Hello & Super Namaste!

I want you to become part of my Alchemy of Yoga Family. We are a tribe. We believe in magic. We are seekers, adventurers, lovers of love, rebel spirits, stretchy-minded, soulful spirits. We enjoy supporting one another, laughter, singing, 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), you will 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), I want to see you become more self-aware and with joyful self-confidence to live your dharma.

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 what supports your authenticity.

How does the Alchemy of Yoga work? It transforms us on three levels: Physical Alchemy, Spiritual Alchemy, and Mental Alchemy. We are All Alchemists. Our laboratory is our mat and the ingredients are our bodies, poses, breath, and most of all our thoughts. Based upon our thoughts we create potions that cause chemicals to be neurologically released in our bodies. We are empowered to create elixers that heal our life. You are transformed into a Peace Leader, leading a Happiness Revolution and changing the world!

This RYT 200 Hour Teacher Training is wholeheartedly dedicated to the art of self-study through SELF-exploration. Consider this the ultimate adventure! A Hero’s Journey that will both challenge and encourage you to embrace your potential, awaken your inner power and ignite your passion for life. This training teaches that happiness is your natural alchemy.

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 Mordini.

alchemyofyoga.com
Alchemy of Yoga is unique from other teacher training programs in that it goes way beyond mastering yoga poses. While you will learn a great deal about asana, it is truly a journey in self-discovery. You will learn how to unblock the obstacles to your happiness by tapping into your greatest potential and living from your highest self.

It is 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 doubts and ignite your passion.

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

The role of Silvia Mordini and the Alchemy of Yoga team is to inspire you and provide loving support into self-inquiry. We kindly hold space for your growth in a way that stays true to your authenticity both during and after teacher training.

We enthusiastically believe it is a privilege to serve you as soulful and sensitive mentors today and always.
“What do you plan to do with your one precious life?” ~ Mary Oliver

Alchemy of Yoga is about wholeness, health, and vital living. It is about a life inspired in body, mind, and spirit. Through movement, meditation, discussion, and journaling, we will explore the vast resources related to How to Live an INSPIRED Life by focusing on the last three Niyamas or personal practices that comprise the Alchemy of Yoga. These are necessary for bringing about real, lasting change and cultivating inner happiness and spiritual bliss.

My motivation in creating this Self-Development Program and Alchemy of Yoga Book, a handbook on Happiness, is to give you the tools to live a life INSPIRED.

I believe when inspired we are naturally connected to our true state which is joy. Our natural alchemy of happiness flows easily because we already know the secret to our happiness: it is being who we are. However, we often live as if we are in a dress rehearsal for something better. We rehearse for the promise of what comes next. The reality is that this is it. Each day is the ultimate performance and we are fighting for our lives, the life of our soul, that is. If you feel the need to refresh your spirit, reignite your passion for living, and rediscover balance in your life, then dive deep into this yoga program, a modern-day mystery school, curated mindfully to help guide the way to living a life of purpose on purpose. Use this program to reflect and discover what inspires you because the power of living an inspired life has a multitude of benefits. Here are the Top 5 Benefits of Living Inspired:

1. More energy and enthusiasm. Zest for life!
2. Positive perspective. You view the world through the lens of freshness and opportunity
3. Motivation to make positive changes
4. Cheerfulness
5. An attitude of abundance in all aspects of life

alchemyofyoga.com
MODERN DAY MINDFULNESS

“Mindfulness means paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.” – Jon Kabat Zinn

Mindfulness practices in adults have been shown to strengthen the areas of the brain that are associated with executive functioning, the pre-frontal cortex which controls ability to pay attention, emotional regulation, body regulation and intuition. According to research on neural plasticity, we now understand that our brain can generate stronger neural connections based on mental habits. The brain is a muscle. Like with any muscle, neural circuits can grow stronger with practice. Mindfulness is practicing attention control and emotion regulation. We ask ourselves “what is happening now?” to tune into the present moment awareness without engaging it or becoming distracted by it. The experience of watching and simply being aware of our emotional spectrum as “information.” In today’s world we are suffocated with more data than ever before. These are times of information overload especially if we feel helpless and continuously react to everything around us and inside us. This causes us to jump from one thing to another, lacking mindfulness.

