



Golden Glow Yoga College
Hatha, Transformational & Vinyasa Flow Yoga
200hr, 300hr and 500hr Teacher Training
Courses
2020-2021

Golden Glow Yoga College Ireland
Award winning training accessible from around the globe
Flexible training options.
Access In person, Live Online, and Extensive My Learning Online Resources

Yoga for the Joy of it !



RELAX, BREATHE, BE !



1

Golden Glow Yoga College HQ (Adjusted from Spiddal Studio Post Covid lockdown July 2020)
The Galway Wellness Centre, Terryland House Headford Road
Galway Ireland H91 D638
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Index

Golden Glow Yoga College Introduction	3-4
Practical Guide to Starting your Yoga Training with GGYC	5-6
Training Course Structure - The Daily Plan.....	7
200hr Yoga Teacher Training Courses – Assessments.....	8
Training Dates of Courses Offered	
June 2021 200 Hr Intensive Galway	9
July 2021 200 Hr Intensive Cork	10
September 2020 to June 2021 Cork 200hr 11 Weekend Winter Course.....	11
September 2020 to June 2021 Cork 300hr 5 Optional Weekend Winter Course.....	12
September 2020 to June 2021 Galway 200hr 11 Weekend Winter Course.....	13
September 2020 to June 2021 Galway 300hr 5 Optional Weekend Winter Course...	14
January 2021 to December 2021 Cork 200hr 11 Weekend Winter Course.....	15
January 2021 to December 2021 Cork 300hr 5 Weekend Winter Course.....	16
January 2021 to December 2021 Galway 200hr 11 Weekend Winter Course.....	17
January 2021 to December 2021 Galway 300hr 5 Weekend Winter Course.....	18
Golden Glow Hatha, Transformational and Vinyasa Flow Yoga 200hr Yoga Yoga Teacher Training Course Curriculum (simple version)	19-20
Recommended Reading List.....	21
Self-Study for All.....	22
Continued Contact hours - details of our follow on courses	
300hr Diploma	23
500hr Senior Teacher.....	23-25
GGYC YOGA Teacher Training Programs Brochure -About your Senior Teacher.....	25
Testimonials.....	26- 27
Fees and Payment Plans Explained	28-29



Introduction to the GGYC Yoga Training Courses Available Every Year in Ireland

Freedom to choose...

Dear Yogi,

Welcome to our Golden Glow Yoga College Yoga Shala.

We offer three different calendar options for your yoga teacher training 'in Person' in Ireland and these are available in two different areas of the country, Cork and Galway. We offer smaller week-long retreats around the world and these are of the same high standard. Online foundation training needs to be supported with 'in person' contact hours.

200hr Yoga Teacher Training

Option 1 - 11 weekends September – June

Option 2 -11 weekends January – December

Option 3 - 22 Days of study time as a minimum in a single block. – The Intensives.

- Our courses are certified through Yoga Alliance International. They are designed to give you a practical and thorough foundation of study to 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 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. Covering Sri Ma Transformational Yoga which uses pranayama and mantra with asana, you will also begin to develop further insight to Tantra and Kundalini practices.
- Extensive teaching skills and tips are given to increase your confidence and awareness as both a student and to help others.
- The philosophy of Patanjali, the classical and various contemporary yoga systems, as well as the Integral Yoga system behind the Transformational Yoga system are taught, along with Baghavad Gita, Upanishadic and Ayurvedic reflection, in particular the teachings of Sri Aurobindo and Sri T Krishnamacharya.



- Basic insight and understanding of Hatha with awareness of the five bodies, study of seven chakras, a range of asanas, a range of pranayama, practice of bandhas and an introduction to mudra and mantra are given.
- The principles of yoga will also be clearly and simply explained as well as insight to relaxation, meditation and visualization techniques. Our course of Hatha Yoga is authentic and yet allows for the creative and imaginative student teacher.

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 and Kriya
- Transformational sets, Vinyasa Flow patterns and Restorative yoga.
- Modifications 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 support Yoga for Gyms and Athletes are included.
- Raja Yoga – Hatha Yoga paves the road to Meditation skills. We will help.
- History and Philosophy of Yoga – What is Yoga? What is Classical Yoga?
- Teaching Methodology / communication skills for Yoga practice
- Anatomy for Yoga and Basic Physiology
- Transformation of Energy – including the use of light, sound and vibration, with simple mantra and chants
- Personal and Professional Development including balancing your yoga in your life. Deepening understanding of being a yogi and encouraging joyful, healthy business practices and principles.

