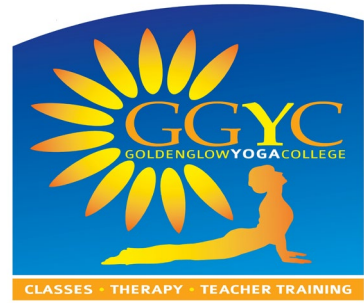




Golden Glow Yoga College -Hatha, Transformational and Vinyasa Flow Yoga 200 Hour Foundation Yoga Teacher Training Course Syllabus – 5 Modules



200hr Foundation Yoga Teacher Training - Contact Hours

There are 5 Modules of Study all taught by the Senior Teacher Dr Sri Radha Sharon O'Neill. Module 5 The Physical Body is the largest and is allotted 100hrs of time. We encourage a process of working through all the modules in parallel rather than one at a time for Foundation level. The other four Modules require 25 hours each as a minimum. Midweek evening workshops for Teaching practice also available online with SYT participation. Between 25 and 100 hours per annum are available

- Additional Mentoring included as Standard.

Total Hours Minimum = 25hrs x 4 plus 100hr = 200hr

- Students must complete a minimum of 22 days of training with SYT, with continuous assessment for Physical body and movement work. Once hours are completed they are eligible to apply for completion of the final 60min Asana Assessment, submission of a Yoga Thesis 3000-5000 word, and submission of the Open book exam. Small quizzes and homework tasks are set throughout the course to aid Continuous Assessment.
- The Core Curriculum is structured around 5 the diverse content of Mandatory books, one for each module. Our 5 Module Course is clearly set out for each of 22 Days using 3 GGYC 200hr full colour, hard copy Training Manuals. These make the Course delivery efficient and effective. Additional Course for Senior Training and Post Graduate Programs for Specialized areas all link into the Foundation 5 Module Core Structure.
- The 200hr Course is Supported by My Learning GGYC YOGA Resources on TEAMS Channels. These non-contact hours include GGYC Legacy Audios and Recordings. Live Zoom and TEAMS Recordings are created and made available from training days- access to 22 Training Days as a minimum. Over 2500 Resources accessible. Drip feed Content.
- All training Dates for all Course levels are in our GGYC Course Prospectus. We give each Student free access to all trainings that occur in their initial Training Year on other courses at Foundation level. They are also encouraged to attend Retreats with us if available. There is capacity to spread the 200hr Foundation over a 2 year period and also add an additional 100hours to improve confidence without Senior responsibility.

Additional Information

The Senior Trainer oversees 100% of the Trainings, even if other specialists for Anatomy are on boarded for set days.



Cork 2021 – 2022

Term 1

1. 18th-19th September 2021
2. 2nd – 3rd October 2021
3. 16th – 17th October 2021
4. 20th – 21st November 2021 **(Exam Return) & (Asana Assessment)**
5. 4th – 5th December 2021

Term 2

6. 22nd – 23rd January 2022
7. 19th – 20th February 2022
8. 19th – 20th March 2022
9. 9th – 10th April 2022 **(Assessment Due) & (Examination Paper Given)**
10. 14th – 15th May 2022 **(Assessment Weekend) & (Examination Paper Submitted)**
11. 11th – 12th June 2022 **(Graduation Day)**

Galway 2021 – 2022

Term 1

1. 25th – 26th September 2021
2. 9th – 10th October 2021
3. 23th – 24th October 2021
4. 27th – 28th November 2021 **(Exam Return) & (Asana Assessment)**
5. 11th – 12th December 2021

Term 2

6. 29th – 30th January 2022
7. 26th – 27th February 2022
8. 26th – 27th March 2022
9. 23rd – 24th April 2022 **(Assessment Due) & (Examination Paper Given)**
10. 21st – 22nd May 2022 **(Assessment Weekend) & (Examination Paper Submitted)**
11. 18th – 19th June 2022 **(Graduation Day)**





Cork Location

Clayton Hotel Silver Springs
Tivoli, Cork
T23 E244,
Ireland



Galway Location

THE ARDILAUN HOTEL
Taylors Hill,
Galway, H91 H29F,
Ireland



200 Hour Foundation Course 5 Modules

3

- **GGYC has Five Core Modules of Study They include –**

MODULE 1 PERSONAL AND PROFESSIONAL DEVELOPMENT

MODULE 2 YOGA HISTORY AND PHILOSOPHY

MODULE 3 ANATOMY AND PHYSIOLOGY

MODULE 4 YOGA OF TRANSFORMATION

MODULE 5 PHYSICAL BODY





GGYC 200 Hour Foundation Course Manuals

**Golden Glow
Yoga College**
Ireland GGYC
Hatha Transformational and
Vinyasa Flow Yoga Teacher
Training Course Manual 1 of 3

200hr Foundation Course

MY YOGA

200hr /300hr/ 500hr
GGYC
Transformational
Yoga Teacher Training

Dr Sri Radha Sharon O'Neill BCL Hons Ph.D.Yoga
| Golden Glow Yoga College 5th Ed

Power of Three
ASANA FOUNDATION COURSE
YOGA of INDIA
Hatha and Vinyasa Flow Yoga

By Dr Sri Radha Sharon O'Neill
BCL Hons Ph.D. Yoga

GGYC
Golden Glow Yoga College



General Knowledge



Module 1 Personal and Professional Development



*SYT Contact hours	Non SYT Contact hours	Non-Contact Practice hours	Total hours
25	0	20	25

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. 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.



