

## ABOUT SILVIA MORDINI



Your Yoga will be taught by Silvia Mordini whose loving [Anusara-inspired Vinyasa Flow](#) teaching style is influenced by more than 10 years of Hatha yoga study. She studies primarily under Shiva Rea. With over 7,500 hours of yoga teaching experience, as a nationally recognized Experienced Yoga Teacher with Yoga Alliance (E-RYT) she owns and teaches at Total Body Yoga, a 3,900 square foot Chicagoland yoga center with over 200 monthly classes and countless

weekly workshops as well as for a fifth year teaching a Nationally accredited Yoga Teacher Training Program. Silvia also enjoys working privately with athletes applying her knowledge of therapeutic yoga to aid healing old injuries or preventing new ones. Silvia's dedication to her students makes her classes upbeat and fun, serious and informative, supportive and authentic. She brings inspiration enthusiasm and playfulness into each class through creative, flowing sequencing and a delightful combination of yoga philosophy and healthy physical alignment. When her students leave class, they have been inspired to be good to themselves and thereby kinder to others. Silvia finds healing in the beauty and stillness of Moab and considers nature and the relationship of human spirit her greatest teachers!

## ABOUT JACOB YOUNG

Jacob is an avid cyclist, runner, and lover of all things outdoors, involving people. With over 10 years of guiding experience, beginning on Mt. Rainier, he has broadened his horizons by transitioning to guiding cycling trips around the world. He has been living in, and exploring the Olympic & Cascade mountain ranges of the Pacific Northwest for the past 11 years, and can often be found cycling, trail running, hiking and skiing in the greater Seattle area when not practicing yoga indoors. Jacob is a Certified Carmichael Training Systems coach and is CPR/First Aid certified, but his real experience comes from his passion for showing people new places and exploring along with them.



# Alchemy Tours

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*\$100 Off by Dec 21 Full Moon!*



**MOAB FULL MOON TRIP!  
APRIL 16 -19, 2011  
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## ABOUT THIS 4 DAY WEEKEND

### Where is Moab Utah?

Moab Utah is in the southeastern section of Utah. It has an amazingly unique geography that harbors artifacts of ancient peoples, impressive geologic formations, and intricate sandstone layers. Surrounded by national parks (Arches and Canyon lands) Moab is both a surreal and energetically amazing place.

Whether you're a dedicated yoga enthusiast, or a more casual Yoga practitioner or whether you're an avid cyclist looking to up your game or a cycling newbie who wants to get started right, this weekend is for you!

### During this 4-day Yoga Adventure Retreat you will:

- Integrate Spirit and Nature as you practice yoga, ride, hike and meditate with a group dedicated to doing the same.
- Fully discover (or rediscover!) the Joy of Yoga.
- Experience some of the most beautiful and famous mountain biking trails in the world—canyons, long climbs, beautiful descents, rolling scenery with options to ride Klondike Bluffs, Slickrock and Porcupine Rim.
- Enjoy exceptional yoga, hiking, cycling and camaraderie, all designed to help you spiritualize every aspect of your long weekend!
- Recharge, refresh and renew, leaving totally more inspired about your life!

### What is Included in the Trip Price?

- 3 nights of accommodation
- Daily breakfast, 3 lunches, 2 dinners and all snacks and drinks for each day's activities
- A social hour on select evenings
- All transportation during the trip, including private coaches
- 7 Yoga classes with Silvia Mordini
- Cycling Safety Clinic with Jacob Young
- Private evening Dharma talks
- Entrance fees to all group events
- Bike rental
- All gratuities for special events, transfers, lodging and group meals.
- A special goodie bag with trip-specific comfort items and accessories



### Not Included?

Airfare to and from the trip, lodging before and/or after the trip, gratuities for your guides, two dinners and any personal items purchased during your trip.

## TO REGISTER 847-772-9642

You can pay with check, direct bank deposit, or credit card or Paypal on line but we most prefer checks. Please send checks to Total Body Yoga Retreats, 210 Terrace Drive, Mundelein, IL 60061. Contact us at [retreats@totalbodyyoga.com](mailto:retreats@totalbodyyoga.com) or call if we can answer any questions.

### PAYMENT POLICIES:

**Early-bird discount:** \$100 OFF to those who register before Dec. 21st, 2010!

**Deposit:** A \$500 dollar deposit will reserve your space. Balance must be received by February 15th, 2011, 60 days prior to retreat.

**TUITION:** \$999 per person (or \$899 early bird)

Name	_____
Phone	_____
Card Number	_____
Signature	_____
Method of Payment	<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge: Visa or MC



## A TYPICAL DAY LOOKS LIKE

**Morning:**  
8:00 Breakfast  
9:30 Yoga practice  
11:00 Shopping & Lunch

**Afternoon:**  
2:00 Guided Hike

**Evening:**  
6:00 Yoga practice  
8:00 Social Hour & Dinner

