

GGYC Golden Glow Yoga College

Join Us July 2026

**200hr Foundation, 300hr Diploma and 500hr
Hatha, Transformational & Vinyasa Yoga
Teacher Training Courses**



MOON & LOTUS



Unit 7D Block A, Dunhill Eco Park, Ballyphillip, Dunhill, Co. Waterford X91FVF9

info@goldenglowyoga.com / yogawithginni@gmail.com

www.yogawithginni.com

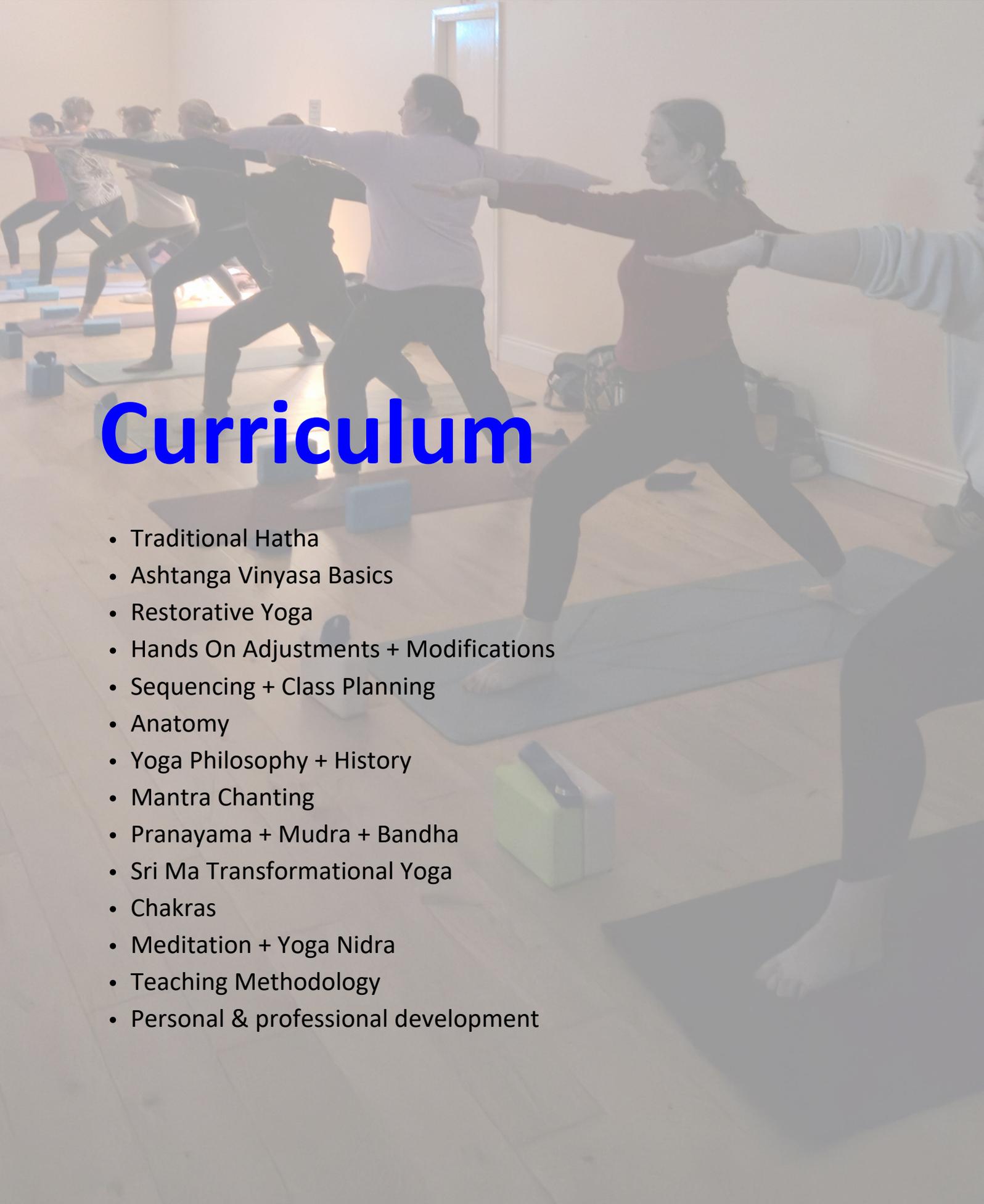
About GGYC

Created in 2006, GGYC specialize in Yoga Teacher Training Programs across Ireland and the UK.

