

Golden Glow Yoga College - Further Training Hatha, Transformational and Vinyasa Flow Yoga

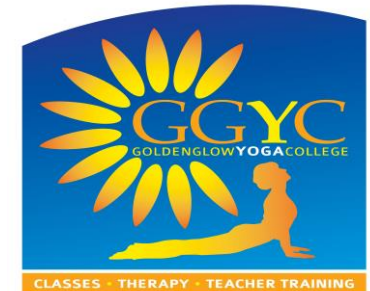
300 Hour Diploma Yoga Teacher Training Course Syllabus (100hr Add On) – 5 Modules

300hr (100hr Add-On) Yoga Teacher Training Further Training Diploma - Contact Hours- All optional of Learning available.

We encourage a process of working though all the modules in parallel rather than one at a time for Foundation level. In this further Training Course you may progress and evolve with an elective aspect to you additional 100hrs. 25 hrs each Module x 5 Modules is a recommendation but not fixed. You may give greater attention to a preferred area of study if you so wish.. Midweek evening workshops for Teaching practice are also available virtually. 100 hours per annum are available. Please try to attend these teaching practice opportunities.

- 5 Additional 30 min Mentoring sessions included as Standard.
- Students must complete a minimum of 10 days of training with your Senior Yoga Teacher SYT virtually or live. Small quizzes and homework tasks are set throughout the course to aid Continuous Assessment.
- The Core Curriculum at 200hr is structured around 5 Modules and the diverse content of Mandatory books. 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 material using Teams for Further Training at GGYC Diploma level and Further Experienced 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. There are additional Resources in TEAMS Further Training. These hours are classed as non-contact hours. They include GGYC Legacy Audios and Recordings. Live Zoom and TEAMS Recordings which are created and made available from training days or privately created by Sri Radha - Access to a number of recordings of our 22 Training Days as a minimum are on file. Over 2500 Resources from a variety of sources are accessible. Please note some of these can be made available for Advanced Study non Teaching level which 300hr Diploma Students are encouraged to familiarize themselves with, to aid the public in their understanding of What is Yoga.
- All training Dates for all Course levels are in our GGYC Course Prospectus and on the next slide. We give each Student free access to all trainings that occur in their 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 300hr Diploma over a 1 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 are on boarded for set days.





Cork 2021 – 2022 Options

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 Options

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



300 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 which are still used as the structure at 300hr Diploma Level

Golden Glow
Yoga College
Ireland GGYC
Hatha Transformational and
Vinyasa Flow Yoga Teacher
Training Course Manual 1 of 3
200hr Foundation Course
MY YOGA

