



ONLINE YOGA TEACHER TRAINING

alchemy of yoga
THE ART OF SELF-DISCOVERY

FROM MY HEART TO YOUR HEART

WRITTEN BY SILVIA MORDINI



Alchemy of Yoga School of Healing Arts is ready to welcome you wherever you're at home in the world and in your practice!

We are stretchy minded seekers, who are both soulful, and sensitive. We love supporting one another, laughter, and enthusiastic conversation about elevating the world one down dog, mindful breath, or moment of meditation at a time.

We are womxn who support freedom for all & understand that yoga is founded in social justice.

Think of this as Yoga Teacher Training for **Changemakers**, Peace Activists and Rebel Spirits ready to honor their calling and light up the world!

My program is dedicated to the Art of SELF-discovery. I am the Founder, **Silvia Mordini**, wholeheartedly dedicated to help you grow confident in your purpose so you can fulfill the highest expression of yourself, and live your DREAM Life!

Join a like-minded soul tribe to embark on a transformative journey from the inside out.

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HERE'S THE BIG NEWS!

This is exactly what you have been ready for...

Due to Covid-19, Yoga Alliance, the international registry of Yoga Teachers, is temporarily approving graduates of my ONLINE 200 Hour Yoga Teacher Certification **to register with them.**

This is an amazing opportunity and won't last for long!

Not beyond December 31st, 2021.

I have certified hundreds of teachers around the globe for the last fifteen years. It is my greatest joy to now offer you my program in the comfort of your own home. Most importantly, I have experience both on the mat and online to help you become the BEST Yoga Teacher possible.

This is the opportunity of a lifetime to profoundly change your life. And when you change your life, you change the world.



alchemyofyoga.com

YOU'VE BEEN WAITING FOR THE "RIGHT TIME"



The secret to picking the perfect time is that there is none.
Yoga Sutra Chapter 1 Verse 1 says
"Yoga begins NOW."

Truth is there's no better time to begin a teacher training than now.

Even Harvard Medical School said earlier this year that Yoga and Meditation are the best tools for handling pandemic stress today. This means the world needs more Yoga Teachers than ever before!

Especially Teachers for students
NEW to Yoga.

Alchemy Training will ignite change in your life.
It is completely transformative.

NOW

HOW DO YOU KNOW YOU'RE READY?



If you're reading this, then we are 99% sure that completing a yoga teacher training has long been on your bucket list. You just haven't had time to break away from the busyness of your life to complete your training in-person. This is exactly what you have been ready for.

YOU MANIFESTED THIS!

Looking for extra clarity? Let's talk, book a CLARITY CALL with [here](#) or chat on [messenger](#)

DOES THIS SOUND LIKE YOU?

The Changermaker

- You are looking for a lifestyle shift, but are still committed to your life! Thankfully, this course fits into your busy schedule.
- Taking a teacher training has been on your list for a while, but it just hasn't been the right time.
- If you've been feeling like there's something "bigger" out there, if you've been wanting to dig deeper into yourself, if you're ready to make changes in your life – this is for YOU!



THIS PROGRAM WORKS WELL FOR

- ✓ **Womxn** working from home during the pandemic, who are seeking 'what is next?' for your personal or professional life
- ✓ **Busy working womxn** who have been seeking to find a way to offer others the stress relief of Yoga to support their mental, emotional, and physical well-being
- ✓ **Mom's who are home** right now who want to train in Yoga to offer the healing benefits to others
- ✓ **Teachers** (elementary, high school, college) who want to be certified to offer Yoga & Mindfulness to your students, both online and in the classroom.



DO YOU KNOW WHO IS A
GREAT FIT FOR ALCHEMY TT?

Womxn who believe change is
possible for themselves and the
world.

Womxn who want to be the change
they want to see in the world and
have fun doing it.



DO YOU FEEL OUR VIBE?

► You are ready to embrace the deepest authentic YOU!

