatomy throughout training.
- Philosophy, Ethics, & Lifestyle 20 Contact Hours/10 Non Contact Hours: Study of Yoga Philosophy (Yamas, Niyamas), Yoga Scriptures (Yoga Sutras), ethics for yoga teachers, 'living the life of the yogi'.
- Practicum 10 Contact Hours: Includes observing and assisting in classes taught by others. Hours may be a combination of supervised and unsupervised. (5 hours of assistant teaching, 5 hours of observing classes).
- Electives/Independent Study 10 Contact Hours/5 Non Contact Hours: these hours will include assigned reading or other homework like book reports, unsupervised study/meditation groups, classes, workshops, community service (mandatory element, 5 hours of Karma Yoga Student Teaching).

CERTIFICATION REQUIREMENTS FOR RYT 200 PROGRAM

PRACTICUM

1. Observations: Email me on the exact dates/name of teacher/location where you have completed your 5 observations. To get credit for these observations you will be required to complete a brief report (a paragraph or two but please no more for each).
2. Assistant Teaching: Email me on the exact dates/name of teacher you assisted/location where you

have completed your 5 assists. To get credit for assisting you are required to submit a paragraph report for each.

3. Student Report: Email me a 3 page report on either a Chakra or a Dosha.
4. Karma Yoga: Email me the exact dates/location where you have taught 5 hours for FREE. To get credit you must submit a paragraph report for each.

OTHER

5. Asana Sheets: Email me the completed Asana sheets or print out 1 copy and submit.
6. Final open book exam. Email me your final or print out 1 copy and submit
7. Attendance: 180 contact hours
8. Attitude
- 9: Alignment
- 10: Action: Conscious relationships and ethics in line with Yoga Alliance

For each teacher trainee it takes a different amount of time to "complete" the program post classroom sessions. Everybody has their own yoga and we respect that. I honor this and namaste you! And I want you to LIVE your namaste as you do what you feel is best for you.

REQUIRED BOOKS

1. The Yoga Sutras of Patanjali, Swami Satchitananda or Secret Power of Yoga, Nichala Joy Devi Practice:
2. Yoga The Spirit and Practice of Moving Into Stillness, Eric Schiffman
3. Wheels of Life by Anodea Judith
4. The Complete Book of Ayurvedic Home Remedies by Vasant Lad
5. Yoga for Wellness, Gary Kraftsow, Penquin, 1999
6. Teaching Yoga: Exploring the Teacher-Student Relationship, Donna Farhi
7. Living Your Yoga: Finding the Spiritual in Everyday Life, Judith Lasater
8. The Key Muscles of Hatha Yoga by Dr Ray Loong
9. The Heart of Yoga: Developing A Personal Practice, Desikachar
10. The Four Desires by Rod Stryker

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



CYT – Certified Yoga Teacher Application

(Registered Yoga Alliance 200 hour program)

APPLICATION

Send completed application and materials via email to:
silvia@alchemytours.com

BACKGROUND

Please include: name, emergency contact, address, city/state, zip, day/night phone, cell phone, and e-mail 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?