

alchemy of yoga  
THE ART OF SELF-DISCOVERY

HOW TO PREPARE FOR  
YOGA TEACHER TRAINING

WRITTEN BY: SILVIA MORDINI



# WELCOME LOVE ALCHEMISTS!!

al·che·my *noun* \al-kəm-ē\  
al·che·my *noun* \al-kəm-ē\  
1. the art of change, both spiritually and physically  
2. a power or process of transforming something ordinary into something extraordinary.

## Preparation is Golden

***Yoga is 99% invisible.***

What makes it different than other paradigms is that the goal is the process. We are constantly in a state of preparing, arriving, growing, evolving and then we approach the next threshold and begin again: preparing, arriving, growing, and evolving.

Once accepted into Alchemy of Yoga School it is important to prepare by loving yourself, loving your day and loving your life. How do you do this? We've put this packet together to help you BE LOVE.

Here you'll find supportive **pre-training exercises** to make the most of our YTT time together.

1. **Begin with possibility – What do you say YES to?**
2. **Apply the philosophy of yoga to real life.**
3. **Read The Four Agreements**
4. **Read How we Choose to be Happy: The 9 Choices of Extremely Happy People**
5. **Journal the Roadmap to the Chakras**
6. **Meditate for 21 minutes for 21 days prior to training using Deepak Chopra prompts**
7. **Review How to Meet Yoga Alliance Requirements**

### **Other General Guidelines:**

1. **Maintain a daily yoga asana practice. It doesn't matter how long; just make time to move your body.**
2. **Practice conscious breathing every day for a breath or for a few minutes or more.**
3. **Meditate every day. Just sit in silence and allow yourself to be still.**
4. **Eat healthy high vibe food.**
5. **Go out and play every day!**

## Begin with Possibility – What do you say YES to?

"Everyone, when they are young, knows what their destiny is. At that point in their lives, everything is clear and everything is possible. They are not afraid to dream, and to yearn for everything they would like to see happen to them in their lives." - The Alchemist, by Paulo Coelho

### What is Possible for You?

Possibility is defined as being theoretically possible & capable of happening, but unlikely if you don't try.

#### JOURNALING:

- **What does it mean to live in possibility? Describe it?**
- **What does it mean to not live in possibility? Describe it?**

#### MAKE A YES LIST:

- **What do you Say YES to in your Life Right now?**
- **What LIGHTS you UP? Name the key things that give you strength and inspiration**
- **Write out a personal YES list.**
- **Ask yourself if the things on this list support you in waking up each day with enthusiasm and passion to live your best life?**

Post copies of your "YES List" where you can see, and reference them every day. Use this as a ritual to affirm and help manifest what you want more of in your life

## Apply the Philosophy of Yoga to Real Life

In the weeks leading up to Alchemy of Yoga Teacher Training consciously apply yoga to your everyday life.

- **Week I - Practice living mindfully in your own integrity, your own light, and your own truth.**
- **Week II - Approach yourself with compassion and complete self-acceptance.**
- **Week III - Approach everyone in your life with compassion and complete unconditional acceptance.**
- **Week IV – Ignore negative thoughts and encourage positive thoughts.**

*Reference Living Your Yoga by Judith Lasatar*

# Alchemy of The Four Agreements

“Imagine you have permission to be happy and to really enjoy your life. Your life is free of conflict with yourself and with others.” (Pg. 125 The Four Agreements)

What is being described is the Alchemy of Happiness. You deserve this. No waiting. No conditions. You can start today. The Four Agreements are foundational to Alchemy of Yoga. I am confident it will change your Happiness Set-Point if you commit to practicing them.

Make time to read this book prior to attending yoga teacher training please.

## THE FOUR AGREEMENTS BY DON MIGUEL RUIZ

Please read the best selling book The Four Agreements where don Miguel Ruiz gives four principles to practice in order to create love and happiness in your life.