- You love Yoga, and enjoy its many benefits, but are ready to learn more.
- You have a desire to inspire! You take pride in making a meaningful contribution to the world
- You want to get to the heart of your Truth: You want to know your True Self; attract True Love; start living your True Purpose with Passion
- Deepening your spiritual practice is important to you
- You want to make lifelong new high vibe friends
- You would love to create a career that you are passionate about



CONVENIENT



WHY NOW?

The world needs your light, your inspiration and your leadership now more than ever! **You can make your dreams of becoming a certified yoga teacher FINALLY come true!**

WHAT IS TRAINING LIKE?

PRACTICAL
SELF-PACED
CONVENIENT
FLEXIBLE
SPIRITUAL

HOLISTIC
INCLUSIVE
FAIR
PERSONAL
COMMUNITY

BENEFITS



ALCHEMY ONLINE TRAINING

- ✓ A hybrid of both self-paced and interactive teaching modules that are online, live-taught, zoom classrooms totaling over 60 hours of interactive instruction (or watch the replays)
- ✓ Flexible pacing.
- ✓ Personalized attention and feedback. In an online environment, I will be able to study your poses for alignment and refinement one person at a time
- ✓ Mentoring support for you, your practice, and your business during and after.
- ✓ This program will help you develop a brand & business plan to successfully teach yoga & wellness online AND in-person

COMMUNITY



WHAT MAKES US AMAZING?

- ✓ Cutting edge technology, library of teaching materials and videos and a hands-on approach to distance learning
- ✓ Lifetime access. You can come back and review and retake any lessons or practice sessions you'd like. The materials are yours, and you'll be surprised at what else you can learn when you retake modules.
- ✓ You will develop a global network, a tribe of like-minded people and deep friendships. Expect students from all over the world!

