



# Information Pack 200hr Intensive Hatha, Transformational & Vinyasa Flow Yoga Teacher Training Course 2019-2020



HEAD OFFICE GGYC GALWAY

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## Training Courses Available Every Year in Ireland and abroad

Freedom to choose...

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**Dear Yogi,**

Welcome to your Golden Glow Yoga College yoga shala.

We offer three core calendar options for your yoga teacher training in Ireland various workshops and week-long retreats each year, both in Ireland and abroad. These hours may be logged and included for towards certification.

Our 200hr Yoga Teacher Training Courses

22 Days of study time is required, as a minimum, to qualify for certification. The standards must be achieved to qualify. We encourage you to think of your basic training as lasting for a minimum of one year. Lets us talk over how we make these trainings generous and therefore remarkably effective.

Option 1 -11 weekends September – June

Option 2 -11 weekends January – December

Option 3 -22 days in a single block – known as The Intensives – Available in Ireland in Cork and Galway. Also from October 2019, in Gran Canarias.

**Option 4 Flexible** – 22 days divided – Any hours, retreats included, from any of our courses can be included. This training develops over time – Continuity of study must be prioritized to qualify for certification at Teacher Level of course however it can be tailored to each student, their needs and availability. Teacher Training Retreats are paid for separately. Registration Fees will apply if Teacher Training is the focus. Instalments available subject to terms and conditions.

**The GGYC Irish Yoga Retreat Program – Home and Abroad** can lead to 200hr, 300hr and 500hr certification.

**Why GGYC?**

- **Our courses are tried and tested. We are also certified through Yoga Alliance International one of India's prestigious certifying bodies.**  
Our courses are designed to give you a practical and thorough foundation of study enable you to become a first class Hatha, Transformational and Vinyasa Flow yoga teacher. This qualification will be listed on your certificate. You will be qualified to teach classes to the public, once you have graduated.
- **You will benefit enormously from careful, disciplined guidance, developing a committed, focused, yoga asana and breathing practice.** You will be able to modify your practices to teach classes to others. You will experience a range of practices from restorative programs, gentle hatha through to stronger vinyasa flow yoga. Our courses incorporate SriMa Transformational Yoga which uses pranayama and mantra with asana so you will begin to develop further insight to Tantra and Kundalini practices.



- **Extensive teaching skills and tips are given to increase your confidence and awareness of Asanas. (postures/seats)** There is no substitute for experience in asanas. The years on the mat and hours taught to a vast range of students is why the GGYC program of Sri Radha Sharon is as highly considered as it is. Tried and test year after year with glowing testimonials, you can be certain you are in safe hands. You will also experience massive increase in your asana understanding and range, whatever your level.
- **A range of Philosophical insight is given.** The principles of 8 limbs of yoga philosophy of Patanjali, the reasoning behind ‘classical’ and various contemporary yoga systems, as well as the Integral Yoga system behind the Transformational Yoga system are taught. You may develop your understanding and deepen your knowledge of the yoga’s of the Bhagavad Gita. Upanishadic and Ayurvedic reflection occurs and time is spent, in particular, with the teachings of Sri Aurobindo and Sri T Krishnamacharya.
- **Psychic Physiology of Yoga Study included** Study of the five bodies, the seven (plus five and eight) chakras lotuses, nadis, kundalini enlightenment, use of colours, elements, senses, mantras.
- **Raja Yoga, Karma Yoga and Jnana yoga** will also be clearly and simply explained as well as insight to relaxation, meditation and visualization techniques and differences.
- **Our course of Hatha Yoga is authentic and yet allows for the creative and imaginative student teacher.** We return you to earth and start from the beginning, sowing the seeds of knowledge, creating the best of environments and encourage and support your growth.



## Summary –

Graduates of our program will have a clear understanding and have learned insight into

- Hatha Yoga - Asana Technique (A range of postures, their modifications and variations for a range of students), Pranayama, Mudra and Bandha, Kriya
- Hatha as part of Transformational sets, Ashtanga /Vinyasa Flow and Restorative yoga.
- Modifications as asana for GGYC Pregnancy, GGYC Children and Teens, GGYC Active Elders. GGYC Chair Yoga and GGYC Yoga at Work programs for our Corporate clients and GGYC Sport supporting Yoga for Gyms and Athletes are included
- History and Philosophy of Yoga – What is Yoga? What is Classical Yoga?
- Teaching Methodology / communication skills for Yoga practice
- Anatomy for Yoga, in particular the Skeletal and Muscular systems and Basic Physiology
- Transformation of Energy – including the use of sound, with mantra and an introduction to vibration, kirtan and chanting.
- A treasure trove of experience to share. Learn more about bandhas (locks) and gain an introduction to the power of mudra and mantra.
- Personal and Professional Development including be a yogi, balancing yoga and creating healthy business practices and principles.



