

EARLY
BIRDS
SAVE \$400



RYT 200 HOUR YOGA
TEACHER GUIDED BY
SILVIA MORDINI &
EMILY PERRY

ALCHEMY OF YOGA

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

-Sri Swami Satchidananda

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

Upon completion, you will be prepared to design and confidently lead intelligent alignment driven Vinyasa, Hatha and Restorative classes, all with your own signature style. You'll also have the skill to adapt to varied fitness and experience levels of your students. You will graduate as a Happiness Ambassador ready to authentically and effectively inspire others while carrying out Alchemy of Yoga's ultimate mission to Teach Peace."

**Bodhi Tree Yoga Resort
July 29-August 19, 2017**



Alchemy of Yoga is recognized by Yoga Alliance as a Registered 200 hour Yoga school and in it's 13 years has hundreds of graduates worldwide. How does the Alchemy of Yoga work? It transforms us on three levels: Physical Alchemy, Spiritual Alchemy, and Mental Alchemy. It supports authenticity and teaches joyful, self-confidence in living your



HELLO & SUPER NAMASTE!

We want you to become part of my Alchemy of Yoga Family. We are a tribe. We are seekers, adventurers, lovers of love, rebel spirits, stretchy-minded, soulful spirits. We enjoy supporting one another, laughter, organic food, dancing in the moonlight, lounging in the hot tub under the stars, playing in the pool, silent meditation hikes, taking naps & enthusiastic conversation about elevating the world.

In our intimate Kula (community of the heart, extended family), we will delve into the deepest study of who we are so we can live our happiness in a big way. More than simply mastering some yoga poses (though you will accomplish this), I want to see you become more self-aware and self-confident in the authentic expression of your dharma. This is the part where you find out who you are.

Who am I to you? My teaching intention is to serve you as a compassionate mentor who inspires honest self-inquiry and ultimate transformation. This goes way beyond just teaching: Mentoring means I have the opportunity to hold space for your growth now and forever. I do not follow an authoritarian model of teaching where I just tell you what to do. Instead, I want you to listen to yourself, pay attention to your body and discern for yourself what supports your authenticity. 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 & Emily~ Alchemy of Yoga

With deep respect and honor: This program is enriched by many ancient teachings, not just yoga, it also draws from Joseph Campbell, Brene Brown, Thich Nhat Hahn, Don Miguel Ruiz, Pema Chodron, Jack Kornfield, Wayne Dyer, Shamanism, Ayurvedic studies, Mythology, and energy systems like the Chakras.

SCHEDULE

MONDAY THROUGH SUNDAY

6:00am-7:30am: Meditation + Yoga

7:30am-8:30am: Practice Teaching

8:30am-9:30am: Breakfast

9:30am-2:00pm: Training Session

2:00pm-5:30pm: Lunch + Free Time

5:30pm-7:30pm: Training Session

7:30pm-8:30pm: Dinner

8:30pm: Closing Circle OM OUT

*Free mornings/afternoons/evenings are built into the schedule to allow time for rest, relaxation, self-study, reflection, and play!

TIME OFF

We include 1 full day and several half day's off. Detailed schedule provided upon registration.

2 OPTIONS FOR SELF STUDY:

1. Immersion for serious students looking to deepen their practice and knowledge of yoga asana, meditation, philosophy and spirit but don't want to teach yoga.

2. RYT200 Yoga Alliance Certification program designed for those who are interested in teaching





WHAT'S INCLUDED

- 200-Hour RYT Alchemy of Yoga Teacher Training
- 200+ page Training Manual & vision board
- 20 nights luxury accommodations
- 3 healthful, delicious meals per day including vegan, vegetarian, gluten-free options and quadruple filtered drinking water
- Surf lesson at Playa Guiones
- Energy Medicine prescriptions: Earth, Water, Fire, Air Rituals
- Cacao Ceremony Plant Medicine Daily meditation, music and mantra