Galway Courses - city venue of GGYC Corporate at The Galway Wellness Studio Terryland

Cork Courses - The Events Centre Clayton Hotel Silver Springs, Tivoli Co Cork

As a graduate, it is expected you will have a vastly improved awareness of your own body, yogic practices and will have reaped the enormous benefits of a small, supported, learning environment. You will be able to structure your classes to support chakra and element balance, as well as empowering you to keep classes interesting and varied. Your own practice will have evolved. Your classes, if you wish to teach will show maturity, be well-grounded, and have a continuity that your students and the yoga world can recognise and relate to.

Happy stretching! Om Shanti Dr Sri Radha Sharon O'Neill

4



Practical Guide Yoga Teacher Training with GGYC

We have included considerable detail here for you to help your year of study go smoothly and also for you to be able to assess the program ahead of application.

First Things First – For a place on a course to be offered please contact the office for a phone interview to be arranged. 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

Yoga Teacher Training Tools – Resources. One of the most important resources in this booklet is the *Reading List* (please note that the first five books are mandatory). These books are your yoga foundation. Please bring them every day to training. A comprehensive list is included here so everyone can benefit from this insight.

We also include a *200hr Self Study list*. It is always good to make a head start on reading if possible ahead of the courses beginning but we do not want our student teachers to sweat over this. We will cover insights from the reference books together. Some of you will find this side of the work easy, others will not. We encourage everyone to read these books if you have an interest in widening and deepening your own yogic understanding of yourself. The world is full of yoga books and online programs and we know how hard it is to differentiate. So we have picked out some beauties for you to look over, especially if you enjoy that side of training. We also include a basic outline of the *Curriculum of Training Modules* here for your convenience. The full version is designed to be covered over a four -year period. 300hr and 500hr post grad.

Please note - A copy of the GGYC Student Contract will be sent to you. Please complete it once a place has been offered, should you choose to accept it.

Yoga Alliance International – SriMa and YAI Ireland – Who we are

Golden Glow Yoga College is the longest running registered teacher training school for YAI Yoga Alliance International in Ireland. The 200hr YAI course, is a solid foundation course with a wide range of influences, covering all aspects of Hatha yoga – i.e. Asana, Pranayama, Mudra and Bandha. We feel it is important to keep in line as much as possible with the standards of Yoga Alliance, The British Wheel of Yoga and European Union of Yoga. We give our initial focus to Hatha and the Transformational Yoga System (see our website for more details www.goldenglowyoga.ie) and its 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 to each discipline. Vinyasa flow is so popular these days we feel it is impossible not to include it on some level for all teachers and we give the later sections of our training programs to this stronger practice which is great fun and its dancing flow is nicely challenging.

Your certification will be as a 200-hour Yoga Alliance International, Hatha, Transformational and Vinyasa Flow Yoga Teacher.

You will be certified therefore to teach in sporting clubs, gyms, schools and various groups as you wish. It is possible to offer classes to children (HSE/Garda requirements withstanding) and adults of all walks of life, focusing on which ever aspects of Yoga you personally feel you have an affection for, and even run your own business if you wish.

My GGYC Advanced study Yoga Courses – Train with us In Person and/or using the GGYC Yoga Online Platform.

All courses follow the same structure, so you have continuity of practice. You will work just as hard online as in Person. 1-1 online supports the group dynamic.

Yoga Teacher Training Manuals /Books/Online Resources

We issue you soft copy of three GGYC training manuals and a link to My Yoga Learning Resource with all your additional resources on it.

Online recordings of yoga nidras and primary lectures are also made available. *Please bring/ have your five mandatory books with you to hand and bring them on every training day.* Retreat students have resources supplied. A notebook and writing materials will be necessary. You are free to use laptops or tablets as you prefer.

Keeping it Flexible – Yoga Teacher Training requires commitment- Senior teachers are hugely supported by GGYC. Come to train as often as you can throughout your initial training year and thereafter for the four years in total whilst you are accumulating the teaching experience required.

There are 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 base course.* These hours may be in addition to or in lieu of hours completed on a standard 200hr Winter Weekend or Intensive course.

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. Early Bird or Unwaged Concessions exist – a 10% discount may be applied on full fees.

Courses are available in both Cork and Galway Ireland. Payment of the Registration Fee will secure a placement once offered.



Training Course Structure at GGYC

Day One Only- January courses start at 9am for meet and greet

10am Start on all other courses on Day one- Please be ready 10 minutes in advance. Begin promptly on training days and be on time every day. 9.30am thereafter.

