



Why choose Golden Glow Yoga College GGYC for your *Online OnDemand Yoga Training*?

We have a Fantastic NEW Online Course running alongside all other trainings.

Why GGYC? Firstly, because we love training our yogis and enjoy helping our student teachers grow. We have created a well-balanced, insightful, and thought-provoking training and it will be an extremely positive experience and we have a number of unique 5 Star aspects to our trainings.

By Choosing to participate in one of our GGYC 200hr 300hr or 500hr Online Foundation Courses you can relax and know you are our top priority -

1 Share time with one of Irelands most cheerful, respected and experienced Senior Yoga Teachers.

With over 15 years of yoga training experience, Sri Radha Sharon will be at the heart of all your training with GGYC, introducing you the hills and valleys of the yoga story and walking a way with you on this particular section of your path. You will have the option to meet her daily, weekly and monthly at times online for specific work, tailored to you a private time for you on your yoga journey.

2 Join our supportive fun training environment - Your Space, Your Time, Our Expertise.

As well as personal guidance from Sri Radha we have a range of Senior Teachers for you to meet and your study group meets weekly online if it suits you to join in.

GGYC has a genuine interest in helping you develop your yoga education and increasing your yogic confidence.

3 Use our Daily Story Boards to learn efficiently and effectively.

On Demand - You are given access to 22 Daily Story Board Briefings, with a sea of additional detailed information and guidance that you delve into for many years to come if you so wish as an Alumni.

In addition to the GGYC My Learning Yoga Online Resources which support the 22 Days 'In Person Programs', GGYC On Demand Yoga Story Boards allow you to work at your own pace with a straightforward program to follow.

GGYC students submit course work or answer short quizzes to progress with confidence and convenience through our 5 Modules during the training course and are given access to resources during their training year. (200hr Foundation Online Training students are also given access to attend all live online training days over the initial 12-month period from Registration. That includes the Teaching fees for up to one week of any retreat trainings or Intensive training.)

4 Freedom to Choose -Graduation options and range of Courses to choose from-

You will be supported 1-1 online regularly and assigned a small training group during your training time with us at GGYC.

There are a minimum of four graduation options annually: Mid-June, at the end of June, July and December respectively.

5 The 5 Star Added Extras – The generosity of Time - Mix and Match

Most of us go through life targeting or wondering what to do best to reach our full potential. How to have a well-balanced, happy life.

With an abundance of days to train, things to join in with, people to meet online and in person the time will fly by on your courses with us although we can't solve all the problems of the world, we can help you find solutions, new ways of looking at things and insight and understanding.

You can have fun accessing our excellent resources, designed specially to give you options. Depending on your mood you can cut to the chase, all business like and focused or meander down a slow lazy river of contemplation, listening to the chit chats of Sri Radha and her recommendations of great speakers and guides.

Asana is the primary focus live Online during our mornings and evenings on zoom or Team's training days because there is nothing quite like a live group vibe to help keep you motivated.

A range of audios, podcasts, PowerPoint, Zoom and Teams recordings of GGYC training material is available to you in sections. We create a clear structured learning objective. Your fees include three hardcopy full colour training GGYC manuals. Additional Exclusive access is given to our My Learning Yoga Online OnDemand Training Platform – Microsoft Teams

Live Online

We also have two live online monthly weekend training days for 10 months of the year. And 10 weeks mid-week trainings annually, to choose from. Join when you can. Follow the Story Board Road Map so you know where you are.

Continuous Assessment, Essay and Exams

Regular attendance will result in excellent understanding. This will be reflected in your assignments, and physical body work improvements as well as in your exam and final 60 -minute Asana assessment.

These are well managed and easy to progress through.

These are completed alongside continuous assessment. Those looking for Teacher Training Certification should be mindful regarding punctuality, good order, friendliness, participation, and helpfulness. If you are having any difficulties appropriate support will be given. Time for training will be extended or an Advanced Study rather than a Teacher training Level of Certification can be awarded when necessary.

Latest Update - 10th March 2021

We return next to your screens on the 20th March 2021 (Option1 2021 dates) for the next Live Online training weekend.

Summary of GGYC Weekend Training Dates available 2021 –

Please note GGYC runs 4 weekends before Christmas and seven after up until June normally. Due to the implementation of various changes it has been decided to adjust that to five before Christmas and 6 afterward going forward.

| Option 1 Live On-line Recorded | Option 2 Live Online Recorded |
|---|---|
| Term 1 1) 23 rd /24 th January 2021 2) 20 th /21 st February 2021 3) 20 th /21 st March 2021 4) 17 th /18 th April 2021 5) 8 th /9 th May 2021 6) 22 nd /23 rd May 2021 7) 12 th /13 th June 2021 | Term 1 1) 30 th /31 st January 2021 2) 27 th /28 th February 2021 3) 27 th /28 th March 2021 4) 24 th /25 th April 2021 5) 15 th /16 th May 2021 6) 29 th /30 th May 2021 7) 19 th /20 th June 2021 |
| Term 2 8) 18 th /19 th September 2021 9) 2 nd /3 rd October 2021 10) 16 th /17 th October 2021 11) 20 th and 21 st November 2021 12) 4 th and 5 th December 2021 | Term 2 8) 25 th /26 th September 2021 9) 9 th /10 th October 2021 10) 23 rd /24 th October 2021 11) 27 th /28 th November 2021 12) 11 th /12 th December 2021 |