## A welcome from Our Director

Dear Yogi

Thank you for taking time to review the program we have developed for you.

GGYC has set about honouring our own Irish nature and Celtic heritage, as well as giving insight to the famous and sometimes less famous Indian, Eastern, British, European and American yogic bodies community and traditions. We have a varied and exciting program for you with a vast number of influences from around the world.

We are very happy to have an opportunity to showcase our program here to you. We have a number of training options, new teachers and various venues you can visit to help you on your yoga journey.

GGYC HQ Ireland is based in Spiddal. This is where I am primarily based these days having spent many years raising my family initially in Cornwall and then for 22 years in Cork.

I am always available by appointment in Spiddal or on any training day, in all venues to talk.

We train teachers in The Galway Wellness Centre in Terry Land in Galway, (we moved our training there from the Salthill Hotel this year) and in the Oriel House Hotel in Ballincollig in Cork. GGYC Cork in Youghal is available for various classes and workshops under the guidance of my colleague, and one of our Senior Teachers, Maria Kirby.

We have more Senior teachers training every year and this year will see a break with tradition and our training programs will have more varied teachers in attendance than in previous years when I have completed all modules for students myself.

As a graduate of GGYC you will have a vastly improved focus and awareness of your own body and yogic practices. You will have reaped the enormous benefits of small, supported, learning environments. You will be able to structure your own practice and create classes to support chakra and element balance, as well as empowering you to be interesting and varied. Your classes will have a continuity that your students and the yoga world can recognise and relate to, without stifling our own enquiry.

**The skills you will learn with us are life skills. Skills to balance life's physical, emotional and mental challenges. We encourage you to take your first advanced yoga training steps bravely, with an open heart. For us it's about the joy, fun and laughter we get to share as well as the insight and focus.**

**In the words of a great man "All life is Yoga" said Sri Aurobindo**

Happy stretching! Om Shanti **Sri Radha Sharon**

Dr Sri Radha Sharon O'Neill BLC Hons PhD.Yoga



## What to expect

Golden Glow Yoga College is the longest running registered teacher training school for YAI Yoga Alliance International in Ireland.

The 200hr GGYC course for YAI course is a highly regarded and recommended training. It is a solid foundation course with a wide range of influences, covering all aspects of Hatha yoga – i.e. Asana, Pranayama, Mudra and Bandha and then building on that foundation or alignment and breath work to give you your wings! GGYC feel it is important to keep in line as much as possible with the standards of Yoga Alliance, The British Wheel of Yoga and The Yoga Federation of Europe and we actively encourage and are part of the wider yoga community.

A student's initial focus on any course for GGYC is Hatha Yoga with layers of the Transformational Yoga System (see our website for more details [www.goldenglowyoga.ie](http://www.goldenglowyoga.ie)) It has a particular way of introducing a class etc, but you are free to choose how you go on to teach your own classes in the future.

**We give approximately one third of our time on each course to each discipline of Hatha Yoga, (asana, bandha, mudra and bandha) Transformational Yoga ( with its mantra, vibration and pranayama, tantra and kundalini insight ) and then finish off our time together using Vinyasa flow Yoga ( joyous, fluid gracious depth) Which section will also examine stronger inversions, backbends and arm balancing.**

Vinyasa flow yoga is so popular these days we feel it's impossible not to include it on some level for all teachers. We give the later sections of our training programs over to these more physically challenging, somewhat stronger practices with Ashtanga comparison and consideration taken on board. We finish up threading things together.

*"It's important to accept that you are never going to know everything about yoga, about the amazing history and cultures that have influenced the practices we relate to and recognise today. However, working to build a good foundation of knowledge is important... You will be encouraged to find your own rhythm and your own style whilst honouring the work of the enormous range of yoga greats. The Holy men and woman, the healers and Doctors, the philosophers, poets, the artists, and activists..."*

*...We all know asana isn't everything, but it does bring amazing self-awareness and focus, especially when encouraged as a moving meditation.*

*Depending on, but also to some extent regardless of, your age, experience and practice time available, all sorts of wellbeing improvements will begin to grow and show, even if you really have little interest in that more physical kind of work...*

*...GGYC was created to celebrate yogic diversity and variety. Our enthusiasm is proving somewhat infectious!"*

**Sri Radha Sharon 2017**



By training with GGYC you will become able to recognise various brands of yoga, as well as yoga traditions and styles. We do not want you all to be clones of each other or anyone else, including us!