Great yogis say that if we take a nibble here and a nibble there, we will never attain anything. The Yoga Sutras teach us the value of one-pointedness, or ekagrata. When we combine a single focus with our own acknowledgement of the work to be done, the mind is able to follow through with our ideas and create the disciplined approach required in making a sincere effort. Yoga is especially useful in working on ekagrata. When the mind is drawn to fill with more and more thoughts, postures provide us with disciplined and focus thoughts, toward single activities and ideas. There are so many asanas that are so effective for mindfulness when you are in motion - standing poses, inversions, backbends, and twists are especially useful in gaining focus. As you work in these postures, use the breath to go deeper in the pose, so that you are able to hold the position longer. Thereby holding your attention longer. Whether still or moving a modern-day mindfulness practice is necessary to live a LIFE Inspired in order to be true to your authentic dharma.
WHY ALCHEMY OF YOGA TEACHER TRAINING CHANGES YOUR LIFE?

Something magical and mystical happens when a group of high-intentioned individuals make the decision to gather together for two-hundred hours with the purpose of uplifting their lives and expanding consciousness into radical authenticity.

The result is something beyond words. It is, as best as I can explain it, the Alchemy of Yoga. The Yoga Sutras (Chapter 2, Verse 1),

“Tapas svadhaya ishvara pranidhana kriya yoga.”

explains how the Alchemy of Yoga actually works. It transforms us on three levels through Physical, Mental, and Spiritual Alchemy.

1. **PHYSICAL ALCHEMY – TAPAS:**
   To ignite the changes we want to make in our lives we must establish a solid foundation. Traveling through the elements we work our way through the first three chakras Mulhadara, Svadhisthana, and Manipura.

2. **MENTAL ALCHEMY – SVADHAYA:**
   In yoga we study the self to learn about the self. Here the mental alchemy is through self-observation. By witnessing our thoughts, we become aware of our mental patterns and the obstacles to our happiness. We journey through the heart chakra to align the love and wisdom from our hearts and communicate it out to the world, aligning thoughts, words and actions with our truth.

3. **SPIRITUAL ALCHEMY – ISHVARA PRAHIDHANA:**
   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 and acceptance of the natural flow of the present moment. We understand that 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 once again.
HOW DOES ALCHEMY OF YOGA WORK?

Ancient Alchemists, like their Yogi counterparts, saw all of creation as composed of Earth, Water, Fire, Air, and Space. Through their meditations and explorations of these five elements, they created healing and transformative potions that unlocked many of the mysteries of the universe and therein contributed to the evolution of humankind. For us as Alchemist Yogis, our laboratory is our mat and the ingredients are our bodies, poses, breath, and thoughts. Mixing it all together changes your life. You are transformed into a Peace Leader, leading a Happiness Revolution and changing the world!

**EARTH – Chakra 1 (Muladhara)**

To manifest our desires we must have strong roots within ourselves.

**WATER – Chakra 2 (Svadhishthana)**

We tap into our limitless potential to create our dreams and desires.

**FIRE – Chakra 3 (Manipura)**

We ignite the fire of our burning desires and dreams through action.

**AIR – Chakra 4 (Anahata)**

Our inner wisdom becomes available to us when we open the heart and surrender to love, gently releasing what is no longer in alignment with our hearts.

**ETHER – Chakra 5 (Vishudha), Chakra 6 (Ajna), Chakra 7 (Sahasrara)**

Chakra 5: Communicating to the universe our wisdom learned from the heart with clarity and truth. To open the heart and surrender to love we must have a strong knowing of our truth.

Chakra 6: We open the third eye in order to sink back as the observer of our being. As we observe with gentle awareness, all negative thoughts and egoistic tendencies dissolve and we return back to stillness, happiness, and love. We surrender to the guidance of our inner wisdom and know that all the answers we seek lie within us.

Chakra 7: The flow of grace exists all around and flows through us from an open crown chakra. We become the embodiment of the Divine, a unique expression of consciousness, dwelling in our natural alchemy of love and peace.
Our Vision for you is

**AUTHENTICITY AND JOYFUL SELF-CONFIDENCE IN LIVING YOUR DHARMA!**

Our Mission for the world is to Teach Peace

This mission is rooted in the idea that yoga creates a kinder and more gentle world. The reverberations of the practice are not only felt by the self but extend to those around us. The yoga works “through” us to heal the world.

It’s true for all of us: “I get by with a little help from my friends.”

Many people, like us, believe that today we are at a pivotal point in human history. There is both more need and more opportunity to help one another as well as to receive support than ever before.

We believe we have a responsibility to each other. At Alchemy of Yoga we interpret this responsibility to mean #TeachPeace.