**1. Be Impeccable with your Word:** Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.

**2. Don't Take Anything Personally:** Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

**3. Don't Make Assumptions:** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

**4. Always Do Your Best:** Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.



## How we Choose to Be Happy

1. **Intention**
2. **Accountability**
3. **Identification**
4. **Centrality**
5. **Recasting**
6. **Options**
7. **Appreciation**
8. **Giving**
9. **Truthfulness**
  - Synergy
  - Gratitude

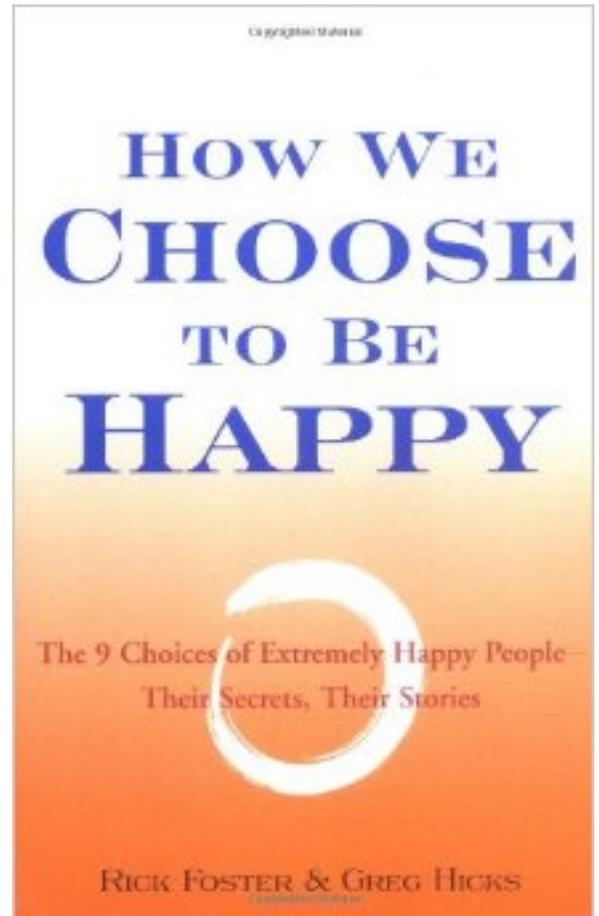
“Happiness, and how we generate it, has been my field of study for more than fifteen years. With my partner and co-author, Greg Hicks, I’ve traveled the world and talked with thousands of people. We’ve interviewed an array of people on six continents from all walks of life - rich and poor, young and old — and every other demographic that you can think of. What we’ve learned is that happiness isn’t the result of economic or social circumstance, but, rather, how each of us individually chooses to react to those circumstances.

Choice is the key word here. As we discovered, there appear to be nine choices that self-identified happy people consistently make that give them a feeling of contentment and well being regardless of how stressful their lives may appear to be. We found that these same nine choices were made by people as varied in age, background and geographical location as an impoverished octogenarian in Vietnam, a bell hop in New York City, a restaurateur in rural Mississippi, and a teenager in the south of France.

What became clear is that the choices we make have a significant effect on our physical well-being. This connection comes as no surprise to those in the field of positive psychology but, for the first time, we were able to codify these choices and relate them directly to people trying to live their lives to the fullest potential, no matter what their current state of health.

When adopted and practiced, these nine practical choices become the means for anyone to navigate through our stressed-out world:

1. Having the intention to react differently to circumstances. The instant we make the choice to relax when we’re paying exorbitant prices at the gas pump, or we cool our rage and decide to laugh at talk radio, we leave behind the heavily stressed flight-fight-freeze reactions of our “victim brain.” We feel a lot happier — and it’s biochemically a good choice for our health. We may not be able to choose our circumstances or the events around us, but we do have the power to choose our reactions. And happy people take that special power and choose wisely. And, by the way, this is not denial - it’s the choice to not let external circumstances over which we have no control guide our reactions.