- Healing Breathwork sessions
- Yoga mats and props
- Time for exploration and relaxation
- Free WiFi
- On-going mentoring and resources upon completion of the program
- Costa Rican Taxes (13%)

WHAT'S NOT INCLUDED:

- Airfare to and from the training
- Lodging before and/or after the training if you are coming early or staying later
- Spa treatments



Are you looking for a training that is part vacation, deep learning, total self-inquiry, with fun, loving support, and easeful schedule? If you feel our vibe, join our tribe! Join us for a complete 3-week immersion in the HAPPIEST country in the world, Costa Rica! You will live at the luxurious and intimate Bodhi Tree Yoga Resort, located at Playa Guiones Nosara, Costa Rica near 3-mile long, sandy white beaches. Bodhi Tree Yoga Resort is for those that want to enjoy the magic of Costa Rica in a very unique and healthy way.

Enjoy high-end accommodations, superb dining experiences, world class yoga and pilates studios, gym, spa, juice bar and boutique. Come stay here during teacher training and discover Costa Rica's finest yoga resort and training sanctuary. Experience a little taste of what life in paradise is like.

BODHI TREE RESORT: A GREEN YOGA RESORT

The Bodhi Tree Yoga Resort was creatively designed around nature, leaving the surrounding jungle as it was meant to be. We strived to preserve the jungle's natural state leaving the impression that Bodhi Tree Yoga Resort has been here for many years. Solar panels are responsible for utilizing the sun to heat all the hot water needed for the facility. Bodhi Tree will always work towards being as environmentally friendly as possible.

Being aware of our water usage is important in Costa Rica. Long dry winters use up the aquifers storage making it even more important for water management. Here at Bodhi Tree, we take this very seriously and every drop of water goes to use on our grounds. Bodhi Tree has built its own water treatment plant so no water is wasted. This water is used to irrigate the gardens keeping everything green without draining subcutaneous water supplies. We are very proud to be a plastic free facility. Along with our community we have taken an aggressive stand on keeping our environment clean and healthy. We encourage every guest to join us in doing our part in Keeping Costa Rica Plastic Free. Through education and consistent effort we are working to make Bodhi Tree a consciously green resort.



ABOUT NOSARA



Nosara is located in the beautiful province of Guanacaste in the Nicoya Peninsula of Costa Rica. Nicoya is considered one of the Blue Zones areas where cultures have evolved to prolong the longevity of human life.

Despite having one of the last locations with unpaved roads in the country, Nosara's wonderful lack of development directly on the beach makes it special.

Known as one of the most sophisticated beach towns in Costa Rica, this small but special town has a lot to offer. This area has a huge passion for the protection of the national parks system which makes the place unique for its hundreds of acres of protected forest.

Being woken up by monkeys; eating healthy and real food, playing outside, enjoying wonderful bilingual

private school options and learning to respect different cultures, the children grow up with a real sense of life.

Yoga & Surfing culture is huge and a significant component of this town. You will see that people are either carrying a surf board or a yoga mat in their arms. There are a variety of fitness options all over town. There are plenty of adventure activities around like ATV tours, Zip Lining, Horseback Riding, Stand Up Paddling, Kayak and much more.

ACCOMMODATIONS

The Bodhi Tree Yoga Resort was designed to flow with the nature that surrounds us. You can begin your day with a cool-down in your outdoor shower or a dip in the salt-water infinity pool at sunrise.



Soothing fountains and waterfalls guide you through the local fauna on your way to your bungalow. Open the door to find a starlit shower, luxurious cotton sheets and a canopied bed that promises a well-deserved rest. All bungalows have air-conditioning, free Wi-Fi and modern amenities abound. Security staff is

available 24 hours a day and housekeeping staff will keep your room looking as beautiful as the first day you arrive.



ACCOMMODATIONS

Single Room

Includes one twin bed, shared bathroom, open air shower, A/C, Wi-Fi, and a safe for personal belongings.