We are searching for our soul brothers and sisters who are seeking a deep dive into the center of their heart, emerging as Happiness Ambassadors ready to effectively inspire others to live in peace.
ABOUT ALCHEMY OF YOGA

This program is recognized by Yoga Alliance as a Registered 200-Hour Yoga School and offers you an unique opportunity to make a deep commitment to learning more about yourself. This soul-dive takes place in a safe haven: a nurturing environment to engage in open minded self-exploration. Silvia Mordini, and the Alchemy of Yoga team are devoted to offering you an atmosphere in which freedom of expression, fun, creativity, and passion for life are totally encouraged! This program covers the foundations of the eight-limbed path of yoga and believes in yoga as a life-long truthful celebration of ourselves and our world.

OVERVIEW OF ALCHEMY OF YOGA

1 EARTH – Foundational Alchemy: Rooting into Self and Manifestation (Chakra 1)
2 WATER – Emotional Alchemy: Tapping into Your Potential and Living in Possibility (Chakra 2)
3 FIRE – Physical Alchemy: Discovering Your Optimal Performance (Chakra 3)
4 AIR – Mental Alchemy: Unlearning the Obstacles to Your Happiness (Chakra 4)
5 ETHER/SPACE – Spiritual Alchemy: Transformation into Living and Teaching Yoga (Chakras 5 – 7)

ALCHEMY OF YOGA: WHAT CAN YOU EXPECT?

Experience the Alchemy of the five elements, the four directions, and the chakra system as an inner and outer map of transformation. These are archetypal and energetic maps that are as metaphorical as they are very real and embodied. Everything we see, taste, touch, feel, and do can be interpreted through the gateway of the elements, directions, and chakras.

We will learn how to tap into these sacred relationships and align ourselves with their alchemy in order to gain insight into healing our psyche, emotions, and well-being.

We are All Alchemists. Our laboratory is our mat and the ingredients are our bodies, poses, breath, and most of all our thoughts. Based upon our thoughts we create potions that cause chemicals to be neurologically released in our bodies. We are empowered to create elixers that heal our life. You are transformed into a Peace Leader, leading a Happiness Revolution and changing the world!
WHAT DOES ALCHEMY OF YOGA OFFER STUDENTS?

In completing Alchemy of Yoga’s 200-Hour Teacher Training Program, you will be empowered to:

- Embrace your potential and live from your highest self
- Awaken your inner power to be more self-confident
- Ignite your passion to love your life as you live your dharma
- Embark upon the life-long path of self-study + self-discovery
- Commit to allowing your most authentic self to shine out both on and off the mat
- Tune into your own intuition while listening to both your body wisdom and your heart
- Honor Both the Sacred Masculine and Sacred Feminine
- Master the physical aspects of asana practice through an approach rooted in safety and alignment
- Develop a personal yoga, meditation, and pranayama practice
- Explore all eight limbs of yoga philosophy in addition to the chakras, elements, and other energetic healing systems
- Believe in magic
- Design and confidently lead intelligent, alignment-driven, and theme-based Vinyasa, Hatha, and Restorative classes
- Infuse your signature style into class sequencing and presentation
- Adapt classes to varied fitness and experience levels of your students
- Become part of an international world-wide Alchemy Kula (community of brothers and sisters)
- Be kind all the time

Upon completion of the program you will be eligible for:

- Registration through Yoga Alliance once you have completed practicum materials
- Ongoing support, mentorship, and resources through the Alchemy of Yoga Alumni Program

Most of all, 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.

WHAT IS ALCHEMY OF YOGA NOT?

- Authoritarian
- Asana only
- Dualistic
- Masculine driven
- Set sequence with one-size fits all approach
- Un-fun
YOUR VIBE ATTRACTS YOUR TRIBE

KULA – a community of the heart

We are seekers, adventurers, lovers of love, rebel yoga spirits, stretchy-minded, soulful, and sensitive. We enjoy supporting one another, laughter, organic food, dancing in the moonlight, lounging in a hot tub under the stars, playing in the water, silent meditation hikes, taking naps, and enthusiastic conversation about elevating the world. If you feel our vibe, join our tribe!

Our teacher training tribe, or Kula, is defined as a community of the heart. Within this safe, nurturing environment we can delve into the deepest study of who we are so we can live our happiness in a big way.

Does your vibe resonate with our vibe?