2. Accountability requires taking ownership of that part of your life over which you do have control. It's the opposite of blaming others. Happy people take life by the horns and take action where they can. When you're in a state of blaming, you're back in that "victim brain" mode and it's not a happy place to be - nor a healthy one. You're much better off if you focus on what you can do to make your own life and the lives of others better, rather than stewing about the international oil cartel.
3. & 4: Identifying your passions and centralizing them in your life are crucial to overriding your political angst. Happy people purposefully envision what they love and care about and focus their energies on these things—family, friends, health, community, and work. And in so doing they achieve a happy sense of proportion about the world. All is not bleak when we engage with people dear to our hearts and do meaningful things for our communities. From a stress management standpoint, political and economic woes pale in comparison to good work. And, let's keep in mind that your activities don't have to be fueled by money. In years of asking people what makes them happiest, costly experiences and consumer durables aren't normally on the list. Family, friends, reading, walking on the beach, giving of ourselves (more on this one later), or cooking a great meal are some of the most frequent low-stress entries.
5. Recasting may sound like a psychological jargon but it is a simple concept that we witnessed all over the world. Recasting has three steps. First, whatever the setback may be, we allow ourselves to acknowledge our emotions — we don't bury them. Second, we analyze what this setback means and what we can learn from it. And, third, we look for the opportunities that arise from our understanding of the meaning and lessons learned. The process can take a few minutes, or it can take years, depending on the depth of the problem. But however long it takes; recasting enables us to convert unhealthy stress and anxiety into hopefulness, healthfulness, and personal growth.
6. Extremely happy people approach the world by opening up options, not closing them off. There is always more than one way to do something, more than one possible outcome. By doing this they avoid being trapped - and they avoid developing the unhealthy, heart-pounding biochemistry shared by all trapped animals. This isn't flexibility for the fun of it. Having options is synonymous with having hope; lack of options leads to depression and despair. If you want to get rid of that despair, create new ways to travel through your life. Find new ways to do things and new approaches to everyday problems. Don't let the Department of Homeland Security scare you into staying home. Happy people analyze problems by opening up a maximum number of options and solutions and then choose from among them.
7. All the stress-inducing horrors of the evening news can be mitigated with a dose of appreciation. It may seem simple-minded at first, but extremely happy people use appreciation to keep themselves rooted in the present moment. In the instant we remind ourselves of what we have to appreciate in our lives, worries about the past fade and so do anxieties about the future. We're energized, and creating a feeling of appreciation makes us all the more able to take action, to live well, and to be happy in spite of the news.
8. Nothing lifts us from negative emotions more effectively than giving. The happiest people will tell you that if you feel put-upon — give. If you're angry — give. If you're disappointed — give. If the world is making you feel burned out, remember how much you have to give. Share your intelligence, community-centeredness, problem-solving skills. Giving will energize you.
9. Truth and truth-telling are hallmarks of extremely happy people, organizations, and cultures. Nothing frees us like the truth, and nothing elevates us above the anxieties and unhappiness of our everyday circumstances like truth. The happiest among us tell us that truth, however disturbing it might sometimes be. And, it may sound paradoxical, but all emotions — even anger, sadness and fear — go well with happiness, so long as they are grounded in emotional truth. Believe it or not, it's a happiness practice to feel angry and frustrated about what's happening in our world, and it's completely desirable to tell the truth about it. It is depression that is the killer.

Article excerpt from: [http://www.huffingtonpost.com/rick-foster/9-ways-to-be-happy-in-a-h\\_b\\_117128.html](http://www.huffingtonpost.com/rick-foster/9-ways-to-be-happy-in-a-h_b_117128.html)

## Journaling: The Roadmap of the Chakras

Make time to privately journal for each Chakra so you come better prepared in knowing yourself.

CHAKRA	
ROOT	<ul style="list-style-type: none"> <li>- What is integrity?</li> <li>- What is your personal honor code? Have you ever compromised it?</li> <li>- What belief patterns did you inherit from your family?</li> <li>- Is there a myth in your life that you have perpetuated? Something not really true?</li> <li>- What are you afraid of people knowing about you?</li> <li>- If you weren't afraid of what others thoughts what would you do differently?</li> <li>- Do you have any tribal rituals you continue?</li> <li>- Do you have any open issues with your family members?</li> </ul>
SACRAL	<ul style="list-style-type: none"> <li>- What am I not being?</li> <li>- What am I not giving? What am I not receiving?</li> <li>- Who am I? Describe yourself in 3 words, 150 characters (twitter size)</li> <li>- How do you define creativity?</li> <li>- Are you a creative person? Do you follow through on your creative ideas?</li> <li>- Do you have a tendency to exaggerate or embellish facts to support your point of view?</li> <li>- Are you comfortable with your sexuality?</li> <li>- Do you honor your sexual boundaries?</li> </ul>
SOLAR PLEXUS/ NAVEL	<ul style="list-style-type: none"> <li>- Who is the most Courageous person you know?</li> <li>- How do they inspire you to be more courageous?</li> <li>- When was the time in your life you were MOST courageous?</li> <li>- Is it easy or hard to be truthful?</li> <li>- Are you able to admit when you are wrong?</li> <li>- Are you self-critical? Do you find yourself judging others or blaming them?</li> <li>- Are you actively working on changing things you want to improve in yourself?</li> <li>- Do you need the approval of others?</li> <li>- Would you consider yourself independent and able to take care of yourself?</li> </ul>
HEART	<ul style="list-style-type: none"> <li>- Do you believe that you are worthy of love?</li> <li>- Do you make time for love</li> <li>- Are you afraid of being hurt</li> <li>- Do you hold yourself back from love</li> <li>- Which relationships in your life still need healing?</li> <li>- What does it mean to be emotionally healthy?</li> <li>- What prevents you from letting go of emotional pain?</li> </ul>