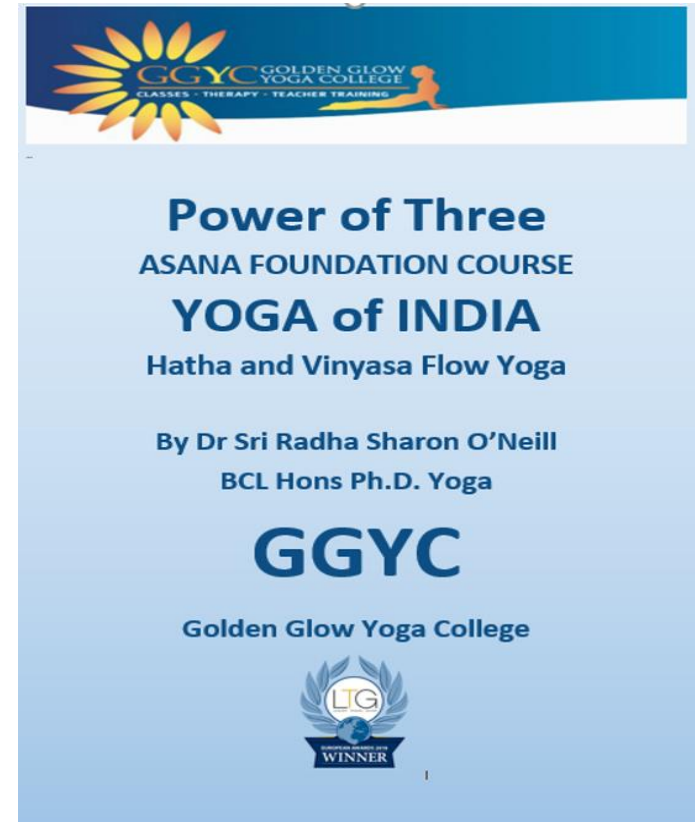
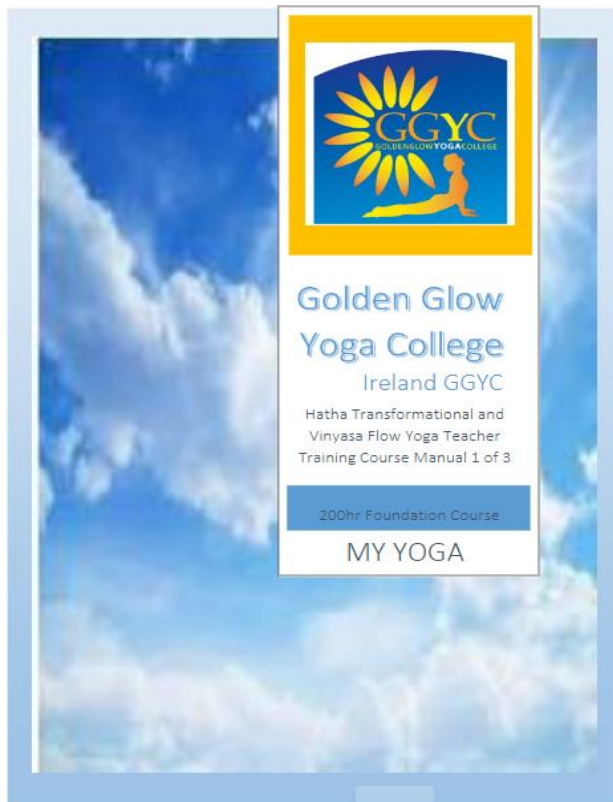
200hr /300hr/ 500hr
GGYC
Transformational
Yoga Teacher Training
GGYC
YOGA THERAPY
Yoga Alliance International
INDIA
Dr Sri Radha Sharon O'Neill BCL Hons Ph.D.Yoga
| Golden Glow Yoga College 5th Ed

GGYC GOLDEN GLOW YOGA COLLEGE
CLASSES - THERAPY - TEACHER TRAINING
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
Yoga Alliance International
WINNER





GGYC 200 Hour Foundation Course Manuals which are still used as the structure at 300hr Further Training Diploma Level. The 500hr Transformational Yoga Manual on TEAMS is also encouraged to progress understanding further .





Personal and Professional Yoga Development – Ethics and Lifestyle, Qualities of Being A Yoga Teacher/ Being a Yogi – General Knowledge -Primary Foundation of What is Yoga – International Professional codes and Boundaries. Indian Culture and heritage - Yoga Scriptures = Yoga Sutras (8 Limbs) of the Sage Patanjali. Simple foundation of Bhagavad Gita and Primary Upanishads knowledge. Comparisons of Yoga Psychologies and Spirituality. Developing chants, Deepening Meditation skills and practice. Introduction to Ayurveda wisdom expanded. Study of Koshas, Doshas, Tattvas increased. Freedom to Choose mindset – Continuing to honour the great Sages of India and the Hatha Yoga resurgence in the early 1900’s until today– Including Sri Ramakrishna, Swami Vivekananda and Yoga Institute of Sri Yogendra.