- You are receptive to learning.
- You are teachable.
- You are looking for more than the asana.
- You have a deeper intention than the goal of RYT – you wish to learn and embody the practice of yoga.
- You have been on the path seeking education, information, self-learning, personal growth.
- You agree to apply the Four Agreements:
  1 – Don’t Make Assumptions
  2 – Be Impeccable with your Word
  3 – Don’t take Anything Personally
  4 – Always Do Your Best
- You benefit from tribe and community.
- You are kind and sensitive
- You actively practice acceptance
Hello & Super Namaste!

I 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—enthustiastic conversations.

With peace in all ways…
Lokah Samastah Sukhino Bhavantu

applie 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 Mordini

How do I teach?

I do not follow an authoritarian model of teaching where I just tell you what to do. Instead, I want you to learn to really listen to your feelings, pay attention to your body and discern what supports your happiness. This goes beyond just teaching: It means I offer the opportunity to remain supportive of your growth now and forever.

Confident in your dharma (life’s purpose). This is the part where you find out who you are.

Who am I to you?

I am a yogi and self-study teacher. I am the founder of the Alchemy of Yoga and my lifelong passion is to help you discover your authentic voice.

How does the Alchemy of Yoga work?

Alchemy of Yoga’s philosophy is a happiness revolution. We know that happiness is your natural alchemy. We are all alchemists. Our laboratory is our mat and ingredients are our bodies, poses, breath, thoughts and the mixing it all together changes our life.

Happiness Revolution and changing the world!

You are transformed into a peace leader, leading a happiness revolution and changing the world.

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, and mindfulness practice as it relates to the business of being a yoga teacher.

Alchemy of Yoga Teacher Training Curriculum

Yoga Technique, Training & Practice | 100 hours | Asana, Pranayama, Meditation, Mantra

This is the largest portion of the curriculum, including morning meditation, followed by daily Asana practice. Early morning Satsang will always include a form of meditation, and will also often include various traditional yoga techniques, such as Mantra repetition. The daily Asana portion is typically a vigorous 90 minute Vinyasa Flow class.

Teaching Methodology | 30 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). Our program is specifically geared help you discover your authentic voice.

Anatomy & Physiology | 25 hours | Both 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, & cardiovascular systems) as well as energetic anatomy (prana, chakras, nadis, bandhas). There is a specific emphasis on understanding Ayurveda and it’s powerful role in promoting the Alchemy of Balance and Happiness in your life.

Yoga Philosophy & Ethics | 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, and mindfulness practice as it relates to the business of being a yoga teacher.

Practicum | 20 hours | Practice Teaching

Based in Sacred Learning Methodology, we will use various learning techniques, trainees will practice teaching in a variety of settings & scenarios (including 1 on 1 and in small groups) from day 2. We utilize technology, for example, via video feedback, as another layer to the learning process. 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.

alcheomyofyoga.com
Through the Alchemy of Yoga expressed in Yoga Sutra 2.1, we see and feel the interconnectedness of all people, creatures, nature, and energies. This natural alchemy serves as a guide as you embark upon the path of self-study:

I. LIFE INSPIRED: How to Live an INSPIRED Life on Purpose

II. ALCHEMY OF YOGA: The Art of Self-Discovery

III. FOUNDATION: Making a Promise, Keeping Your Commitment
Initiation and Ceremony, Full Moon and New Moon Ceremony, Recapitulation and Purification Ceremony, Manifestation and Abundance Ceremony, Cacao Ceremony, Studentship and Ritual, Alchemy as a Map of Transformation, Medicine Wheel: The Four Directions, Elements, Chakras, Astrology, Mantras, Alchemist Manifesto

IV. EARTH: Foundational Alchemy - Rooting into Self
Svadhyaya, The Four Agreements, Living Honorably: The Hero/Heroine’s Path, Alchemy of Balance between Sacred Feminine and Sacred Masculine, Shadow Work, Drama Triangle, Non-Violent Communication

V. WATER: Emotional Alchemy - Creation: Tapping into Your Potential

VI. FIRE: Physical Alchemy - Ignition: Discovering Your Optimal Performance
Alchemy of Asanas by Category to Embody the Elements, General Principles of Poses (Purpose, Stages & Benefits), Yoga Asana Practice: Restorative, Yin, Kundalini, Vinyasa (Sun Salutations, Dancing Warriors, Moon Salutations), Yoga Therapeutics, How to Teach a Pose Safely to All Levels of Students, Anatomy - Muscles + Bones, Bandhas