Investment: \$4,699

Double Room

Includes two personal beds, shared bathroom, open air shower, A/C, Wi-Fi, and a safe for personal belongings.

Investment: \$4,150



Triple Room

Includes three twin beds, shared bathroom, open air shower, A/C, Wi-Fi, and a safe for personal belongings.

Investment: \$3,800

BODHI TREE DINING & JUICE BAR

DINING EXPERIENCE

Secluded within the natural ambience of the jungle, Bodhi Tree Yoga resort strives to use natural, fresh ingredients to promote a healthy life style. By gathering ingredients harvested from nature, stimulating individual wellbeing on a ground level can allow ones health to blossom. We offer an excellent buffet of veggies and salads, organic chicken, fish and vegan options. We also cater to any pallet as a personalized service to suit all your special dietary needs.



JUICE BAR

Indulge yourself with the benefits of fresh juices, all natural smoothies, healthy snacks or simply enjoy our terrific Costa Rican coffee in our beautiful juice bar. Our Chakra Juices and smoothies are packed with vitamins, minerals, and antioxidants. Revitalize after a yoga class or a surf session with an energy boost.



SURF LESSONS: CONNECT WITH THE OCEAN



As one of the best surf towns in the world Nosara is gifted with north and south swells that provide world-class waves year round.

Daily Surf Lessons

Bodhi Tree Yoga Resort offers daily surfing lessons for beginners and intermediate surfers. Come surf with us and enjoy the waves of a lifetime, you won't be disappointed!

Beginner Surf Lesson

Our surf lessons are scheduled according to the tides to ensure the best learning conditions for beginners. We will start your surf lesson with a workshop where you will learn the basics of surfing, safety tips, paddling techniques,

standing up on a board and riding waves. All our knowledgeable surf instructors are CPR, Open Water Rescue and First Aid certified to guarantee a safe and amazing experience.

YOGA STUDIOS

Bodhi Tree's yoga shalas are the perfect backdrop to any yoga class, whether you chose a challenging vinyasa style class or restorative meditation. Feel the breeze caress your skin as you gaze out over the jungle and beyond to the ocean. With hardwood floors, 360 degree views, there is no better spot to take a deep exhale.



SPA & GYM

BODHI GYM

Whether you are an experienced athlete, looking to take your yoga or surfing to the next level, or just want to break a sweat, the Bodhi Tree Fitness Facility can accommodate and challenge you. The combination of strength, power, flexibility, stamina, and endurance will help you not only look better, but also feel better. Bodhi Tree offers a new dimension in the form of a functional fitness facility that can be utilized in perfect harmony with the rest of our body / mind wellness modalities.

BODHI SPA

Walk through the jungle path to your own private oasis of tranquility and relaxation. Restore your body and soul to prepare for another amazing day in paradise. Choose from a variety of unique treatments using locally organic oils and lotion. Enjoy your own mini paradise. Spa menu and pricing available at BodhiTreeYogaResort.com



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

Please include: name, emergency contact, address, city/state, zip, day/night phone, cell phone, and email address.

Step 1: Please tell us more about your yoga practice

- How long have you been taking yoga classes and/or practicing?
- Who have been your most influential teachers and why?
- List any trainings, intensives, or retreats attended and why?
- What style(s) of yoga do you practice?
- How often and how long do you practice?

Step 2: Why do you want to take this program?

- Why do you want to be a certified yoga teacher?
- What are your expectations for the training? What do you hope to gain, learn, or improve?
- Do you teach yoga now? If so, please describe in detail.
- If you plan on teaching after completing the program, why do you want to teach yoga?

Step 3: What does yoga mean to you?

- Describe how your life has been impacted by practicing yoga.
- Tell us about your hobbies, interests, community service, etc.
- Describe your physical health (major illnesses, surgeries, physical conditions).
- Tell us about your emotional and mental health
- Do you have a support network of friends or therapist?
- Does your family support this journey you've decided to take?
- This program requires a significant time commitment. Do you have any other major commitments (grad school, 2 jobs, etc.) that would prevent you from participating fully?