What to bring if you are attending 'In Person' contact hours

Please bring your own 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, hot and cold 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

Online training days are a little shorter as necessary.

Program

We start every day with an opening mantra, a breakdown of the day's workplan, Asana (posture practice) and breathing techniques. Our 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.

1-2pm - Lunch Saturdays and any weekday training. 30 minutes Lunch only from 12-12.30pm on Sundays.

2-3pm -We usually complete a Yoga Nidra or study the Philosophy or history after lunch

3-5pm We usually complete a study program from one of the modules on the curriculum and finish our day with asana review.

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

We take two 15-minute breaks @ 11.15am and again at @3.15pm on the Saturday and on weekdays on any Intensive course as well as the hour for lunch.

Up to 2 hours of private yoga therapy consultation with Sri Radha is available to each student on any course.



Thesis, Examinations, and Asana Assessments

- Thesis - 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 to be submitted by Intensive students.
- Examinations - We have an open book exam for each course, given one month before graduation on winter courses and guided through for each intensive student personally .
- Asana Assessment - We have continual ongoing physical and aptitude assessment and a one-hour physical asana assessment prior to graduation.

Our approach is of firm yet gentle discipline, encouraging 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.





Yoga Alliance International Qualification
Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course
200hr June Intensive Course Galway
The Wellness Centre,
Terryland, Galway H91 FPT3 Ireland,
7th June – 1st July 2021

This Hatha Transformational and Vinyasa Flow Yoga 200hr Teacher Training Course has Transformational yoga as its framework with focus on its Five Asana Routines, Mantra and Pranayama, Bandhas and Mudras. We spread our awareness through all Hatha basics as well as five bodies and seven chakras. We also study the eight limbs of Yoga of Patanjali. We will widen our general Happy Hatha practice of Asana to an intermediate level of Vinyasa flow style. There is a suggestion of your own daily practice of Cleansing, Pranayama and Meditation around dawn and dusk. Lunch breaks will range from 60 to 90 minutes and short breaks will be offered throughout the day.

Rest Days will be scheduled for Fridays and the weekends. We recommend no physical practice on one these days. It is a time to practice, read, meditate and reflect. If possible, use the time to experiment and bring that experience of your deepening practice back into class. Enjoy your journey and make it a time for your personal development. Namaste. You are under the GGYC wing for the year.

Monday 7 th of June 10am - 5pm	Tuesday 8 th of June 9.30 - 5pm	Wednesday 9 th of June 9.30 - 5pm	Thursday 10 th of June 9.30am - 1pm	Friday 11 th June Rest Day	Saturday 12 th June Rest Day	Sunday 13 th June Rest Day
Monday 14 th of June 9.30am - 5pm	Tuesday 15 th of June 9.30am - 5pm	Wednesday 16 th of June 9.30am - 5pm	Thursday 17 th of June 9.30am - 1pm	Friday 18 th June Rest Day	Saturday 19 th June Rest Day	Sunday 20 th June Rest Day
Monday 21 st of June 9.30 - 5pm	Tuesday 22 nd of June 9.30 - 5pm	Wednesday 23 rd of June 9.30 - 5pm	Thursday 24 th of June 9.30 - 1pm	Friday 25 th June Rest Day	Saturday 26 th June Rest Day	Sunday 27 th June Rest Day
Monday 28 th of June 9.30am - 5pm Assessments and Reviews	Tuesday 29 th of June 9.30am - 5pm	Wednesday 30 th of June 9.30am - 1pm	Thursday Graduation 1 st July 10am Service 12-1pm			



Yoga Alliance International Qualification
Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course
200hr July Intensive Course Cork 5th – 29th July 2021
 Clayton Hotel Silver Springs Tivoli,
 Cork, T23 E244 Ireland,

This Hatha Transformational and Vinyasa Flow Yoga 200hr Teacher Training Course has Transformational yoga as its framework with focus on its Five Asana Routines, Mantra and Pranayama, Bandhas and Mudras. We spread our awareness through all Hatha basics as well as five bodies and seven chakras. We also study the eight limbs of Yoga. We will widen our general Happy Hatha practice of Asana to an intermediate level with Vinyasa flow style.

There is a suggestion of your own daily practice of Cleansing, Pranayama and Meditation around dawn and dusk. Lunch breaks will range from 60 to 90 minutes and short breaks will be offered throughout the day.