VII. AIR: Mental Alchemy - Edification: Unlearning the Obstacles to Your Happiness
The Neuroscience of Yoga, How to Stress Smart, Yoga History + Lineages, The Yoga Sutras of Patanjali, The Yamas & Niyamas, Breathing (Pranayama), Meditation (Dhyana), Ayurveda, Dinacharya, Doshas + Guidelines for Balancing the Doshas, Nourishing the Physical Body + Ayurvedic Diet, Food Plans to Balance the Doshas, Stress Response + Relaxation 101, Restorative Poses

VIII. ETHER: Spiritual Alchemy - Liberation: Transformation into Living your Happiest Life
The Business of Yoga, Brand Thyself, Marketing 101; The Essence of Great Teaching, Teaching as Art, Skill, & Service (Bhakti): Honoring the Sacred Seat of the Teacher, Ethical Relationships & Boundaries, Teaching Philosophy for a Theme Based Class (Jnana): How to Theme in a Psychologically Healthy Way, Art of Sequencing: Wave Theory & Choreography, Alchemy in Action (Karma) Living Your Yoga, Teaching Yoga

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**ALCHEMY OF YOGA SYLLABUS OVERVIEW**

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<thead>
<tr>
<th>ALCHEMICAL EXPERIENCE</th>
<th>LEVELS OF TRANSFORMATION</th>
<th>SPIRITUAL FOCUS</th>
<th>DIRECTION</th>
<th>CHAKRA</th>
<th>ELEMENT</th>
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<tbody>
<tr>
<td>FOUNDATIONAL Alchemy</td>
<td>Rooting into Yourself and Manifestation</td>
<td>Foundation</td>
<td>East</td>
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<tr>
<td>EMOTIONAL Alchemy</td>
<td>Tapping into Your Potential and Living in Possibility</td>
<td>Creation</td>
<td>West</td>
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<td>Fire</td>
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<tr>
<td>PHYSICAL Alchemy</td>
<td>Tapas, Discovering Your Optimal Performance</td>
<td>Ignition</td>
<td>South</td>
<td>3</td>
<td>Fire</td>
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<tr>
<td>MENTAL Alchemy</td>
<td>Svadhaya, Unlearning the Obstacles to Your Happiness</td>
<td>Edification</td>
<td>North</td>
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<td>Air</td>
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<td>SPIRITUAL Alchemy</td>
<td>Ishvara Pranidhana, Transformation into the Infinite</td>
<td>Liberation</td>
<td>Omni-directional</td>
<td>5 6 7</td>
<td>Ether</td>
</tr>
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</table>

Note: 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.
Alchemy of Yoga takes great joy in maintaining integrity through alignment to the standards provided by Yoga Alliance. This program offers a complete 180 contact hours with sacred content as follows:

<table>
<thead>
<tr>
<th>AREA OF FOCUS</th>
<th>YA REQUIREMENT</th>
<th>ALCHEMY OF YOGA PROVIDES</th>
<th>ALCHEMY OF YOGA TT PROGRAM DETAIL</th>
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</thead>
<tbody>
<tr>
<td>TECHNIQUES Pranayama, Asana, Meditation</td>
<td>100 HRS. (75 contact min./ 50 with lead trainer)</td>
<td>100+ HRS. (85+ contact/ 15 non-contact)</td>
<td>Asana Classes, Earth, Fire, Ether</td>
</tr>
<tr>
<td>TEACHING METHODOLOGY</td>
<td>25 HRS. (15 contact min./ 10 w/ lead trainer)</td>
<td>30+ HRS. (25+ contact/ 5 non-contact)</td>
<td>Online Module, Fire, Ether</td>
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<tr>
<td>ANATOMY &amp; PHYSIOLOGY</td>
<td>20 HRS. (10 contact min.)</td>
<td>25 HRS. (20 contact/ 5 non-contact)</td>
<td>Water, Fire, Ether</td>
</tr>
<tr>
<td>PHILOSOPHY, ETHICS, LIFESTYLE</td>
<td>30 HRS. (20 contact min.)</td>
<td>40+ HRS. (35+ contact/ 5 non-contact)</td>
<td>Foundation, Earth, Water, Ether</td>
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<tr>
<td>PRACTICUM</td>
<td>10 HRS. (5 contact min./ 5 with lead trainer)</td>
<td>10+ HRS. (5+ contact/ 5 non-contact)</td>
<td>Observations, Practice + Assistant Teaching</td>
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<td>BALANCE (Drawn from Above Categories)</td>
<td>15 HRS.</td>
<td>15 HRS.</td>
<td>Graduation, Reading + Homework</td>
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<td>TOTAL HOURS</td>
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<td>220 HOURS</td>
<td>220 HOURS TOTAL</td>
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<tr>
<td>CONTACT HOURS Minimum Required</td>
<td>180 HOURS</td>
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OVERVIEW OF STUDY TRACKS AND YOGA ALLIANCE REQUIREMENTS