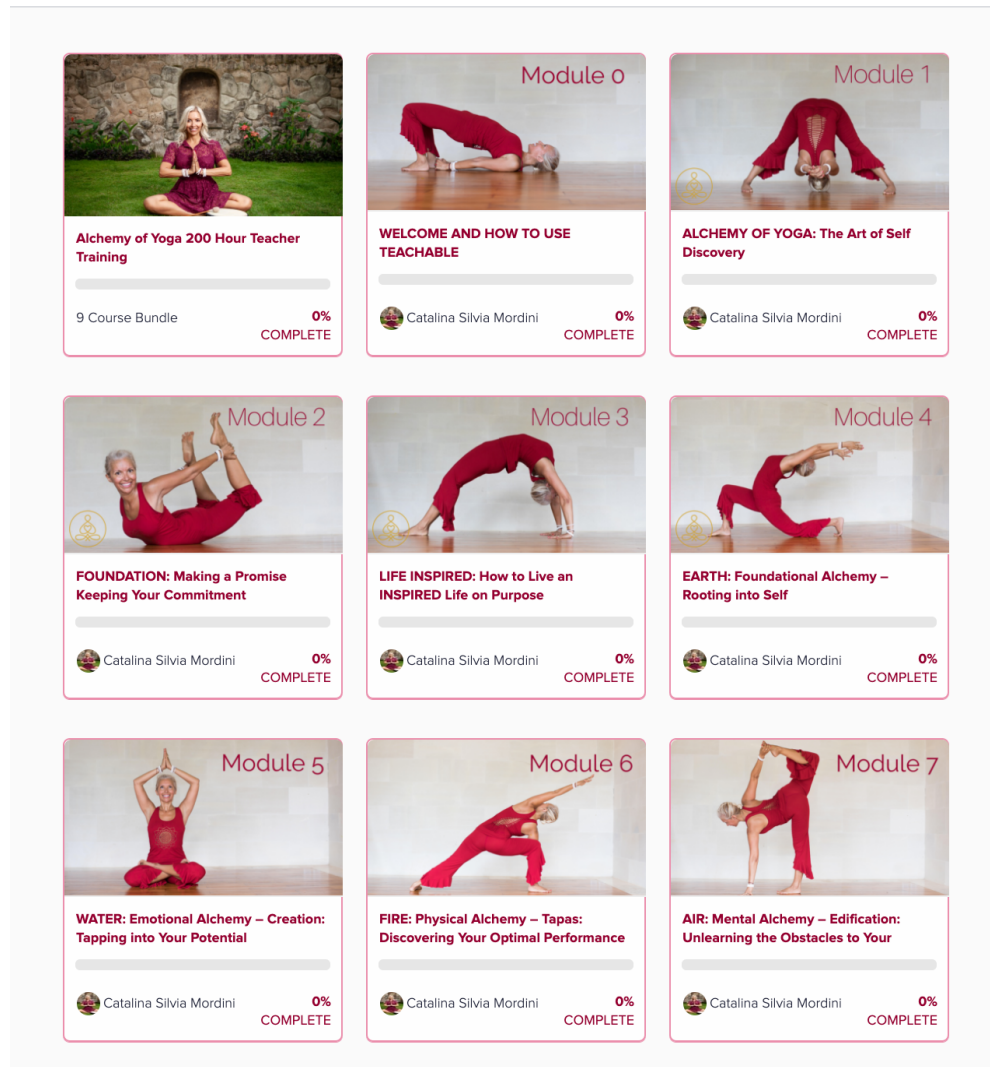
FLEXIBLE



ONLINE PROGRAM CONSISTS OF:

- ✓ Study hours, including reading your YTT Manual & required textbooks
- ✓ Our live zoom classrooms (or replays)
- ✓ Teaching videos in Alchemy of Yoga learning platform on Teachable
- ✓ Online live yoga practice sessions
- ✓ Private Facebook group with 24/7 support & additional live content
- ✓ Private WhatsApp group for your training tribe with 24/7 support
- ✓ Practice teaching with your fellow students online
- ✓ Certification upon completion & option to register with Yoga Alliance

WHAT YOU SEE WHEN YOU LOGIN



Module 1

Module 1 ALCHEMY OF YOGA: The Art of Self Discovery

0% COMPLETE

Course Curriculum

Your Instructor

Course Curriculum

Start next lecture > Introduction to Alchemy of Yoga (1:33)

MODULE 1 ALCHEMY OF YOGA: The Art of Self Discovery

	Introduction to Alchemy of Yoga (1:33)	Start
	Alchemy of Yoga Vision & Mission Statement	Start
	How is Alchemy of Yoga Organized?	Start
	Why Does Alchemy of Yoga Work?	Start
	Alchemy of Yoga Program Overview	Start
	Schedule	Start
	Syllabus	Start
	How This Program Meets Yoga Alliance Requirements for RYT-200 Hour Certification	Start
	How to Receive Your Certification	Start
	Alchemist Manifesto	Start
	Alchemy Meditation (9:06)	Start
	Alchemy of Yoga Class Plan (4:23)	Start

ORGANIZED



YOGA ALLIANCE APPROVED TRAINING

Your Online Yoga Certification offers you an 8 module syllabus, organized into the 4 Educational Categories from Yoga Alliance:

1. Technique, Training & Practice
2. Anatomy & Physiology
3. Yoga Humanities
4. Professional Essentials

TRANSFORMATIONAL



THE EIGHT MODULES OF YOUR TRAINING

MODULE 1 ALCHEMY OF YOGA: The Art of Self Discovery.

MODULE 2 FOUNDATION: Making a Promise Keeping Your Commitment

MODULE 3 LIFE INSPIRED: How to Live an INSPIRED Life on Purpose

MODULE 4 EARTH: Foundational Alchemy – Rooting into Self

MODULE 5 WATER: Emotional Alchemy – Creation: Tapping into Your Potential

MODULE 6 FIRE: Physical Alchemy – Tapas: Discovering Your Optimal Performance

MODULE 7 AIR: Mental Alchemy – Edification: Unlearning the Obstacles to Your Happiness

MODULE 8 ETHER: Spiritual Alchemy – Liberation: Transformation into Living Your Happiest Life

HOLISTIC

CURRICULUM

Technique, Training & Practice

75 hours Asana, Pranayama, Meditation, Mantra

This is the largest portion of the curriculum, including meditation, mantra repetition, and asana practice that include various Yoga techniques and styles such as Vinyasa, Hatha, Yin, Kundalini, and Restorative. This program prepares you to teach both online and in person. We offer in depth study of the energy system, Yogic Psychology of the Chakras including their relationship to the koshas, kleshas, nadis and prana vayus.