Upon completion your certification will be as a 200-hour Yoga Alliance International Hatha, Transformational and Vinyasa Flow Yoga Teacher. You will have been trained to use your intelligence to make informed decisions about suitable class plans and programs.

You will be certified and accredited therefore to teach yoga, that you are able to understand, and are comfortable and steady with, meeting challenges as they arise.

This will be targeted to suit your lifestyle. Be it for sporting clubs, in gyms, or for specific adult groups. You may adjust programs as you wish.

Modifications for general classes, with general health concerns and pregnancy considerations are included in training as standard.

It is possible to offer classes to children (HSE/Garda requirements withstanding) with your qualification, focusing on which ever aspects of Yoga you personally feel you have an affection for. We actively encourage graduates to play to their strengths and that will have been supported in training.

A vast number of our GGYC YAI Graduates go on to teach yoga skills and techniques to others.

Our GGYC is considered by many to be superior quality training, that does enable you to expand your consciousness of this amazing world very carefully, mindfully and beautifully.

**We hope very much to meet you in the near future. Do call us to make an appointment to chat over your options.**



## Practical Guidelines to Starting your Yoga Training with GGYC

We have included a range of resources here for you- Please prioritize the following-

- Reading List (please note that the first five books are mandatory). One of the most important things to purchase are your books. They are your yoga foundation. Please bring them every day to training. They can be found online.
- 200hr Self Study list. It's always good to make a head start on reading if possible but we also do not want you to sweat over this. We will cover insights from all the referenced books together.
- Curriculum of Training Modules 200hr is the yoga training foundation. It has a vast amount to cover and it is expected that you will only touch the surface on some of the topics. Further study support is available on 300hr and 500hr training as each student wishes or requires understanding.
- **A copy of the Contract is to be sent separately Please complete and return it once a place has been offered, if you wish to accept it.**

### Yoga Training Manuals /Books/Online Resources

We issue you a GGYC training manuals and a link to My Learning Yoga Online Resource with all your additional resources on it. Online recordings of primary lectures are also made available.

Remember - Please bring your five mandatory books with you on every training day. A notebook and writing materials will be necessary. You are free to use laptops or tablets as you prefer. **However, we do request your phones are not used during class time.**

### Finance – See Fees and Payments

You can pay for your course on our **Store** on our website [www.goldenglowyoga.ie](http://www.goldenglowyoga.ie)  
**We accept Stripe payments or if you are paying by instalments you can do on as monthly basis or you may set up a direct debit payment with us.**

Golden Glow Yoga

AIB

Main Street

Carrigaline

Co Cork

Sort Code: 93 43 13

Account number: 22219093 IBAN: IE97AIBK93431322219093 BIC: AIB KIE2DXXX



The payment of the €500.00 Registration fee will reserve your place once offered. And you have choices how to pay the balance.

If you would prefer to pay the Early Bird Rate, payment must be completed no later than one month before the course begins.

Payment Plan Options are contained in the Fees and Payment Plans section below. If you would like to avail of these instalment arrangements, please do just let us know.

**Keeping it Flexible – Come to train as often as you can throughout your training year**

There is usually one weekend course and one intensive course per year, as a minimum, in each location. Students may visit **any** course that is running, subject to permission, in addition to their own basic course. These hours may be in addition to or in lieu of hours completed for a standard 200hr Certification, 300hr Diploma or 500hr Senior Instructor. It applies to both Winter Weekend or Intensive courses. Practical teaching experience is required to progress in qualification.

**Limited places apply on all courses** (Max 21 new students). Places are awarded on a first come, first serve basis and only after a formal offer of a place.

To ensure the best chance of a placement, early application is recommended.



## Training Course Structure

### Day One Only

**10am Start - Please be ready to begin promptly on the first day of any training course. This will be the first Saturday of any Winter Weekend Yoga training. Likewise, the first weekday of any of our Intensives.**

### What to bring

Please bring your mat, (2 foam bricks and a yoga belt if you have them), a cushion, a small blanket, the five mandatory books (See Reading List), and writing materials. Also bring any snacks, drinks, and lunch as you require. Lunch can be purchased nearby at both training venues.