THROAT	<ul style="list-style-type: none"> <li>- How can you express yourself more honestly and openly?</li> <li>- What makes you lose control?</li> <li>- Do you trust in things you cannot see? Or do you need proof before acting?</li> <li>- How do you define healthy communication?</li> <li>- What are you not saying?</li> <li>- How do you demonstrate healthy listening?</li> <li>- Are you balanced in the time you spend talking and listening?</li> <li>- Could you take a day of silence per week? Or eat one meal per day in silence?</li> </ul>
BROW	<ul style="list-style-type: none"> <li>- What beliefs do you continue to accept that you know are not true?</li> <li>- What attitudes do you have that disempower you?</li> <li>- Do you know you need to change but continually postpone it?</li> <li>- Do you make excuses for not moving forward in your life?</li> </ul>
CROWN	<ul style="list-style-type: none"> <li>- How would your life change if everything you wanted came true tomorrow?</li> <li>- Are you waiting to answer the question 'Who am I?'</li> <li>- What spiritual truths are you aware of but don't follow?</li> <li>- Have you practiced meditation? And if yes but stopped why are you not sustaining it?</li> <li>- What do I believe about the universe? Are you afraid of what you believe in?</li> </ul>

## Meditation

Meditation is learning how to focus on what is important and supports your life's mission also known as Intention or Sankalpa.

Meditation practice just like what Steven Pressfield defines as being a professional teaches us: Patience, Order, Concentration, Preparedness, No Excuses, Mastery, Collaboration, How to Face Adversity, Self-Validates, Reinvention

Every day during teacher training we will begin with 30 minutes of meditation introducing you to various methodologies and means of meditating including but not limited to Kundalini kriyas passed down from Yogi Bhajan.

Meditation is not theoretical, it is experiential. Therefore the more you practice and "try" meditating the greater the benefit. The goal in meditation is the process not the outcome. Consider this Modern Day Mindfulness practice.

## Meditation for Relaxation Before Bedtime

The Dalai Lama is famous for saying "Sleep is the best Meditation." And I would have to agree

A very effective method to relax the body is by systematically stressing all the muscles, holding that 5 to 10 seconds, and then releasing the tension.

- **Sit or lie in a relaxed way.**
- **Put an extremely tense expression on the face, straining as many face muscles as possible. Take a deep breath and forcefully hold it. ... Now slowly release the breath and the tension of all the face muscles, feel as if you breathe out all stress.**
- **Inhale deeply again and stress all neck and shoulder muscles.... then let go**
- **Inhale, make fists and stress the arms... let go**
- **Inhale, stress chest, belly and back.... let go**
- **Inhale, stress buttocks, legs and feet... let go**
- **If you still feel tension at some places, just stay relaxed, don't hold the breath now, but release all the tension while breathing out.**
- **Enjoy your relaxed body. Sweet dreams, sleep well.**

## Deepak Chopra: 21 Day Meditation

Please make time for a 1-minute meditation per day (or more) using the following 21 day prompts prior to day 1 of your training program. Simply repeat the mantra to yourself silently or aloud and/or say or sing the Sanskrit song (chant) that follows.