Anatomy & Physiology

30 hours Physical & Energetic Anatomy

Alchemy of Yoga anatomical education is more than just learning about muscles and bones. You'll learn about practical theories and how to apply them to real-life. We cover both the human physical anatomy (skeletal, muscular, respiratory, endocrine, digestive & cardiovascular systems) as well as biomechanics of safe movement as it pertains to balancing, stretching, awareness, and physical limitations contraindications, misalignments, and adaptations for various levels of students. We offer a specific emphasis on the Nervous System, 'fight, flight, freeze' stress response, vagal theory, and overall mind-body connection as it relates to Yoga. Meditation, Mantra and Mindfulness practices.

CURRICULUM

Yoga Humanities

30 hours From The Yoga Sutras to Modern-Day Mindfulness

Alchemy of Yoga has a non-traditional approach to Yoga Philosophy. Expect a healthy dialogue on key concepts from The Yoga Sutras as well as modern day philosophy and Positive Psychology. We are dedicated to presenting key traditional philosophical concepts, such as Advaita Vedanta (non-dualism). We will also explore ethical relationships and boundaries and what it means to be a psychologically healthy teacher. You will learn techniques about how to guide students to their own experience and be self-led through a non-authoritarian approach. We offer a special emphasis on how to Live the Life of a Yogi based in Ayurveda and its powerful role in promoting the Alchemy of Happiness in your life

Professional Essentials

50 hours Personal Development and Sacred Principles of Teaching

Yoga is defined as the study of the self, to the self, through the self. Alchemy of Yoga is dedicated to self-study through both modern and ancient forms of personal development. We wholeheartedly believe the best teachers are those who know themselves the best. Therefore, we offer you ways to unlearn the obstacles to your happiness, how to harness the power of manifestation, and tap into your greatest personal potential. Yes, demonstrating, assisting, and adjusting students is certainly covered. But we also cover how to hold space for others, how to honor the sacred seat of the teacher, and the Alchemy of Communication from our highest selves using Non-Violent Communication techniques (NVC). Based in Sacred Learning Methodology, we require time spent in observation, reading and processing what this means to you. Most importantly we will give you the tools to Teach Peace. Our program is specifically geared to help you discover your authentic voice with a specialism in the Business of Yoga and how to stand out as a successful Yoga Teacher through our Entrepreneur Training.

I PROMISE

THAT DOING MY YOGA TEACHER
TRAINING WILL HELP YOU MAKE
THE CHANGES YOU WANT
FASTER, BRINGING ABOUT REAL,
LASTING TRANSFORMATION AND
CULTIVATING INNER HAPPINESS
AND SPIRITUAL BLISS

Congratulations!

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200 HOUR CERTIFIED YOGA TEACHER

THIS CERTIFICATION IS AWARDED TO

YOUR NAME HERE

For successful completion and graduation on this day from the
Alchemy of Yoga Teacher Training Academy on APRIL 24, 2020.

Silvia Mordini, E-RYT #21588



INCLUSIVE



SINCE ITS LAUNCH IN 2004...

- Hundreds of students have taken part in this comprehensive certification
- Our Alchemist Alumni come from over twenty-five countries worldwide
- Graduates are teaching all over the world in yoga studios, gyms, community centers, schools, prisons, retirement homes, firehouses... everywhere!
- Alchemy of Yoga has successfully raised the bar on the standard of education for yoga and personal development

We believe in the importance of receiving the best education possible to become a thriving and prosperous yoga instructor.