### Daily routine thereafter (Note which will apply to you)

**9.30am - 5pm** Saturday Trainings

**9.30am – 5pm** Intensive Training **midweek courses only** Monday to Thursday

**10am - 2pm** Sunday Trainings

### **Daily Program**

**9.30am 11.15am**

We start every day with an opening mantra, and brief a review of the day's work, Asana (posture practice) and Pranayama (breathing techniques). Daily structure is set out in the GGYC Manuals.

We usually reapply ourselves to the asana we looked at in the morning, later on the same day or the following day. Students begin to teach in small groups of two initially to build confidence.

**11.15-11.30 Break** We take two 15-minute breaks @11.15am and again at @3.15pm on the Saturday and on weekdays if on an Intensive course as well as the hour for lunch and a 30 minutes Lunch only from 12-12.30pm on Sundays which is 10am – 2pm only.

**1-2pm - Lunch** Saturdays and any weekday training.

**2-3pm** -We may complete a Yoga Nidra or a study of Yoga Philosophy or Yoga History. examine a particular great Yoga Master or Yoga school of training

**3.15 -4pm** We may complete a mediation exercise or additional Bandha, Mudra or Pranayama programs.

**4-5pm Asana**

**5pm Finish**

We apply the practical Anatomy program on a daily basis throughout the program.



### Assessment

- We have an open book exam for each course, which is given one month before graduation on winter courses and is guided through for each intensive student.
- Students are required to complete an essay on Yoga, 3000-5000 words, to be submitted two months before graduation on winter courses. A shortened essay is submitted by Intensive students.
- We have continual ongoing physical and aptitude assessment and a one-hour physical asana assessment prior to graduation.

Our approach to learning is of gentle discipline, encouraging well awareness routines and healthy practices that are manageable and fulfilling.

We have a high level of support for students and genuinely aim to bring out the best in everyone and help them achieve their goals.



## Golden Glow Hatha, Transformational and Vinyasa Flow Yoga 200hr Yoga Teacher Training Course Curriculum

### General Knowledge

#### **Module 1 Personal and Professional Development**

- YAI Code of Conduct
- Self -Evaluation and Ethics – To encourage flexibility and acceptance
- Pedagogy – The Art of Teaching - Principles of demonstration & observation
- Teaching Methodology – Presentation skills
- Assisting, modifications, correcting, instructing hands on adjustments
- Finding your own teaching style
- Lesson planning and recording
- How to ensure classes are safe, instructive. Vital contra- indications.
- How we remain sincere and joyful
- The Veda - Ayurveda – (including self-study) and its links to yoga
- Business Practice - small business start- up
- Classroom Safety First Aid Course available at small additional cost
- Challenging and encouraging your students to be perpetual beginners.

#### **Module 2 History and Philosophy – India**

- Sri Aurobindo and The Mother – Integral Yoga
- Patanjali’s Yogic philosophy and the 8 limbs of yoga
- Hinduism, Buddhism, the Epics, the Six Orthodox Darshanas
- Swami Vivekananda, Sri T Krishnamacharya, B.K.S. Iyengar, K. Pattabhi Jois T.K. V Desikachar
- The work of Osho and other great influencers
- Introduction to Yoga Sutras, Vedas, Upanishads, Bhagavad Gita & the yoga tradition
- Comparison and brief history of main branches of yoga and main Hatha School
- Hatha Yoga developing to Raja Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga
- Integral Yoga and Transformational Yoga, Kundalini Yoga and some white, red, Tantra Yoga.
- Tantra Insights – Ipsalu Tantra
- The works of Swami Sirvananda and Swami Satyananda Saraswati – Bihar Schools of Yoga
- Gheranda Samhita
- Samkhya Karika
- The Karana – 108 Dance An introduction of awareness



- A History of Yoga schools - Yoga Alliance International, The British Wheel of Yoga and Yoga Alliance US, Yoga Alliance UK, The European Union of Yoga
- Practical and Theoretical Knowledge

### **Module 3 Anatomy and Physiology**

- Physical Anatomy and Physiology- basic knowledge of body systems including respiratory, digestive, circulatory, nervous, musculoskeletal, endocrine systems, elimination system and cardiovascular
- Injuries and genetics
- Diseases and Disorders