The Story of Yoga - Yoga History and Philosophy –Including increasing Basic Vedic knowledge. Study of poets and Philosophers Sri Yogendra to Sri Aurobindo, Sri T Krishnamacharya, Swami Krishnamurti. Comparing ancient, traditional, modern, and contemporary insights and views of Yoga, Science. Language of Yoga. Increasing Modern and Contemporary focus The Heart of Yoga

Yoga Anatomy, Physiology – focus on Human Body and Movement and the Science of Yoga-

Study of Respiratory, Skeletal, Muscular and Nervous Systems increased. Cardio-Vascular, Endocrine, Digestive, and Lymphatic expanded.

The Transformation of Energy – Use of Sound and vibration. Psychic Physiology of Yoga Layers- Chakras and nadis. (subtle energy) Comparing Kundalini Tantra to Hatha and Raja. Focusing on wisdoms from The Bihar School YPT, KYM, Isha Foundation, and Development of further understanding of SriMa Transformational Yoga.

The Physical Body – Techniques and Practice of Asana, Pranayama, Mudras, Bandhas and Kriya. Principles of Demonstration, Observation, Assisting,/Correcting, comparison of various teaching styles including B.K.S Iyengar and Swami Satyananda Saraswati. Development of processes of Teaching Methodology Teaching practice using GGYC Power of Three Yoga India Principles for improvers.

Summary
of 5
300hr(100
Add-On)
Modules



General Knowledge



Module 1 Personal and Professional Development



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

Code of Conducts - Ethics and Lifestyle, Qualities of Being A Yoga Teacher/ Being a Yogi – General Knowledge -Primary Foundation of What is Yoga – International Professional codes and Boundaries. Indian Culture and heritage - Yoga Scriptures = Yoga Sutras (8 Limbs) of the Sage Patanjali. Simple foundation of Bhagavad Gita and Primary Upanishads knowledge. Comparisons of Yoga Psychologies and Spirituality. Developing chants, Deepening Meditation skills and practice. Introduction to Ayurveda wisdom expanded. Study of Koshas, Doshas, Tattvas increased. Freedom to Choose mindset – Continuing to honour the great Sages of India and the Hatha Yoga resurgence in the early 1900’s until today– Including Sri Ramakrishna, Swami Vivekananda and Yoga Institute of Sri Yogendra.

- 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	0	25

The Story of Yoga - Yoga History and Philosophy –Including increasing Basic Vedic knowledge. Study of poets and Philosophers Sri Yogendra to Sri Aurobindo, Sri T Krishnamacharya, Swami Krishnamurti. Comparing ancient, traditional, modern, and contemporary insights and views of Yoga, Science. Language of Yoga. Increasing Modern and Contemporary focus The Heart of Yoga Sri Aurobindo and The Mother – Integral Yoga

- Patanjali's Yogic philosophy and the 8 limbs of yoga evolves .
- 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 Japa Yoga and Micro chakras.
 - 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. The book Teaching Yoga by Donna Farhi is discussed.

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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	0	25

The Human Body Awareness Foundation is progressed to Physical body movement and Functional as well as Kinetic introduction to muscle contraction.

Yoga Anatomy, Physiology – focus on Human Body and Movement and the Science of Yoga-

Study of Respiratory, Skeletal, Muscular and Nervous Systems increased. Cardio-Vascular, Endocrine, Digestive, and Lymphatic expanded.

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 Progression



*SYT Contact hours	Non SYT Contact hours	Non-Contact Practice hours	Total hours
25	0	0	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 and Five (seven) Agni's
5. Impurities of the 5 bodies, effects and purification techniques for each evolved through basic insight to Ayurvedic Understanding -
6. Energy mechanics of SriMa Transformational Yoga 500hr Progression
7. **The Transformation of Energy** – Use of Sound and vibration. Psychic Physiology of Yoga Layers- Chakras and nadis. (subtle energy) Comparing Kundalini Tantra to Hatha and Raja. Focusing on wisdoms from The Bihar School YPT, KYM, Isha Foundation, and Development of further understanding of SriMa Transformational Yoga.
- 8.