Rest Days will be scheduled for Fridays and the weekends. We recommend no physical practice on one these days. It is a time to practice, read, meditate and reflect. If possible, use the time to experiment and bring that experience of your deepening practice back into class. Enjoy your journey and make it a time for your personal development. Namaste. You are under our wing for the next two years.

Monday 05th July 2021 10am – 5pm Day 1 Only	Tuesday 06th July 2021 9.30am – 5pm	Wed 07th July 2021 9.30am – 5pm	Thursday 08th July 9am – 5pm	Friday 9th July Rest Day	Saturday 10th July Rest Day	Sunday 11th July Rest Day
Monday 12th July 9.30am – 5pm	Tuesday 13th July 9.30am – 5pm	Wed 14th July 9.30am – 5pm	Thursday 15th July 9.30am – 5pm	Friday 16th July Rest Day	Saturday 17th July Rest Day	Sunday 18th July Rest Day
Monday 19th July 9.30am – 5pm	Tuesday 20th July 9.30am – 5pm	Wed 21st July 9.30am – 5pm	Thursday 22nd July 9.30am – 5pm	Friday 23rd July Rest Day	Saturday 24th July Rest Day	Sunday 25th July Rest Day
Monday 26th July 9.30am – 5pm Assessments and Reviews	Tuesday 27th July 9.30am – 5pm	Wed 28th July 9.30am – 5pm	Thursday 29th July 10am – 1pm Graduation Service 12-1pm			



Yoga Alliance International Qualification
Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course
Cork 200hr 11 Weekend Winter Course
September 2020 to June 2021
Clayton Hotel Silver Springs Tivoli,
Cork, T23 E244
Ireland

11 Weekends over 10 months

Term 1

- 1) 19th and 20th Sept 2020
- 2) 3rd and 4th Oct 2020
- 3) 14th and 15th Nov 2020
- 4) 5th and 6th Dec 2020

Term 2

- 5) 23rd and 24th January 2021
- 6) 20th and 21st February 2021
- 7) 20th and 21st March 2021
- 8) 17th and 18th April 2021
- 9) 8th and 9th May 2021 Assignments Due and Examination Paper Given
- 10) 22nd and 23rd May 2021 Assessment Weekend and Examination Paper Return
- 11) 5th and 6th June 2021 Graduation 12- 1pm on the Sunday

Note

The **2021** 200hr June Intensive Course Cork is available to visit for up to one week at no additional training costs. (05th July to 29th July 2021)

Early booking advised.



Yoga Alliance International Qualification
Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course
Cork 300hr 5 Optional Weekend Winter Course
September 2020 to December (or) June 2021
Clayton Hotel Silver Springs Tivoli,
Cork, T23 E244
Ireland

5 Optional Weekends over 10 months (Minimum 10 days attendance requisite)

Term 1

- 1) 19th and 20th Sept 2020
- 2) 3rd and 4th Oct 2020
- 3) 14th and 15th Nov 2020
- 4) 5th and 6th Dec 2020

Term 2

- 5) 23rd and 24th January 2021
 - 6) 20th and 21st February 2021
 - 7) 20th and 21st March 2021
 - 8) 17th and 18th April 2021
 - 9) 8th and 9th May 2021 Assignments Due and Examination Paper Given
 - 10) 22nd and 23rd May 2021 Assessment Weekend and Examination Paper Return
 - 11) 5th and 6th June 2021 Graduation 12- 1pm on the Sunday
- Note

The **2021** 200hr June Intensive Course Cork is available to visit for up to one week at no additional training costs. (05th July to 29th July 2021)

Early booking advised.

12



Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course

Galway 200hr 11 Weekend Winter Course

September 2020 to June 2021

Galway Wellness Studio, Unit 26 Terryland House,
Terryland Retail Park,
Headford Road,
Galway H91 FPT3
Ireland

11 Weekends over 10 months

Term 1

- 1) 26th and 27th September 2020
- 2) 10th and 11th October 2020
- 3) 21st and 22nd November 2020
- 4) 12th and 13th December 2020

Term 2

- 5) 30th and 31st January 2021
- 6) 27th and 28th February 2021
- 7) 27th and 28th March 2021
- 8) 24th and 25th April 2021
- 9) 15th and 16th May 2021 Assignments Due and Examination Paper Given
- 10) 29th and 30th May 2021 Assessment Weekend and Examination Paper Return
- 11) 12th and 13th June 2021 Graduation on the Sunday 12noon until 1pm

Note

The **2021** 200hr July Intensive Course Galway is available to visit for up to one week at no additional training costs. (7th June to 01st July 2021)

Early booking advised.



Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course
Galway 300hr 11 Weekend Winter Course
September 2020 to December or June 2021
Galway Wellness Studio, Unit 26 Terryland House,
Terryland Retail Park,
Headford Road,
Galway H91 FPT3
Ireland

5 Optional Weekends over 10 months (Minimum 10 days attendance requisite)

Term 1

- 1) 26th and 27th September 2020
- 2) 10th and 11th October 2020
- 3) 21st and 22nd November 2020
- 4) 12th and 13th December 2020

Term 2

- 5) 30th and 31st January 2021
- 6) 27th and 28th February 2021
- 7) 27th and 28th March 2021
- 8) 24th and 25th April 2021
- 9) 15th and 16th May 2021 Assignments Due and Examination Paper Given
- 10) 29th and 30th May 2021 Assessment Weekend and Examination Paper Return
- 11) 12th and 13th June 2021 Graduation on the Sunday 12noon until 1pm

Note

The **2021** 200hr July Intensive Course Galway is available to visit for up to one week at no additional training costs. (7th June to 01st July 2021)

Early booking advised



Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course

Cork 200hr 11 Weekend Winter Course

January 2021 to December 2021

Clayton Hotel Silver Springs

Tivoli, Cork,

Ireland

T23 E244

11 Weekends over 10 months

Term 1

- 1) 23rd and 24th January 2021
- 2) 20th and 21st February 2021
- 3) 20th and 21st March 2021
- 4) 17th and 18th April 2021
- 5) 8th and 9th May 2021
- 6) 22nd and 23rd May 2021
- 7) 5th and 6th June

Term 2

- 8) 18th and 19th September 2021
- 9) 23rd and 24th October 2021 Essay Assignment due. Exam issued.
- 10) 20th and 21st November 2021 Exam Return. Asana Assessment
- 11) 4th and 5th December 2021 Times as usual however Graduation on the Sunday 12-1pm

Note

The **2021** 200hr June Intensive Course Cork is available to visit for up to one week at no additional training costs. (05th July to 29th July 2021)

Early booking advised.

15



Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course
Cork 300hr 5 Optional Weekend Winter Course
January 2021 to June 2021 or December 2021
Clayton Hotel Silver Springs
Tivoli, Cork,
Ireland
T23 E244

5 Optional Weekends over 10 months (Minimum 10 days attendance requisite)

Term 1

- 1) 23rd and 24th January 2021
- 2) 20th and 21st February 2021
- 3) 20th and 21st March 2021
- 4) 17th and 18th April 2021
- 5) 8th and 9th May 2021
- 6) 22nd and 23rd May 2021
- 7) 5th and 6th June 2021

Term 2

- 8) 18th and 19th September 2021
- 9) 23rd and 24th October 2021 Essay Assignment due. Exam issued. Optional
- 10) 20th and 21st November 2021 Exam Return. Optional - Asana Assessment
- 11) 4th and 5th December 2021 Times as usual however Graduation on the Sunday 12-1pm

Note

The 2021 200hr July Intensive Course Cork 2021 is available to visit for up to one week at no additional training costs (05th July to 29th July 2021) Terms and conditions apply

Early booking advised.



Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course
Galway 200hr 11 Weekend Winter Course
January 2021 to December 2021
Galway Wellness Studio, Unit 26 Terryland House,
Terryland Retail Park,
Headford Road, Galway H91 FPT3
Ireland

11 Weekends over 10 months

Term 1

- 1) 30th and 31st January 2021
- 2) 27th and 28th February 2021
- 3) 27th and 28th March 2021
- 4) 24th and 25th April 2021
- 5) 15th and 16th May 2021
- 6) 29th and 30th May 2021
- 7) 12th and 13th June 2021

Term 2

- 8) 25th and 26th September 2021
- 9) 30th and 31st October 2021 Essay Assignments due and Examination Paper given
- 10) 27th and 28th November 2021 Examination Paper Return and Asana Assessment
- 11) 11th and 12th December 2021 Hours as normal but Graduation ceremony 12-1pm Sunday.

Note

The **2021** 200hr July Intensive Course Galway is available to visit for up to one week at no additional training costs. (7th June to 01st July 2021)

Early booking advised.