*SYT = Senior Yoga Trainer

General Knowledge



Module 2 History and Philosophy – India

*SYT Contact hours	Non SYT Contact hours	Non-Contact Practice hours	Total hours
25	0	20	25

- Sri Aurobindo and The Mother – Integral Yoga
- Patanjali’s Yogic philosophy and the 8 limbs of yoga.
- Hinduism, Buddhism, the Epics, the Six Orthodox Darshana
- Observing the progression of Yoga Yogendra, Swami Vivekananda, Sri T Krishnamacharya, B.K.S. Iyengar, K. Pattabhi Jois, T.K.V Desikachar, Indra Devi, Vanda Scarvelli. John Scott, Baron Baptist.and many others.
- The work of Osho and other great influencers who have allegations of corruption alleged against them. Yoga and the MeToo campaign.
- Introduction to Yoga Sutras, Vedas, Upanishads, Bhagavad Gita & the India Hinduism yoga tradition
- Comparison and brief history of main branches of yoga and main Hatha Schools.
- Hatha Yoga developing to Raja Yoga, Bhakti Yoga, Jnana Yoga, Karma Yoga.- Insight to JapaYoga and Microcharkras.
 - Integral Yoga and Transformational Yoga, Kundalini Yoga and some white, red, Tantra Yoga.
 - Kundalini Tantra Insights – Ipsalu Tantra compared to Swami Satyananda Saraswati
 - The works of Swami Sirvananda and Swami Satyananda Saraswati – Bihar Schools of Yoga Yoga Publications Trust
 - The Karana – 108 Dance An introduction of awareness The gender balance.

The West - Aligned to Module 1 Personal and Professional Development

- History of Yoga and its regulations – Yoga Alliance Professionals, Yoga Alliance International, The British Wheel of Yoga and Yoga Alliance US, The European Union of Yoga.



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Practical and Theoretical Knowledge Module 3 Anatomy and Physiology



*SYT Contact hours	Non SYT Contact hours	Non-Contact Practice hours	Total hours
25	0	20	25

Physical Anatomy and Physiology- basic knowledge of body systems including introduction to cells. We introduce respiratory, muscular and skeletal systems as Foundation.

This is progressed to additional insight to the digestive, circulatory, nervous, endocrine, and cardiovascular, and lymphatic systems in a rudimentary fashion. The Human Body Awareness Foundation is progressed to Physical body movement and Functional as well as Kinetic introduction to muscle contraction.

Common Injuries and genetics of Systems
Common Diseases and Disorders of Systems .



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General Knowledge

**Module 4 Psychology of Transformation of Energy
Theory of Integral Yoga**



*SYT Contact hours	Non SYT Contact hours	Non-Contact Practice hours	Total hours
25	0	10	25

1. Theory of Integral 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 SriMa Transformational Yoga



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General Knowledge



Module 5 Physical Yoga Fundamentals and Practice of Hatha Yoga Hatha yoga consists of Asana, Pranayama, Bandha, Mudra and Kriya.

*SYT Contact hours	Non SYT Contact hours	Non-Contact Practice hours	Total hours
100	0	App 600 (2 Hours x 6 days per week x 52 weeks)	100

1. Basic preparatory joint movements to warm up & prevent injuries - 3 Pawanmuktasana stages
2. Concepts behind adjustments and modifications. Cautions and Mindfulness – Covid Restrictions cautions on Hands On adjustments- Recordings available.
3. **Families of Asana Postures** – Happy Back Warm Up Set 1 and Set 2 Power of Three Manual - Sets x 10 including Main Standing Sets x 3, Seated, supine, prone etc. (including lateral, backward bending, twists, inversions, balances, equilibrium postures.) Kriyas. Comparing B’K.S. Iyengar and Swami Satyananda Sarawatis approach.
4. Sun Salutations Surya Namaskar the various routines and variations
5. Moon Salutations Chandra namaskar
6. Standing and balancing routines, sequences, variations and alignments.
7. Restorative practice
8. Basic Transformational Yoga asana sets x 5 .
9. Awareness of the techniques of Transformational Yoga breathing and mantra options within the asanas given over a one full training weekend/ 2-day program
10. **Special Focus Insight** – GGYC Yoga for Pregnancy Modifications, GGYC Yoga for Children, GGYC Yoga for Teens, GGYC Yoga at Work and Chair Yoga. GGYC Yoga for Sports Recovery. Yoga for partners. Post Graduate Courses through YAP to be made available from 2022
11. **Mantras: building awareness with vibrations & chanting**
12. **Pranayama - 'Control of the prana'**
13. **Bandhas**
14. **Mudras**
15. **Meditation**
16. **Teaching Skills**



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200 Hour Foundation Course Reading List

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 - Parma Hansa Yogananda
- The Yoga Pradipika - Swami Svatmarama
- Ashtanga Yoga - John Scott
- Functional Anatomy of Yoga – David Keil – A book is available. Pod casts and