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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
25	0	0	25

The Physical Body – Techniques and Practice of Asana, Pranayama, Mudras, Bandhas and Kriya. Principles of Demonstration, Observation, Assisting, /Correcting, comparison of various teaching styles including B.K.S Iyengar and Swami Satyananda Saraswati. Development of processes of Teaching Methodology Teaching practice using GGYC Power of Three Yoga India Principles for improves.

1. Prevention of injuries in Yoga. - Concepts behind adjustments and modifications. Cautions and Mindfulness – Covid Restrictions cautions on Hands On adjustments- Recordings available.
2. **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 Saraswati approach.
3. Sun Salutations Surya Namaskar the various routines and variations
4. Moon Salutations Chandra namaskar progression
5. Standing and balancing routines, sequences, variations and alignments.
6. Restorative practice progressed
7. Basic Transformational Yoga asana sets x 5 optional
8. Awareness of the techniques of Transformational Yoga breathing and mantra options within the asanas given over a one full training weekend/ 2-day program
9. **Special Focus Insight** continues – 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 September 2021
10. **Mantras: building awareness with vibrations & chanting**
11. **Pranayama - 'Control of the prana'**
12. **Bandhas evolved.**
13. **Mudras evolved**
14. **Meditation Skills developed using Kundalini and Kriya**
15. **Teaching Skills evolved- Practice hours required.**



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This 200 Hour Foundation Course Reading List as set out below is still relevant to you as a Yogi Diploma student. These books are key to your deepening understanding and progression. See next slide for additional reading

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





300hr Further Training Yoga Teacher Training Diploma Course Reading List

- We ask all 200hr graduates to continue to befriend the five 200hr Course Primary Books – We also suggest you have familiarized yourself with the others listed on the 200hr Reading List as a great foundation for any yoga teacher, especially once the initial pressure is off. See Manual 1 GGYC My Yoga for the full list. There are over 135,000 books with yoga in the title on the eBook Depository. Therefore it is necessary to be careful and discriminate wisely with our chosen reading time. The first 6 are Mandatory from September 2021
- To best appreciate the study for this stepping-stone course of 100hr additional hours for the 300hr Diploma, please pay particular attention to the great wisdom from -
 1. **The Heart of Yoga by T.K.V. Desikachar.- On the 200hr List but not given huge attention at 200hr – It is a gem of a book and we really want you to spend time with this now. See teams short quiz.**
 2. **Science of Yoga by Ann Swanson - Please also note there are a range of children, adult and nursing colouring books which are a great learning tool.**
 3. **The Ten Principal Upanishads translated by Shree Purohit Swami and W.B. Yeats (in addition to Juan Mascaro - Penguin at 200hr)**
 4. **The Bhagavad Gita revealed by Sat Shree -three volumes – Remember the Gita is part of the Sixth Chapter of the Mahabharata Bhishma Para- The book of Bhishma**
 5. **Body Mind and Spirit of Yoga – A return to wholeness by Donna Farhi**
 6. **Teaching Yoga by Donna Farhi**
 7. *The language of Yoga – Ashtanga practice and chats by Nicolai Bachman.*
 8. *The Path of Light and Fire Parts 1 and 2 by Rama Swami*
 9. *All works of Osho be mindful of the plus and minuses of this man*
- *The classic Yoga Bible – basics for Synergy Yoga from Australian Simon Borg Olivier* If you are looking for information on Yoga access
- Sounds True, Isha Foundation and Inner Engineering by Sadguru. Deepak Chopra, The Gaia Community.





[300hr Further Training Yoga Teacher Training Diploma Course –Career Path Progression](#)

- Aim to build a minimum of 2000 teaching hours over four years to progress to the YAP Experienced Yoga Teacher badge.
- GGYC is a Trainer Pro organisation registered with Yoga Alliance Professionals
- Contact us today on www.goldenglowyoga.ie
- Or info@goldenglowyoga.ie
- Or Call us on +353 (0)85 7151321
- For more information and a opportunity to be awarded a place.