FAQ

When does the training start?

July 29th

When do I book my flight home?

August 19th

Is there more than one teacher?

Yes, both Silvia Mordini and Emily Perry will be leading this training.

How do I know if I'm ready? If you feel inspired to share what you know about how yoga has changed your life then that is one indication that you are ready. We will talk to you and help ask you great questions to help you know for yourself what your heart is saying.

What if I don't want to teach? We offer two tracks of study. 1 is for those interested in going deeper into their own self-study with no intention to teach. The other for those that are looking to use this self-study combined with formal certification to teach publicly.

What if I DO want to teach--will this training prepare me? We have a 10 year proven track record of giving you the tools, the guidance and the practical experience to teach with your own authentic voice. We offer you the opportunity to learn how to adapt the practice for every student using an open system of yoga.

I've been teaching already for a while and need to be sure that this training is going to cover something above and beyond the trainings I've already done.

Can you tell me more about the content? Take a look at our Syllabus page for details. And email us and we'll be happy to go over more detail. About 30% of the students that do our program have already completed another formal teacher training program. They have said over and over how much deeper our program takes you from day 1.



SILVIA MORDINI

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



With contagious enthusiasm Silvia encourages everyone she meets to love their life. Her expert passion connects people to their own joyful potential. Silvia lives her happiness in such a big way that you can't help but leave her classes, workshops, trainings and retreats spiritually uplifted!

Silvia Mordini is a Writer, Happiness Coach and internationally recognized Yoga Presenter. Her expert passion connects people to their own joyful potential. Born in Ecuador, proud of her Italian heritage and raised as a world traveler, Silvia developed a sense of global citizenship early on. In young adulthood she was run over by a car—a life changing accident that led her to discover the “Alchemy” of Yoga to heal and transform. A serial Yogapreneur, Silvia had a 13 year Human Resource career, owned 2 Yoga Studios, founded Alchemy Tours, a Spiritual Adventure company and developed the 10 year old international Alchemy of Yoga Teacher Training School. She has been inspiring happiness, global awareness, and joyful living in students for 20 years. She also leads private Dharma Mentoring courses for socially

conscious

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

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



Inspired Yoga, Study, and Travel for a LIFE Inspired

Personal: www.silviamordini.com
Study: www.alchemyofyoga.com
Travel: www.alchemytours.com

Twitter/Instagram: @inspiredyogagal
Twitter/Instagram: @alchemyofyoga
Twitter/Instagram: @alchemytours

EMILY PERRY



*E-RYT 500 hour Yoga Teacher
Acupuncturist
Herbalist*

I am a Yoga Teacher, Acupuncturist, & Herbalist based in Santa Cruz, California. A student of yoga and meditation since 1994, and of Chinese Medicine since 2000, I teach Vinyasa Flow Yoga, mindfulness and Holistic Health. As often as I can, I study with my teachers Janet Stone, Jody Greene, Christopher Wallis, and Christina Sell in the vinyasa flow tradition.

I discovered yoga in college, around the same time I started practicing Zen meditation. I dove into a book called "Light on Yoga," and I found it to be an amazing manual for living a joyful, healthy, peaceful life. I was hooked. During that same time I began studying herbalism with Native American healers, and soon found a calling to study Chinese Medicine and holistic health. Eventually, when I returned to Los Angeles, I dove into vinyasa flow yoga during its early stages, and it has been my favorite yoga style ever since. Yoga has fueled my passion for living, and over the years, as I started a family and a business, yoga has always been my home base, my refuge. Practice brings me joy, peace and strength, and you can often find me on my mat when I am not out surfing with the kids, hiking in the redwoods with the dog, or at home cooking plant-based meals. I also teach workshops, retreats and trainings around the world.

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

Connect with Emily:

Instagram [@emilyperryyoga](#)

Email me at emilyperryyoga@gmail.com

EmilyPerryYoga.com