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 while having the skill to adapt to varied fitness and experience levels of your students.

INSPIRING



GRADUATES OF ALCHEMY MAKE A DIFFERENCE

Whether it be a career change, a lifestyle shift, or a desire to immerse yourself in the practice of yoga...

This program allows you to manifest your unique potential as a yoga teacher.

The coolest result is that our graduates always end up **paying it forward!**

- We have graduates who work in schools with youngsters with special needs.
- Others have taken their yoga practice into underprivileged communities.
- We have graduates taking yoga into prisons and homeless shelters.

Whether they're working in yoga studios, gyms, schools, alternative venues, or community centers around the world... Alchemy of Yoga Teachers make a difference!

HOW ARE WE DIFFERENT?

We are waaaaay more than a yoga teacher training. This is truly a journey in self- discovery. Our unique program enables a *diverse* variety of people to join from over 25 countries worldwide. No matter the reason people join Alchemy of Yoga, they all have one thing in common...

These are mavericks who perhaps don't fit the cookie-cutter mold of a stereotypical yogi.

DOES THIS SOUND LIKE YOU?

Looking for extra clarity? Let's talk, book a CLARITY CALL with me, the Founder, Silvia Mordini @inspiredyogagal [here](#) or chat on [messenger](#).

INTERNATIONAL



15

YEARS

25

COUNTRIES

500

GRADUATES

15k

FOLLOWERS



Yoga Teacher Training is for YOU. Becoming a yoga teacher has always been a goal, but it's been financially unattainable...until now. This teacher training program fits into your life, and your wallet.

OUR VISION FOR YOU

And Joyful Self Confidence In
Living Your Dharma!

OUR MISSION

To Teach Peace

ALCHEMY OF YOGA TEACHER TRAINING CHANGES YOUR LIFE!

Because something magical and mystical happens when a group of high-intentioned individuals choose to gather together for 200 hours with the purpose of uplifting their lives & expanding their consciousness into radical authenticity.

alchemyofyoga.com

EXPERIENCED



FREQUENTLY ASKED QUESTIONS

What is the format of the training?

It is a combination of self-paced online course material and live zoom class sessions

Will I be able to register with Yoga Alliance?

IYES! However you must complete the online course before December 31st, 2021. This date has been set by Yoga Alliance in response to the global pandemic and its impact on the in-person delivery of trainings.

How long do I have access to the course?

After enrolling, you have unlimited lifetime access to this course.

FAIR



FREQUENTLY ASKED QUESTIONS

Are there books or other materials that aren't included in the price?

Yes. Please budget around \$75 in total to acquire the required reading books. Some books may also be available at your local library.

Is the \$250 deposit applied toward my tuition?

Yes! After placing your deposit, your spot in the training is secured. You'll receive an email with next steps and links to either pay your balance in full, or enroll in our interest-free payment plan.

What payment plans are available for May online training?

If you're paying in full, your tuition balance is due on or before Day One. If you're paying via the 4-month plan, your first payment must deduct on or before Day One.

What is your refund policy?

Your \$250 deposit holds your space in the training and is 100 % refundable until day 1 of the training. If you need to drop out for any reason, your deposit can be credited toward a future online training within 12 months from your date of purchase.

INVESTMENT INTO YOURSELF

If this stokes your spirit and you feel our vibe then know this is made to be affordable for YOU so you can make your Yoga Certification dreams come true Online!

PRICING:

\$2,499

My full 8-week immersive Online Yoga Certification Program is worth it! That is a FAIR price for 16 years experience as a Yoga School.

However, at this historic time I feel called to do something **"crazy"** and make it available at a ridiculous price. Why? Because I believe that my responsibility is to GIVE MORE LIGHTWORKERS the tools they need to share the healing modalities of yoga, meditation, mantra and mindfulness with heart and humor.

Therefore you can **BUY NOW for the SPECIAL PRICE OF**, drumroll please...