Hatha, Transformational, & Vinyasa Flow Yoga Teacher Training Course

Galway 300hr 11 Weekend Winter Course

January 2021 to December 2021

Galway Wellness Studio, Unit 26 Terryland House,

Terryland Retail Park,

Headford Road, Galway H91 FPT3

Ireland

5 Optional Weekends over 10 months minimum

Term 1

- 1) 30th and 31st January 2021
- 2) 27th and 28th February 2021
- 3) 27th and 28th March 2021
- 4) 24th and 25th April 2021
- 5) 15th and 16th May 2021
- 6) 29th and 30th May 2021
- 7) 12th and 13th June 2021

Term 2

- 8) 25th and 26th September 2021
- 9) 30th and 31st October 2021 Essay Assignments due and Examination Paper given
- 10) 27th and 28th November 2021 Examination Paper Return and Asana Assessment
- 11) 11th and 12th December 2021 Hours as normal but Graduation ceremony 12-1pm Sunday.

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18

Golden Glow Yoga College HQ (Adjusted from Spiddal Studio Post Covid lockdown July 2020)

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Mail: info@goldenglowyoga.ie

Web: www.goldenglowyoga.ie Also see Web: www.thegalwaywellnessstudio.com



Golden Glow Hatha, Transformational and Vinyasa Flow Yoga 200hr/300hr/500hr Yoga Teacher Training Course Curriculum - Simple version

General Knowledge

Module 1 Physical Yoga Fundamentals and Practice of Hatha Yoga

Hatha yoga consists of Asana, Pranayama, Mudra and Bandha. Kundalini Kriyas are also often included

Simple Sanskrit training includes chanting mantra, asanas, pranayama & other yoga vocabulary

We advocate a wide awareness of Asana. The various Hatha Schools are compared, and patterns Sequences are explored, leading to a celebration of our differences, similarities and encouraging our uniqueness.

GGYC-The Freedom to Choose ... Opening minds to a wide understanding of Yoga

Our Golden Glow Yoga College YAI 200hr Yoga Teacher Training Manual, the GGYC Transformational Yoga Manual and the GGYC Power of Three Manual are given to all students in soft copy. We also use the first five books from the Reading list as the day to day reference books. Please bring them to every training session.

- **Pranayama - 'Control of the prana'**
- **Bandhas**
- **Mudras**
- **Meditation**
- **Teaching Skills**

Module 2 History and Philosophy – India

1. Practical and Theoretical Knowledge. What is Yoga ?
2. What is Yoga Philosophy ?

Foundations of Practice

Sri Aurobindo and The Mother – Integral Yoga Practice and possibilities

Various influences Osho Meditations (Kundalini, Chakra, Vipassana, Dynamic...)

3. Patanjali's Yogic philosophy and the 8 limbs of yoga
4. Yoga Alliance International, The British Wheel of Yoga and Yoga Alliance US, Yoga Alliance UK, The European Union of Yoga



Module 3 Anatomy and Physiology

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

Module 4 Psychology of Transformation of Energy

1. Theory of Integral and Transformational Yoga
2. Functions of 7 Chakras
3. The 5 Bodies and Koshas
4. The Pranic body including the 5 pranas and their functions
5. Impurities of the 5 bodies, effects and purification techniques for each
6. Energy mechanics of Transformational yoga

Module 5 Module 1 Personal and Professional Development

1. Codes of Conduct - Self -Evaluation and Ethics – To encourage flexibility, tolerance, inclusion and acceptance.
2. **Pedagogy – The Art of Teaching - Principles of demonstration & observation**
 - a. Teaching Methodology – Presentation skills
 - b. Assisting, modifications, correcting, instructing hands on adjustments
 - c. Finding your own teaching style
 - d. Lesson planning and recording
 - e. How to ensure classes are safe, instructive. Contra- indications
 - f. How we remain sincere and joyful
3. The Veda - Ayurveda – (including self-study) and its links to yoga
4. Business Practice - small business start- up
5. Classroom Safety First Aid Course available at small additional cost
6. Challenging and encouraging your students
7. Practice - Find 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



Recommended Reading List

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, and we recommend it for this course ideally 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 Vidyanand given on memory 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 and Weeks 1 to 4 Intensive Courses

Please Read.....

- Light on Yoga – B.K.S. Iyengar Part One - What is Yoga ?
- Asana, Pranayama Mudra and Bandha – Swami Satyananda 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 – See the 200hr Yoga Teacher Training Manual for course daily programs

Asana

- Happy Back Warmup - Set 1 and Set 2
- Transformational Yoga sets x 5
- Sun Salutation variations x 5
- Power of Three Manual Sets x 10

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.

