



# ONLINE YOGA TEACHER TRAINING

alchemy of yoga  
THE ART OF SELF-DISCOVERY

# FROM MY HEART TO YOUR HEART

GUIDED BY SILVIA MORDINI



Alchemy of Yoga School 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 believe that yoga is founded in ahimsa, freedom and equity for all,

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!

Today embark on a transformative journey from the inside out.

# ACCESSIBLE FOR YOU

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

Yoga Alliance, the international registry of Yoga Teachers, is temporarily approving Certified graduates of ONLINE 200 Hour Yoga Teachers **to register with them.**

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

**Not beyond December 31st, 2022.**

I have certified hundreds of teachers around the globe for the last eighteen years. It is my greatest joy to offer you my world renowned teacher training in the comfort of your own home.

This program is accessible for ALL, all all ways.

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

[alchemyofyoga.com](http://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, now is an ideal time to complete your YTT..

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!

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 I'm 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 Changemaker

- You are looking for a lifestyle shift and are ready to make changes in your life.
- You need a training schedule that works.  
Thankfully, this course is set-up as work at your own pace.
- Doing a YT has been on your bucket 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,



# THIS PROGRAM WORKS WELL FOR

- ✓ **Humans** who are seeking 'what is next?' for your personal or work life
- ✓ **Busy working professionals** who want to teach others the stress relief of Yoga to support their mental, emotional, and physical well-being
- ✓ **Parent's who are home** and 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.



# ALCHEMY YOGA TEACHER TRAINING IS FOR...

**Those** who believe change is possible for themselves and the world.

**Those** 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 benefits, but are ready to learn more.
- You have a desire to inspire! You take pride in making a meaningful contribution to the world as a Soul Centered Entrepreneur
- 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 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  
STRESS FREE  
PERSONAL  
AFFORDABLE

# BENEFITS



## ALCHEMY OF YOGA 100% ONLINE YTT

- ✓ Study at your own pace.
- ✓ On demand modules you can play again and again with lifetime access.
- ✓ Personalized attention and feedback
- ✓ Certification process is easeful with stressfree credentialing.
- ✓ Affordability with payment plans available.

# LIFETIME ACCESS



## WHAT MAKES US AMAZING?

- ✓ Cutting edge technology, library of teaching materials and videos.
- ✓ Lifetime access. You can come back and review and retake any lessons you'd like. The materials are yours.
- ✓ Personalized mentorship to ensure your successful transition into your dream life and career.
- ✓ This program will help you develop a brand & business plan to successfully live your purpose with passion.

# FLEXIBLE



## ONLINE PROGRAM CONSISTS OF:

- ✓ Reading your YTT Manual & textbooks
- ✓ Watching teaching videos in Alchemy of Yoga course on Teachable
- ✓ Completing a brief Final Exam (open book, open google)
- ✓ Writing 250 word Mindfulness reports about sunrise, sunset, eating a silent meal
- ✓ Writing a 2-3 page report on your favorite Chakra
- ✓ Creating a Pose Guide with photos of you in 10 fundamental poses and benefits.
- ✓ Certification upon completion, option to register with Yoga Alliance

# WHAT YOU SEE WHEN YOU LOGIN

The grid displays the following course cards:

- Alchemy of Yoga 200 Hour Teacher Training**: 9 Course Bundle, 0% COMPLETE
- Module 0: WELCOME AND HOW TO USE TEACHABLE**: 0% COMPLETE
- Module 1: ALCHEMY OF YOGA: The Art of Self Discovery**: 0% COMPLETE
- Module 2: FOUNDATION: Making a Promise Keeping Your Commitment**: 0% COMPLETE
- Module 3: LIFE INSPIRED: How to Live an INSPIRED Life on Purpose**: 0% COMPLETE
- Module 4: EARTH: Foundational Alchemy – Rooting into Self**: 0% COMPLETE
- Module 5: WATER: Emotional Alchemy – Creation: Tapping into Your Potential**: 0% COMPLETE
- Module 6: FIRE: Physical Alchemy – Tapas: Discovering Your Optimal Performance**: 0% COMPLETE
- Module 7: AIR: Mental Alchemy – Edification: Unlearning the Obstacles to Your**: 0% COMPLETE

The screenshot shows the course curriculum interface. On the left, there is a sidebar with a thumbnail for Module 1, the course title, and a '0% COMPLETE' progress indicator. Below the sidebar are links for 'Course Curriculum' and 'Your Instructor'. The main content area is titled 'Course Curriculum' and features a 'Start next lecture' button for 'Introduction to Alchemy of Yoga (1:33)'. Below this is a list of 14 items for 'MODULE 1 ALCHEMY OF YOGA: The Art of Self Discovery', each with a 'Start' button:

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

# 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: Rooting into Self

**MODULE 5** WATER: Creation: Tapping into Your Potential

**MODULE 6** FIRE: Tapas: Discovering Your Optimal Performance

**MODULE 7** AIR: Unlearning the Obstacles to Your Happiness

**MODULE 8** ETHER: 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!*

**alchemy** of yoga  
THE ART OF SELF-DISCOVERY

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](#).

# REBEL SPIRITS



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 high-intentioned individuals choose to dedicate 200 hours to self-study with the purpose of uplifting their lives & expanding consciousness into radical authenticity.

[alchemyofyoga.com](http://alchemyofyoga.com)

# EXPERIENCED



## FREQUENTLY ASKED QUESTIONS

### **What is the format of the training?**

It is 100% self-paced online course material. Start today!

### **Will I be able to register with Yoga Alliance?**

IYES! However you must complete the online course before December 31st, 2022. This date has been set by Yoga Alliance.

### **How soon can I start the course?**

Within twenty-four hours of receiving payment..

### **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 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 online training?**

If you're paying via the 4-month plan, your first payment will deduct the day you start.

### **What is your refund policy?**

100 % refundable for first five days.

# 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!

## REGULAR PRICING:

**\$2,499**

However, at this historic time I feel called to 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 the world.

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

**80% OFF!!**

**That's a total savings of \$2,000** 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!

**START TODAY!**

Payments are refundable [HERE](#)

**REGULAR PRICING: \$2,499 - 80% OFF =**

**SPECIAL PRICING: \$499**

**PAYMENT OPTIONS:**

- Pay in Full \$499
- Payment Plan 4 monthly installments  
\$124.75 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](http://www.alchemyofyoga.com) @alchemyofyoga  
Happiness: [www.silviamordini.com](http://www.silviamordini.com) @inspiredyogagal  
Meditation [www.mindfullyinlove.com](http://www.mindfullyinlove.com) @mindfullyinlove  
Love: [www.lovingyourday.com](http://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  
YOGA TEACHER  
TRAINING HAS  
TRULY BEEN THE  
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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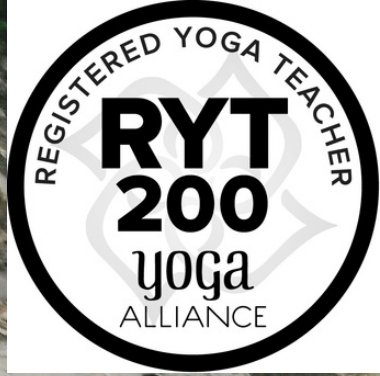


"I RECOMMEND  
THIS PROGRAM  
EVEN IF THE ONLY  
REASON YOU DO  
IT IS TO LEARN TO  
LOVE YOURSELF  
MORE, BECAUSE  
THAT'S THE  
AFFECT IT HAS."

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

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