### **Module 4 Psychology of Transformation of Energy**

- Theory of Integral and Transformational Yoga
- Functions of 7 Chakras ( plus other systems )
- The 5 Bodies and Koshas
- The Pranic body including the 5 pranas and their functions
- Impurities of the 5 bodies, effects and purification techniques for each
- Energy mechanics of Transformational yoga

- **Module 5 Physical Yoga Fundamentals and Practice of Hatha Yoga** GGYC-The Freedom to Choose ... Opening minds to a wide understanding of Yoga
- The Golden Glow Yoga College YAI 200hr Yoga Teacher Training Manual is given to all students.
- Hatha yoga – which consists of Asana, Pranayama, Bandha, Mudra and Kriya
- Simple Sanskrit training includes chanting mantra, asana names, pranayama & other yoga vocabulary
- We advocate a wide awareness of Asana. The various Hatha Schools are compared. Patterns and sequences are explored so you are empowered with knowledge to examine detail. Hopefully leading you to a celebration of our differences and similarities.
- Basic preparatory joint movements to warm up & prevent injuries - 3 Pawanmuktasana stages
- Concepts behind adjustments and modifications. Cautions and Mindfulness
- Families of Postures – Sets –Warm up and wind down. Standing, lateral, backward bending, twists, inversions, balances, equilibrium postures, prone, seated.
- Sun Salutations Surya Namaskar routines and variations
- Moon Salutations Chandra namaskar
- Standing and balancing routines, sequences and variations and alignments.



- Restorative practice
- Basic Transformational Yoga asana sequences.
- Awareness of the techniques of Transformational Yoga breathing and mantra options within the asanas given over a full training weekend
- Special Focuses - Pregnancy Modifications, Kids, Teens, Yoga at Work and Chair Yoga
- Mantras: building awareness with vibrations & chanting
  - Seed Sounds for chakras: relaxation, purification, and activation
  - Five Element mantra
  - Invocation of Light technique with mantra
  - Gayatri Mantra
  - Kundalini Invocations
- Pranayama - 'Control of the prana'

#### Breathing techniques for 5 Prana (Vayus) activations plus

- Conscious breathing techniques -natural, abdominal, thoracic clavicle, full yogic breath, heart to belly.
- Discussion on better breathing habits and improvement techniques
- Kapalabhati (cleansing breaths)
- Nadi shodana (alternate nostril breathing)
- Bhramari (humming bee breath)
- Ujjayi (victorious breath)
- Shitali & Sitkari (cooling breath)
- Kewal Kumbhanka (peaceful pause)
- Science of Swara Yoga Introduction
- 

#### Bandhas and Granthis

- Moola Bandha (Mula)
- Uddiyana Bandha
- Jalandhara Bandha (throat lock)
- Maha Bandha (the great lock)
- Mudras – Yoni, Hydaya,
- **Meditation Techniques**
- Practice and possibilities
  - Sri Aurobindo and The Mother
  - Various Osho Meditations (Kundalini, Chakra, Vipassana, Dynamic...)
  - Meditations from the Tantras
  - Walking Meditation



- Five body Meditation
- Meditation
- Observation and awareness techniques.
- Principles of demonstration & observation
- Knowing and Knowledge
  - Yoga Nidra relaxation techniques
  - Psychic Physiology of yoga: Ida, pingala, shushumna
  - Kundalini theory
  - Nadis and the nervous system
  - The Endocrine system and the Chakra system, suggested connection exploration
  - Health benefits of yoga techniques, contraindications, and therapeutic use
  - Introduction to Ayurveda: body types & diet
  - Swara Yoga – simple insight
- **Practice** - Finding your own rhythm as an asana practitioner. Become confident to change your teaching style, as suits, using your own intelligence. Learn to adjust programs according to fitness levels, experience, age and ability. Add the GGYC programs to your own established practices

#### **The Means of assessment**

- Written Work throughout the course. Designing classes and workshops for a variety of students, settings and styles.
- 3000 – 5000 word Thesis
- Oral Discussion of Thesis
- Demonstrate the practical teaching of Yoga
- Open book Exam covering the principal subjects
- Oral answers through continuous assessment
- Continuous assessment
- 60 minutes of Final assessment of Asana Practice



## **Fees and Payment Plans 2019 - 2020**

Payment plans can be tailored to suit you  
Let's take the stress away....