This document provides Alchemy of Yoga’s options for self-study and a description of practicum materials based on Yoga Alliance’s Requirements to meet RYT-200 Hour Certification standards.

OPTIONS FOR SELF-STUDY

Allowing space for individual growth, Alchemy of Yoga offers two paths of study:

Option 1 includes above aspects of self-study culminating in formal certification through Yoga Alliance with 200-Hour Registered Yoga Teacher (RYT) status. Expectations of students following this immersion-based path include:

- Interest in studying all aspects of yoga: asana, pranayama, meditation, philosophy, history and theory, arising from a wish to deepen your practice and engage in self-study.
- Commitment to attending training sessions and completing additional contact hours including asana classes, observations, assistant teaching, and practice teaching.
- Participation in group activities and contribute to discussions.
- Completion of all homework and practicum requirements.
- Support other students.

Option 2 includes Immersion for serious students looking to deepen their practice and knowledge of yoga asana, meditation, philosophy, and spirit who do not wish to pursue teaching yoga. As a self-study student, differences in your experience include:

- You are not required to submit any homework although it is strongly advised that you complete the assigned readings in order to contribute to group discussions.
- You will not be required to complete the practicum requirements.
- You will not be graded or assessed in accordance with Yoga Alliance standards.
- You will not be awarded a 200 Hour Yoga Alliance Teaching Certificate upon completion, however you will be given a certificate of program completion as a reference for future studies or trainings.

Post-Training Mentorship: Alchemy of Yoga understands that a 200-Hour Teacher Training Program is both a deep-dive into yoga + self-study and simultaneously just the beginning. We are thrilled to offer ongoing resources and mentorship, including but not limited to:

- Planning a yoga career + business, how to best market yourself while maintaining strong ethical standards and life balance, and how to resolve ethical issues that arise from teaching yoga.
HOW TO MEET YOGA ALLIANCE REQUIREMENTS FOR RYT-200 HOUR CERTIFICATION

1. **Asana Classes**: Participate in Practice Class sessions scheduled into the Teacher Training curriculum.

2. **Observations**: Complete four hours of observation including: 1) Observe Silvia teaching a one-hour yoga class, 2) Observe a sunrise, 3) Observe a sunset, 4) Observe thoughts that arise during silent mealtime. To receive credit for these observations, please write a brief report detailing your observations and reflections (1-2 paragraphs each).

3. **Assistant Teaching**: Complete one hour of assistant teaching with Silvia. To receive credit for assistant teaching, please write a brief report detailing your experience (1-2 paragraphs each).

4. **Practice Teaching & Final Teaching Presentation**: Participate in Practice Teaching sessions scheduled into the Teacher Training curriculum. Prepare to teach the Alchemy of Yoga 30 Minute Yoga Class to your tribe.

5. **Sacred Study Project**: Write a report on the chakra(s) or dosha(s) of your choice. You have complete creative freedom in this self-study. The intention is that you dive deeper into the chakra system or the practices of Ayurveda. At minimum, please submit 2-3 pages of personal reflection, but you are encouraged to take the direction that inspires you most.

6. **Asana Sheets**: Create a photo diary of the following 10 fundamental poses: Adho Mukha Svanasana, Virabhadrasana I, Virabhadrasana II, Utkatasana, Parsvottanasana, Eka Pada Rajakapotasana (any variation), Ardha Matsyendrasana, Plank Asana or Side Plank, Urdhva Mukha Svanasana or Bhujangasana, Setu Bandha Sarvangasana or Urdhva Dhanurasana. In addition to a personal photo that embodies your personal alchemy, please include a description of purposes, benefits, modifications, and cues.

7. **Final Exam**: The exam is distributed via e-mail part-way through teacher training. It is open-book, open-friend, open-Google, and open-heart.

8. **Attendance**: 180 contact hours are required.

9. **Non Contact**: Complete the online Business of Yoga module and other required reading assignments.