**Day 1:** I commit to living perfect health.  
Om Bhavam Namah

**Day 2:** Balance is my true nature  
Yum Yum Yum (enlivens the heart chakra)

**Day 3:** My mind and body are in perfect sync  
Sham Sham Sham (awakens third eye chakra)

**Day 4:** I trust the wisdom of my body  
Om, Om, Om (honors our connection to the universe)

**Day 5:** I flow in rhythm with my mind and body  
Om Anandham Namah (my actions are blissfully free from attachment to outcome)

**Day 6:** I am perfection. I am healthy. I am strong.  
So hum (I am)

**Day 7:** My body is a magnificent vehicle that connects me to Spirit.  
Lam, Lam, Lam. (root chakra seed sound)

**Day 8:** With awareness, I create healthy habits.  
Om Kriyam Namah (my actions are aligned with cosmic law.)

**Day 9:** My outer world reflects my inner world.  
Sat Chit Ananda. (Existence, Conscience, Bliss.)

**Day 10:** I am one with the breath of life.  
So hum (I am.)

**Day 11:** I choose foods that help me thrive.  
Om Vardhanam Namah (I nourish the universe and the universe nourishes me.)

**Day 12:** I cherish my every connection.  
Tat Tvam Asi (I see the other in myself and myself in others.)

**Day 13:** I am flexible, powerful, and balanced.  
Om Varunam Namah (My life is in harmony with cosmic law.)

**Day 14:** I intend to take steps each day toward perfect health.  
Om Ritam Namah (My actions and desires are supported by cosmic intelligence.)

**Day 15:** My little changes amount to big benefits.  
Ram, Ram, Ram (Everything I desire is within me. Third Chakra seed sound.)

**Day 16:** I am an exquisite expression of nature.  
Om Bhavam Namah (I am absolute existence. I am a field of all possibilities.)

**Day 17:** Through rest and play, I open my creative channel.  
Om Anandham Namah (My actions are blissfully free from attachment to outcome.)

**Day 18:** I live my life with passion and enthusiasm.  
Om Varunam Namah (My life is in harmony with cosmic law.)

**Day 19:** My life unfolds in divine order.  
Om Daksham Namah (My actions achieve maximal benefit with minimal effort.)

**Day 20:** I am ageless and timeless.  
Aham Brahmasmi (The core of my being is the ultimate reality, the root and ground of the universe, the source of all that exists.)

**Day 21:** I create my perfect health.  
Sat Chit Ananda (Existence, Consciousness, Bliss. )

**KICK OFF OF TEACHER TRAINING: All is perfect. All is well.**  
Om Bhavam Namah (I am absolute existence. I am a field of all possibilities.)

## 9-Round Breathing Meditation

Practice this meditation when you feel uncertainty prior to beginning your soul plunge into YTT. Know that this is normal. Try this and know it will help you breath out the uncertainty. You're ready. The time is now. And I love you! Silvia

This is a pre-tantric (nondualism) purification practice in which you visualize the main 3 energy channels in the body. It is used in the beginning of a meditation session (after the prayers of refuge etc.) to calm and clear the mind in only a minute or so.

Make your breath somewhat longer and deeper, but don't exaggerate, if possible one should not hear the breathing. If you have a cold and one or both nostrils are clogged, just imagine breathing through the different nostrils.

Visualize the body, as being completely empty and transparent, then inside it appears the Central Channel. The Central Channel starts between the eyebrows, continues back just under the skull, and from the crown of the head it goes straight down to the level of four finger-widths under the navel, it stays a little in front of the spine. It is like a transparent blue tube, about the thickness of a thick drinking straw.

To the left and to the right are two side-channels, both transparent and the thickness of only a drinking-straw. The right channel is red, the left is white.

The three channels are flexible and just below the navel they connect with each other.

During the first round of breathing, INHALE through the LEFT nostril, keeping the right nostril closed with a finger. We imagine the air going from the left nostril into the left channel, up near the crown and way down to under the navel. There, the left channel is connected to the right channel, and we BREATHE OUT through the RIGHT CHANNEL by closing the left nostril with the same finger. Imagine breathing in pure white light, and when exhaling, imagine that all DESIRE AND ATTACHMENT, which pollutes the left channel, collects at the navel and leaves via the right channel as black smoke. The black smoke disappears beyond the universe. Repeat this 3 times.

Then the next round we INHALE white light via the RIGHT nostril, and all ANGER AND HATRED which pollutes the right channel collects below the navel and is EXHALED via the LEFT channel as black smoke. Again, do this 3 times.

The third round we INHALE white light via the LEFT AND RIGHT channel together and imagine them both being connected to the central channel below the navel. This CENTRAL CHANNEL is polluted by CONFUSION, which is breathed out as black smoke. Imagine that you BREATHE OUT via the POINT BETWEEN the EYEBROWS.

**Normally do this not more than 2 or 3 rounds.**