22



Continued, structured, contact hours.

Do you have the skills and work ethic required to become a GGYC Senior Yoga Teacher ?

All 300hr and 500hr candidates, who are not graduates of GGYC, and who wish to be considered for continued /senior training, must please submit a written outline of their yoga experience and interests or a (max 15 minutes) podcast to help us better understand their needs this should include-

1. A brief summary of the training you have completed to date; and please also send in short a written summary and a copy of your certifications to date.
2. A list the reasons why you wish to attend further training with GGYC.
3. An outline for any special areas of study you wish to focus on for 300hr. (optional) The course structure is wide.

If you have already been offered a place on our courses this is not necessary, other than you will need to send in a copy of your 200hr Certification.

You will see in this brochure a simple abbreviated version of our curriculum and a reading list etc. These are designed to help you evolve your awareness of some of the foundations of modern day practices whether you attend training with us or not. We hope you find them useful!

Please send all correspondence or recordings to info@goldenglowyoga.ie

You will be allotted a Microsoft Office Teams account with us once you are on board, to give you access to The GGYC My Learning Yoga Resources. We usually use this or Zoom for 1-1 or group on-line training.

200hr Graduates usually attend some of the days on one of the Summer Intensive Courses and then come from September to December or January to June to make up additional 100hr making 300hr as a minimum. December is the usual graduation but June is also possible. This has been impossible for many of our students this year of Lockdown so we are being as flexible as possible to find ways around the limitations whilst adhering to social distancing guidelines.

300hr Diploma is also available for graduates of any 200hr Program. 5 weekends or 10 days of additional taught hours are required as a minimum. 200hr Graduates are always encouraged to seize this fantastic opportunity to be supported through a second year of training. These training days can be mixed and matched on any course once fees are paid in full. The €800.00 fee is reflective of GGYCs aim to support the continual upskilling of all Teachers from all traditions. Even if you are not intending to advance study at senior level we still believe everyone should consider this program. An additional Reading List is



available and although there is a generic aspect to the course work, each individual receives a tailored program created specifically for them.

500hr Senior Teacher Qualification

You will be able to view the Teacher Training classroom from a very different perspective once you have plenty of teaching experience behind you. At GGYC it is necessary to have accrued a minimum of 4000hrs teaching class practice prior to graduation. You will bring a lot to the rooms yourself over time.

This 500hr course is certified through Golden Glow Yoga and Yoga Alliance International. It is designed to give you a practical and thorough foundation of wider and deeper study to enable you to further develop the skills you gained as a 200/300hr yoga teacher.

You will be able to work alongside 200hr/ 300hr trainees so long as another Grand Master or Senior Teacher such as Sri Radha is present whilst you are training.

We hope to be able to assist you to develop towards assisting in the 200hr Teacher Trainings over time, once qualified, if you have an interest to do so.

500hr graduates will be familiar with a wide range of postures, their modifications and variations to fit differing groups of students. The philosophy of Patanjali, the classical and various contemporary yoga systems are taken to the next level, as well as the Integral Yoga system, kundalini practices and Tantra insight – Some of which is behind the Transformational Yoga system. We also shine a brighter light on Yoga Anatomy and the Ayurvedic systems than before, as well as deeper study of the Yoni/ tantra mindset.

All training will take place on the training dates as we think will work for you. You will have plenty of new tools to play with.

500hr Senior Teachers are eligible to teach on 200hr and 300hr Yoga Teacher trainings with GGYC.

Fees for 500-hour Certification are €2500 including certification. This may be reduced if alternative training has occurred elsewhere. We can create a payment plan for you if you require. These mirror those offered at 200hr level.

500hr study outline -

- All senior post grads will be individually assessed and coached over a minimum of a 12 month period in addition to the previous three year period from the beginning of the 200hr training period. This will bring the study period to four years in total which complies with European Union Standard. We aim for you to be able to feel confident that you have a good range of yoga knowledge to impart to teach under the guidance of your Grand Master.
- Please aim to attend part or all of at least one Intensive Course; two run annually in Ireland.
- Mentoring - We aim to do a minimum of 10 private One to One online sessions – We suggest Thursday afternoons/evenings 40 minutes sessions



between 2-6pm. Sri Radha is available daily Monday to Thursday. You can discuss your training and study inquiries by appointment.

- Please aim to attend a minimum of 5 weekends from the 22 available with 200hr/ 300hr Teachers in training to help increase confidence in managing and help maintain healthy group dynamics and improve hands on adjustments.
- 500 hr one-week Intensive Mon - Thurs every August. Extensive recorded material will be made available, as necessary.