10. **Attitude**: As a requirement for certification, each trainee commits to a positive attitude of ahimsa, offering loving kindness and patience to all beings. In addition, each trainee exhibits conscious relationships and ethics in line with Yoga Alliance, please refer to the YA Code of Conduct found here: https://www.yogaalliance.org/AboutYA/OurPolicies/CodeofConduct

**How to Submit Your Work**: Please create a separate document for each practicum requirement — e.g., all observations are in one document, all assistant teaching reflections are in one document, etc. Please title each document with Your Name + Assignment — e.g., Sarah Erter: Observations. E-mail all assignments to Sarah (sarah@alchemytours.com).

**Submission Guidelines**: Please submit the above self-study work within six months of completing teacher training.

For each teacher trainee, it takes a different amount of time to complete the program post classroom sessions. Everybody has their own yoga, which Alchemy of Yoga respects and honors. To maximize optimal learning and reinforcement, we recommend that practicum materials are completed within six months of completing teacher training. If you are unable to meet practicum requirements within the suggested timeline, please reach out to sarah@alchemytours.com to design a timeline that best fits your yoga.
Hello & Super Namaste!

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…Lokah Samastah Sukhino Bhavantu

My teaching intention is to serve you as a compassionate mentor who inspires honest conversation about elevating the world.

In our intimate Kula (community of the heart), I 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), I 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.

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.

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.

You are transformed into a Peace Leader, leading a movement that wi...
ALCHEMY OF YOGA 200-HOUR TEACHER TRAINING INTAKE FORM

If you feel inspired by the Alchemy of Yoga vision to Teach Peace, we would love to listen to your story and learn more about the heart of your yoga. Please send completed materials to: silvia@alchemytours.com and sarah@alchemytours.com.

Background Information:
Name, address, phone number, e-mail address, and emergency contact information

Please tell us about your yoga practice.

- How long have you been taking yoga classes and/or practicing yoga?
- What style(s) of yoga do you practice?
- How often and how long do you practice? Do you have a home practice?
- Do you currently have a meditation practice?
- Who have been your most influential teachers and why?
- Have you attended any trainings, intensives, or retreats? What inspired you to attend and what did you learn?

What has inspired you to pursue yoga teacher training?

- What are your expectations for the training? What do you hope to gain, learn, or improve?
- Do you teach yoga now? If so, please share with us the details of your teaching path.
- If you plan on teaching after completing the program, why do you want to teach yoga?

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. outside of yoga.
- Describe your physical health (e.g., any major illnesses, surgeries, or physical conditions), emotional health, and mental health.
- Do you have a support network of friends or a therapist?
- Does your family support this journey you’ve decided to take?
- This program requires a significant investment in yourself. Do you have any other major commitments (e.g., school, two jobs, etc.) that would prevent you from participating fully?
Alchemy of Yoga History

Through the Alchemy of Yoga we can create our own medicine, cure our self-created problems and live with the sense of bliss and contentment that all of us are born to experience.

Alchemy is a beautiful word and complex term. For some, it calls up images of primeval crackpots and charlatans promising to turn lead into gold. For others, it reminds us of the genius of Isaac Newton who, as an alchemist, astronomer, naturalist, and physicist came to be known as one of the greatest scientists and mathematicians of all times while also understanding the metaphysical and spiritual aspects of reality.

Ancient alchemists, like their Yogi counterparts, saw all of creation as composed of earth, air, fire, water, and space. Through their meditations and explorations of these five elements they created healing and transformative potions that formed the base of much of modern pharmacology. In the process, they unlocked many of the mysteries of the universe and therein contributed to the evolution of humankind. Alchemy as it relates to the realm of metaphysics is arguably the higher practice of this ancient art. Just as pure gold can be obtained by burning away its impurities and base metals, through Spiritual Alchemy one can move from an imperfect, diseased, ignorant and corrupted state towards wisdom, healing, self-transformation and enlightenment. This is the Alchemy of Yoga, and it is at the core of this sacred science.

Each and every one of us is an alchemist. Our laboratory is our brain. We concoct our potions and elixirs based upon our thoughts. These chemicals then course through our neurological systems and spread into our organs, muscles, bones and tissues. Depending upon the quality of our thoughts and our level of consciousness, we are either creating black magic that will only cause us pain, or we are creating miracle potions that can help us lead the lives we have always desired.