ONLY \$999

That's a total discount of \$1,500 because I don't want you having to reach deeper into your wallet when you are reaching your biggest yoga dreams!

This offer is only here for a VERY limited time so act fast to secure your spot!

PAYMENT OPTIONS:

- Pay in Full \$999
- Payment plan of 4 monthly installments \$249.75 each

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DEPOSIT

You can pay your refundable \$250 deposit [HERE](#) to secure your spot in our virtual community of the heart! I cannot wait to welcome you to your online international soul-family!

REGULAR PRICING: \$2,499

SPECIAL PRICING: \$999

PAYMENT OPTIONS:

- Pay in Full \$999
- Payment Plan 4 monthly installments \$249.75 each

I'M RRRRRRREADY! WHAT'S NEXT?
Ready to get certified? Click below.

YES, I'M READY! SIGN ME UP!

ABOUT SILVIA MORDINI FOUNDER ALCHEMY OF YOGA HAPPINESS ACTIVIST, LOVE ALCHEMIST, YOGA TEACHER

Let me share a little bit about myself.

I'm a: converse collector, travel addict (can't stop, won't stop), and **Happiness Activist**.

I mostly follow the sun for an endless summer switching between the Northern and Southern Hemispheres where you'll find me in Bali and Australia half the year. I'm living a laptop lifestyle as a storyteller inspiring happiness, global awareness, and joyful living in everyone I meet.

I believe in magic because my life is a miracle.

Some days I can barely believe all that I've recovered from, like getting run over by a car in the United States, the TBI from a life threatening cycling accident in Italy and an awful scooter accident in Indonesia that I walked away from.

That's also why I think everyone deserves more than a second chance. They deserve at least a third chance. In fact the title of one of my books is **"A Third Chance."**

I am a **Spiritual CEO**, Transformation Leader, and internationally recognized Author and Presenter. Before becoming a serial Yogapreneur, I was a Director for an international Fortune 100 professional services company.

I was born in Ecuador. My Father is Italian, my mother is Ecuadorian, and my immediate family is from Brazil, Philippines, and Puerto Rico. Because my life is like the United Nations, I developed a sense of global citizenship early on. **That's why I consider everyone my family.**



If you want to know me, then read me. You'll find hundreds of my published writings about lifestyle, spirituality & wellness read by thousands all over the world as seen in Gaia, Mindbodygreen (USA), Mantra Magazine, Elephant Journal (USA), DO YOU (Hong Kong), Good Men Project, Yogi Times, Daily Cup of Yoga, Wanderlust, and I am a wellness expert as seen in Psychology Today, HuffPost, Medium and more.

For over 15 years, with more than 13,000 hours of teaching experience through my writings, workshops, online courses, podcast and international retreats and trainings, I inspire people to get unstuck from their pain and uplevel their happiness. My life story and radical transcendence serve as a catalyst because **I personally know it's possible to transform your trauma to dharma and transmute your drama to dreams.**

Yoga: www.alchemyofyoga.com @alchemyofyoga
Happiness: www.silviamordini.com @inspiredyogagal
Meditation www.mindfullyinlove.com @mindfullyinlove
Love: www.lovingyourday.com @lovingyourday

WHAT QUALIFIES ME TO OFFER ADVICE?



Registered Yoga School

The answer is - because I've personally led 33 Yoga Teacher Trainings over the last 16 years and have more than 13,000 hours of teaching experience. This is in addition to being an enthusiastic Student of Yoga, having studied with the best teachers in the world in over 15 programs.


I've been on both sides.

When I started teaching yoga part-time, my specialism in the Fortune 100 corporate world was Training and Development. It took me 4 years to transition completely to teaching yoga full-time and open a successful Yoga Studio with over 9,000 students earning over SIX-figures.