About your Senior Instructor Tutor

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 Former Director of SriMa and YAI Ireland. (2013-2020)

Dr Sri Radha Sharon BCL 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 T 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.



**Dr Sri Radha & Swami Vidyanand,
Founder of Yoga Alliance International
in India 2014**



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

TESTIMONIALS

"..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". **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** Vice Principal St Angela's College Cork



Edel O' Donovan April 2016 Teacher Training



"Thank you for my wonderful experience in your yoga teacher training class, I have learned a lot from you, on and off the mat, and you have helped me create a good foundation... Dr Sri Radha Sharon O'Neill, BCL, ...is a beautiful, influential lady and a wonderful teacher of yoga. She is gifted with her yoga skills, her teaching methodology and her personal development teaching. She often quoted "Take what you want and leave the rest". This was my comfort zone, knowing that I only need to concentrate on what particularly interested me... to have an awareness of all elements of Yoga." **Geraldine O'Donovan Galway 2020**

"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"



Fees and Payment Plans

Take advantage of the huge savings on Yoga Teacher Training Fees with our Early Bird Fee Rates or use our Payment plans on Full Fees which can be tailored spread the costs over the training year to suit you

If you would like to avail of an instalment arrangement for either Early Bird or over the training year on Full fees, please do just let us know.

If you would prefer to pay the Early Bird Rate, payment must be completed no later than one month before the course begins however we will divide up the costs for you in advance of that is you wish.

Let's take the stress away....

The Registration Fee

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

The Teaching Fee – Pay either Early Bird or Full Fees. Instalment Plan Options are available for both

Make use of the Store on our website at www.goldenglowyoga.ie for card payments using the secure payment -Stripe. **All Payment Plans are created with an expectation that the €500.00 Registration fee has already been paid.**

Choose Instalment Payments

Please choose a Plan to reflect Early Bird or Full Fees as applicable.

Whichever course you are signing up for, choose either Plan A, Plan B or Plan C to spread the cost over either four, six or eight months

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

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

Early Bird Fees - €2200.00 - Minus €500.00 Registration Fee = €1700.00 –

Must be paid one month before a course begins. (We are sorry but this rate this only applies to early payments)

- **Early Bird Payment Plans Options – either**
 - A) **€500 x 3 monthly instalments and €200 x 1 monthly instalment or**
 - B) **€282.50 x 6 monthly instalments or**
 - C) **€212.50 x 8 monthly instalments (Time allowing)**
- Terms and Conditions Apply.
Please indicate your preference for payment options in the online application



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) €333.33 x 6 monthly instalments
- C) €250 x 8 monthly instalments

200hr Yoga Teacher Training Intensive Study Course - Early Bird Rate ideally applies Full (or Part-time and on- line support available for Distance Learners)

Full time is a minimum of 22 days over a three/four-week period. Attendance is Monday to Thursday. Rest/self- study and reflection days are then given over the weekends. Students are also allowed to attend additional weekend trainings that may be being completed 9.30am – 5pm on Saturdays and 10-2pm Sundays, at no additional costs, **subject to availability over the next two years.** Terms and conditions apply.

Full Fees – €2500.00. Registration fee - €500 plus the balance of €2000 Teaching Fees. **All fees are due prior to the course start. Instalments are only available in the period prior to the course starting.**

Special Offers The ‘Early Bird’ Intensive Rate –

€2200.00 in total payable either in one payment or by instalments in advance of the training course beginning.

300hr Yoga Teacher Training Course (An Additional 100hr) Minimum of 10 days over one additional academic year must be completed.

Full Fees - €1000.00 Instalments available.

Special Offer Early Bird Rate - €800.00 including €200.00 Registration Fee

500hr Senior Teacher Training Course (A period of four years must be completed, training period in total to include 200hr, 300hr programs ideally and experience in teaching classes) one-year intensive program for final year. €2500.00 including €500.00 Registration Fee.

Our Store on our website www.goldenglowyoga.ie accepts secure PayPal and Stripe payments or you can make a bank transfer details below.

Golden Glow Yoga College

AIB

Main Street Sort Code: 93 43 13

Account number: 22219093

IBAN: IE97AIBK93431322219093 BIC: AIB KIE2DXXX



Please talk over your options with us.

**We are here to be of service to our Yoga community.
Yoga Teacher Training working in harmony!**