**Brief Outline** All courses are offered at €2500.00. An Early Bird €300.00 Discount can be applied reducing payment to €2200.00 however it and must be paid, in full, no later than one month before a course begins.

Please contact the office for a phone interview to be arranged. This must occur before a place is able to be offered. Once you've been given the go ahead to book your space it's just a click away on the Golden Glow Yoga College Website Store  
[www.goldenglowyoga.ie](http://www.goldenglowyoga.ie)

### **The Registration Fee**

Reserve your place, once offered, by paying your €500.00 Registration Fee online.

### **The Teaching Fee – Pay as Early Bird or pay Full Fees- Instalment Plan Options are available.**

Make use of the Store on our website at [www.goldenglowyoga.ie](http://www.goldenglowyoga.ie) for card payments using Pay Pal or Stripe. All Payment Plans are created with an expectation that the €500.00 Registration fee has already been paid.

### **Spread the cost over either four or eight months**

We suggest you arrange to make your payment schedule for either the beginning, middle or end of the month as you prefer.

**Payments should then be paid on time and with amounts as agreed please.**

**Early Bird Fees** – Total €2200.00 -Minus €500.00 Registration Fee = €1700.00  
The balance of €1700 must be paid no later than one month before a course begins.

- **Early Bird Payment Plans Options – either**
  - A) €500 x 3 monthly instalments and €200 x 1 monthly instalment or
  - B) €212.50 x 8 monthly instalments (Time allowing)

**Full Fees** - €2500.00 less €500.00 Registration Fee = €2000.00 –

**Term Time option** – Must be completed by April for September to June Students and by October for January to December students.



- **Full Fees Payment Plan Options**
  - A) €500 x 4 monthly instalments
  - B) €250 x 8 monthly instalments

Golden Glow Yoga

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Sort Code: 93 43 13

Account number: 22219093 IBAN: IE97AIBK93431322219093 BIC: AIB KIE2DXXX



## Recommended Reading List 2019/2020

### The FIRST FIVE ARE MANDATORY

- **Light on Yoga - B.K.S. Iyengar**
- **Asana, Pranayama, Mudra and Bandha - Swami Satyananda Saraswati**
- **Yoga Anatomy 2nd Edition - Leslie Karminoff and Amy Matthews**
- **The Heart of Yoga – T.K.V. Desikachar**
- **The Yoga Sutras - Patanjali (Alister Shearers version is very beautiful and simple but many versions are available )**

- The Upanishads - Penguin
- The Bhagavad Gita – Penguin
- Autobiography of a Yogi - Paramahansa Yogananda
- The Yoga Pradipika - Swami Svatmarama
- Ashtanga Yoga - John Scott
- Functional Anatomy of Yoga – David Keil – A book is available. Pod casts and online services are also excellent.
- Yoga and Ayurveda by Dr David Frawley (Many great titles available via the American Vedic Studies Institute)
- The works of Sri Aurobindo and The Mother all works available at the Sri Aurobindo Ashram online.
- The Man Who Loved Seagulls - Osho
- The Miracle of Mindfulness - Thích Nhất Hạnh
- You are Here - Thích Nhất Hạnh
- When Things Fall Apart – Pema Chodron

#### In Addition

- Scan the stories of Ramayana and the Mahabharata (Peter Brooks did Lengthy Versions of these plays)
- Transformational Yoga 500hr Teacher training Handbook by Sri Swami Vidvanand given on mememory stick
- B. K. S. Iyengar – The Path to Holistic Health ( coffee table size – fabulous )

#### Further Reading

- Jewell in the Lotus – The Tantric path to higher Consciousness
- Cutting Through Spiritual Materialism – Chogyam Trungpa
- Don't Take Your life Personally - Ajahn Sumedho Buddhism
- All works by Jon Kabatt- Zinn
- The Power of Now – Eckhart Tolle



## Self-Study for All

Term 1 and 2 Winter Courses  
Weeks 1 to 4 Intensive Courses  
Please Read.....

- Light on Yoga – B.K.S. Iyengar Part One
- Asana, Pranayama Mudra and Bandha – Swami Satyanananda Saraswati
- Front of book – Asana - Pawanmuktasana x 1- 3
- End of the book - Psychic Physiology of Yoga, Introduction to Shatkarma, Bandha. Mudra Pranayama

Familiarize yourself with the contraindications for asana and pranayama in both books. These books are for reference. Do not try and learn it all off by heart.

