



alchemy of yoga

“If you are going to teach, you need a teacher...”
– Sri T. Krishnamacharya

ALCHEMY OF DHARMA

This course is for the socially conscious yogapreneur and is about calibrating the inner compass for fulfillment and work life balance. We offer you the mechanics to do the work of spirit and be successful at the same time. As a branch/limb (*anga*) of the Alchemy of Yoga School, this mentorship program is inspired by:

al·che·mynoun \al-kəm-è

1 the art of change, both spiritually and physically

2 a power or process of transforming something ordinary into something extraordinary.

ABOUT

The **Alchemy of Dharma** is a unique experience in continuing education. Over the course of 6 weeks, you will be paired with a Mentor Alchemist who will guide you through in-depth development of business strategy, personal growth and soulful happiness. The program has flexible hours and flows in tune with the three rhythms in nature that set the stage for transformation.

- **Shrishti** (creation) – Build your yoga business and have fun doing it.
- **Sthiti** (sustatiment) – Enter the self-sustaining growth cycle of continuous expansion that can be the business of yoga.
- **Samhara** (growth) – Capture your infinite interest and stay inspired by dissolving your previous set points.

PREREQUISITES

This program is open to those who:

- Have completed the Alchemy of Yoga 200-hour yoga teacher training program.
- Have completed the mentorship application form.

PROGRAM FLOW

This program starts when you are ready. You select the timing and coordinate with the availability of our Mentor Alchemists. In general, the program will last for 6 weeks with a 1:1 personalized call each week. During each call we will create a plan for integration/self-study and after each call you will receive a high level summary from your Mentor Alchemist with your tailor made weekly mantra so that you have an anchor to come back to.

SHRISHTI Initial Download (90 minutes)

Call 1: In this introductory session we get clear and focused, co-creating the desired end result for our time together. This session is the work of becoming clear on your core values and what you want to be doing in the world.

STHITI In the Flow (4 calls, 60 minutes each)

Call 2: In this call you take responsibility for your personal legacy as a reflection of core values. We explore branding, smart marketing and employ the igolu method of outside interviews to gain a new perspective.

Call 3: The focus of this session is getting into receiving mode. We upgrade your self-care program so that you are firing on all cylinders as the most soulful version of yourself. We create a plan of action for radical self love and purpose.

Call 4: Your vibe creates your tribe. Here we dive into mindful networking and conscious community. We talk generosity, compassion and giving locally while living your fullest life globally

Call 5: Discover your intelligent edge with clarity around what lights you up. Learn how to spend more time doing the things you love to do and less time spinning your wheels. We discuss ways to avoid burnout and the work hangover, mindful practices for efficiency and understanding your dream schedule.

SAMHARA Set Point Rising (90 minutes)

Call 6: In our final session together, we elevate your set point and cross the threshold into the next phase of inspired living. We create a 12-month action plan from the daily (dinacharya) to the seasonal (ritucharya) so that you can begin living your vision NOW.

7 hours of inspired coaching + 7 hours of self study = **14 hours total

WHAT YOU GET FROM THE PROGRAM: BENEFITS

- Personalized coaching to develop your authentic brand, mission and vision.
 - An action plan to grow your business in an energetically sustainable way – no burnout!
 - Access to ongoing development with loving feedback and guidance from your Mentor Alchemist.
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CONTINUING EDUCATION UNITS (CEU) FOR YOGA ALLIANCE

Hours spent completing Yogapreneurship modules can be applied towards CEU requirements for the 200 Hour level of registration with Yoga Alliance. Currently, Yoga Alliance requires that 30 hours of continuing education and development be completed every 3 years.

COST

\$600

ABOUT THE MENTORS

We have brought together a diverse range of experienced leaders to offer mentorship. All are highly experienced in many facets of yoga, life coaching and business development. The uniting quality of all Mentor Alchemists is dedication to studentship (adhikara), we are all on the path!

TO APPLY/REGISTER

Please send ap to Alchemy Manager Sarah Erter at sarah@alchemytours.com

QUESTIONS?

Please direct any questions to sarah@alchemytours.com

OTHER

We also provide hourly **Tune-Ups** for \$75 per hour. Test drive your mentor before you take them off the lot! Or, check back in for a tune up if you've completed the program before – we'll jump right in where we left off. (1 hour minimum.)