The truth is I never set out to teach yoga, but what I know is that yoga saved my life more than once. **It changed me.** It healed my physical, emotional, and spiritual pain. **It put me in charge of my own happiness.** Yoga connected me to a deep inner strength and courage I didn't know I had. And at some point all I wanted to do was share what I know, so I learned to teach yoga. I'm so passionate about Yoga I created a program to TEACH others to teach Yoga, **maybe even YOU.**



ONLINE Yoga Teacher Training is the BEST!



" THE LESSONS
YOU LEARN IN
THIS ONLINE
YOGA TEACHER
TRAINING ARE
FAR BEYOND
HOW TO LEAD
A YOGA CLASS."

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"THIS ONLINE
YOGA TEACHER
TRAINING
TRULY BUILDS A
COMMUNITY, AN
ONLINE FAMILY
THAT EXTENDS
FAR BEYOND
ONLINE."

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"BEFORE I TOOK
THE TRAINING,
I WAS LOST. I
WASN'T HAPPY
WITH MYSELF
AND WHAT I
WAS DOING
IN LIFE."

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"ALCHEMY
PROVIDED ME
INSIGHT AND
DIRECTION INTO
DISCOVERING
WHO I REALLY AM
AND WHAT MY
DEEPEST DREAMS
AND DESIRES
ARE."

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"ALCHEMY OF
YOGA GAVE ME
TOOLS NOT ONLY
TO BECOME A
BETTER TEACHER
BUT ALSO TO
BECOME A MORE
PATIENT AND
KIND HUMAN
BEING."

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"ALCHEMY OF
YOGA TEACHER
TRAINING IS THE
MOST
COMPREHENSIVE
YOGA TEACHER
TRAINING YOU
WILL COME
ACROSS."

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"OUR WEEKLY
ZOOM CALLS WAS
JUST THE
MAGICAL
MEDICINE I
NEEDED TO STAY
GROUNDED AND
BE MORE
PRESENT FOR MY
LOVED ONES."


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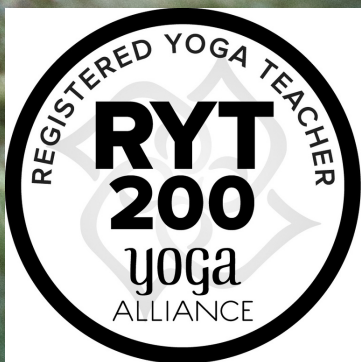
"YOU LEARN HOW
TO LEAD A MORE
INSPIRED LIFE, TO
TEACH & SPREAD
PEACE TO
OTHERS, AND
FOSTER A SENSE
OF PURPOSE
WITHIN
YOURSELF."

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"THIS ONLINE
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TRAINING HAS
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FACILITATOR OF
MY QUANTUM
LEAP TO
HAPPINESS TO
DISCOVER MY
TRUE DHARMA."

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"YOU WILL
LEARN ABOUT
WAYS TO HEAL
THYSELF AND
HELP GUIDE
OTHERS TO
HEALING."

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"I FELT
SUPPORTED,
ENCOURAGED,
ACCEPTED AND
SEEN. THIS IS
HARD TO DO IN
AN ONLINE
PROGRAM."

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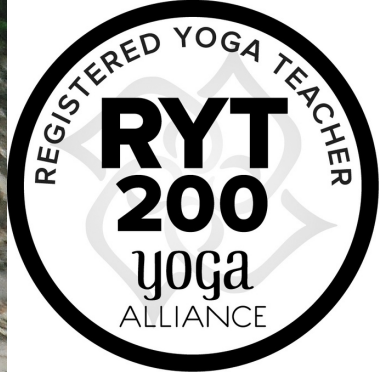




"I RECOMMEND
THIS PROGRAM
EVEN IF THE ONLY
REASON YOU DO
IT IS TO LEARN TO
LOVE YOURSELF
MORE, BECAUSE
THAT'S THE
AFFECT IT HAS."

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"SILVIA WAS
THERE FOR US,
LISTENED TO
US, GUIDED US
AND MOST
OF ALL
CONNECTED
US."

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