For instance, a chronically agitated, fearful and angry person creates too much adrenaline and cortisol, the primary chemicals associated with our instinctive fight-or-flight response. Our fast-paced, stressed-out culture contributes to this alchemy and such a person finds themselves in increasingly toxic life situations. This pattern often leads to lowered immune function, mental or physical ailments, and ultimately serious disease.

The thoughts of a more positive alchemist create serotonin and interleukins. These chemicals boost the immune function, relax our adrenals, and promote healing. This pattern leads to a happier life in which greater health, greater achievements, and greater experiences seem to go hand-in-hand.

Simply put, as we all have heard, "You are what you think." The hypochondriac becomes sick. The person who thinks negatively creates a reality in which things always seem to go wrong. Those who believe they cannot accomplish something have already seeded their own defeat. On the other hand, the positive person who takes a sugar pill in a blind test of a new medicine may actually experience benefits far beyond what the real drug has to offer. Those who are convinced of their potential are likely to realize it no matter what obstacles arise. Those who see the world filled with light and love often have this reflected back to them as their reality.
The groundbreaking work of Japanese Dr. Masaru Emoto has illuminated this phenomenon, and the crossover between the physical and metaphysical aspects of alchemy, in a unique and remarkable way. Through special photographic techniques, Dr. Emoto has been able to prove that water, in its frozen crystal form, actually responds to words and thoughts. When he exposed water to words of love, compassion, and peace, even if not spoken aloud, the water formed beautiful and intricate crystals no matter what language was used. When words of hate, anger and evil were used, no crystals formed and the water appeared muddied and toxic. Water responded similarly to peaceful, melodious music as opposed to heavy metal or rap. You can see these photos by looking up Dr. Masaru Emoto on the internet.

If our thoughts and words have the power to impact water, it makes sense that they also influence those around us and impact the patterns we create in our lives. In effect, as we respond to our circumstances, experiences and surroundings, we directly effect how they respond and reflect back to us. We are the alchemists not only of the chemicals coursing through our bodies; we are the creators of our individual worlds.

This is why Yoga, and its sister science of Ayurveda, teach us alchemical techniques that reconstruct the molecules of our being. Pratyahara (withdrawal of the senses) and Dharana (single-pointed concentration) help to bring us to deeper levels of inner awareness and balance. Mantra (the repetition of sacred words) actually allows us to access higher universal powers that are healing and transformative. Dhyana (meditation) ultimately crystallizes our consciousness and brings us to Self-realization.

As a practice, you can conduct your own scientific experiment on yourself, serving both as scientist and subject. Find a quiet place where you can lie down undisturbed for several minutes (this can be done after Yoga during Savasana or as a response to a stressful day). Once you are comfortable, note what your emotional state is as you begin. Try to feel the “taste” inside of your body, the current chemical atmosphere of your being. Bring your awareness to your brain, seeing it as your laboratory and your mind as the alchemist. Then, allow your breath to become deep and full. After a few breaths, begin placing the following words in your brain, repeating each one long enough that the emotion of the word begins to permeate your consciousness.

Contentment... Repeat this over and over with the breath remaining deep and full, really feeling it, breathing it in and exhaling it throughout your entire being. Do this for a few minutes, noticing the internal chemistry of your body and the subtle shifts that begin to take place.

Follow the same process with: Serenity... Peace... Gratitude... Compassion... Love... Ecstasy... And so forth, spending a few minutes with each emotion. You do not have to memorize these words or this sequence. Choose the words that you know deeply in your heart are the most healing and transformative for you, even letting them arise naturally during the process. When you are done, spend some time noticing any shifts in your inner essence, any different “taste” of being you. Feel the relaxation and pleasure that arises from this practice in every cell of your body and every corner of your mind.

This alchemical process played a great role in my own self-healing. I moved from fear, anger and despondency to openness, compassion and a firm belief in my ability to self-heal. It did not happen overnight, and at times it felt like I was endlessly digging ditches, seeking to pierce the crust of my entrenched emotions and unearth a deeper place in my soul where my true nature was buried. Through faith, devotion, and dedication, the work paid off and I was fortunate enough to heal, both physically and emotionally.

Healing, I came to learn afterwards, did not stop there. It is a daily practice in a world where stressful challenges and negative emotions often prevail. We all have this power, to heal ourselves day in and day out. Through the Alchemy of Yoga we can create our own medicine, cure our self-created problems, and live with the sense of bliss and contentment that all hearts deeply desire.

BY BHAVA RAM

alchemyofyoga.com