### **Add**

- Yoga Anatomy 2nd Edition – Karminoff and Matthews Chapters 1- 4
- Read the Yoga Sutras of Patanjali aloud in English to yourself
- Immerse yourself in the personal practices recommended in The Heart of Yoga Book **Asana Practice – One rest day a week please**

**In addition to your usual practices please begin to add in the following as they are taught.**

### **GGYC – 200hr Yoga Teacher Training Manual**

- Happy Back Warm up
- Transformational Yoga sets
- Sun Salutation variations
- Yoga India Sets

### **Pranayama/ Bandha**

- The 5 Pranas can be practiced daily
- Practice all three main Bandhas as they are taught. Add the Jalandhara Throat Lock (Bandha) and the Great Lock to morning practice before adding a 20 min Meditation practice. Aim to have two 10 – 90 minutes asana practices a day. Morning and early evening
- Modifications for Pregnancy, Children, the Elderly and Corporate are given.

**A 300hr Diploma** is also available for graduates of any 200hr Program. 5 weekends or 10 days of additional taught hours is required as a minimum.



**Dr Sri Radha Sharon O'Neill BCL Hon Ph. D /MPHIL ( Yoga)  
Awarded Maharshi Vedvyas International Virtual Vedic University  
Oct 2017**



Dr Sri Radha Sharon is the Director of Golden Glow Yoga College and leads all Yoga Teacher Trainings at GGYC, she is an enlightened Senior Yoga Meditation Master, Grand Master Yoga Therapy, a member of The British Wheel of Yoga, an Ambassador for SriMa

Transformational Yoga and Director of SriMa Ireland.

Dr Sri Radha Hon Ph.D Yoga is passionate about her practice and her studies. Programs cover all eight limbs of yoga. She was originally inspired by the timeless teachings of Shri Krishnamacharya, an amazing healer and yoga teacher who was the inspiration behind many modern Hatha schools

(Ashtanga, Iyengar, Vinyasa, Viniyoga), and has many hours of additional studies with Swami Vidyanand in Southern India.



Swami Vidyanand, Founder of Yoga Alliance International in India

**"... It changed my life... " Read what some other Trainee Teachers  
have had to say about their courses...**

"... Sri Radha Sharon has made the course so personal and yet is never pushy or invasive - she is a true yogi! Radha gently guides you through the course helping you find strength and grace in your



yoga both on and off the mat. The year has helped me considerably deepen my practice and given me a well- rounded knowledge of all of the yoga realms. It really has been such a gift to have been on this learning journey with Sri Radha and my fellow yogis. I have been truly inspired by Sri Radha and will sincerely miss our treasured yoga weekends when the course ends in another month!" *Sarah Kate McHaugh*



"Taking part in the teacher training course at Golden Glow was a great decision....  
...Sri Radha Sharon's knowledge and expertise are second to none, and her empathy and wisdom create a warm and secure space for learning. The course has been of huge benefit to my personal practice and indeed has positively impacted on all aspects of my life. The classes are friendly, supportive and fun. I would tell anyone considering joining the college to grab the opportunity with both hands".

*Edel O' Donovan April 2016 Teacher Training*

"I started practicing when i was 8 years old and wanted to learn everything i could so I was put on the advanced programs. I practice just about every day and it's been a huge influence for me. Everyone loves the energy and focus of the weekends. It's a way of life." *William Magnier*

'...I always look forward to the monthly training weekend, which provides a strong anchor and direction of support, while being fun, challenging, and nurturing of a strong personal energy. Growing alongside others adds to the depth of the experience. I feel I have already achieved great personal growth, and developed on many levels, and am loving the opportunity to learn and explore within such a supportive environment." *Hazel Moon*

" It is said that the teacher appears when the student is ready. This was indeed the case with me when I found Sri Radha Sharon and Golden Glow Yoga College. In 2013/2014, I studied the 200 hours Yoga Teacher Training Course at Golden Glow Yoga College with Sri Radha. She is a wonderful, insightful and warm teacher whose authentic practice is hugely inspiring and who teaches from the heart, while her knowledge of yoga history, philosophy and sutra is vast and deep. It was a privilege to study under Sri Radha and also to meet all the other students on the course." *Fintan Mackey*

"I am absolutely loving the Teacher Training course at Golden Glow Yoga College. The atmosphere is very warm, welcoming and friendly. I think this is a very comprehensive course lead by a most professional extremely supportive teacher Sri Radha Sharon"