Golden Glow Yoga brings 18+years of experience of yoga teacher training to the table.

GGYC was awarded Contemporary Yoga School of the Year for Ireland in 2018, by the Luxury Travel Guide. The Galway Wellness Studio and our Spiddal home-base both sadly closed due to covid. Sri Radha Sharon, GGYC Founder, Lead Teacher and Director returned back to her Cornish roots to live in 2021, and since 2025 she has been living in Philipines!

Now you can train with us in Serenity Escape in Co Mayo and Moon & Lotus Studio in Dunhill Co. Waterford as well as live on line!

A group of people are practicing yoga in a studio. They are in a warrior II pose, with arms extended horizontally. The room has wooden floors, blue mats, and blue blocks. The image is semi-transparent.

Curriculum

- Traditional Hatha
- Ashtanga Vinyasa Basics
- Restorative Yoga
- Hands On Adjustments + Modifications
- Sequencing + Class Planning
- Anatomy
- Yoga Philosophy + History
- Mantra Chanting
- Pranayama + Mudra + Bandha
- Sri Ma Transformational Yoga
- Chakras
- Meditation + Yoga Nidra
- Teaching Methodology
- Personal & professional development

trainings we offer live like Workshops and Retreats if possible.



4 Weeks of Transformation

As a GGYC graduate, it is expected that 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 somatic, 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 them, will show maturity, be well-grounded, and have a continuity our students and the yoga world can recognize and relate to.

We help you stay connected to GGYC, through our WhatsApp group. Continuity and community aid in the sense of momentum, for ease of absorption of core material. We invite you to visit other trainings we offer live like Workshops and Retreats if possible.

Why Golden Glow Yoga College ?

What You'll Learn

- A complete teaching foundation — asana, pranayama, bandhas, mudra, mantra, meditation, relaxation, and class-planning skills.
- A full spectrum of practice — from restorative and gentle Hatha to dynamic Vinyasa Flow, plus Sri Ma Transformational Yoga integrating breathwork, subtle-body awareness, and mantra.
- Confidence and teaching presence — extensive guidance, practice teaching, and supportive discussion to help you grow as both student and teacher.
- Holistic understanding — the three–five bodies, seven chakras, energetic anatomy, and how to adapt practices for diverse students.

Philosophy & Lineage

Your studies explore the roots and evolution of yoga, including:

- The Vedas and the teachings of Sage Patanjali
- Classical and contemporary yoga systems
- Integral Yoga and the Transformational Yoga lineage
- Reflections from the Bhagavad Gita, Upanishads, and Ayurveda
- Influential teachers such as Sri Aurobindo, T. Krishnamacharya, Swami Sivananda (Bihar School), and Paramahansa Yogananda

This blend of tradition and modern understanding supports both authenticity and creativity in your teaching.

Why Choose Golden Glow Yoga College?

- Highly accredited international training
- A balanced curriculum combining philosophy, technique, and embodied practice
- Supportive, confidence-building teaching environment
- Clear, structured modules that develop core competency
- A training that honours tradition while encouraging your unique voice as a teacher

About Your Lead Senior Teacher Dr Sri Radha Sharon

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 Founder and 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)

Sharon originally qualified in 2006 with Yoga Alliance for YTTC with Marie Quail at 200hr/300hr. Sri Radha became her para name as a Qualified Senior Instructor with Yoga Alliance International in Puducherry (Pondicherry) Southern India in 2013 and there later as Grand Master Yoga Therapy in 2014. She became a Senior Trainer with YAP in 2020. She has over 12000 class teaching hours completed and has taught the 200hr Courses over 35 times! GGYC moved all Training Online for the 2020- 2021 Pandemic and continued to offer the programs online as well as live from September 2021. We would like to thank everyone for their help and enthusiasm as we return to Live training. Its great to be back properly.

Dr Sri Radha Sharon, mother of five, holds a Bachelor of Law Degree from University College Cork in Ireland BCL (Hons) and was also awarded an Honorary Doctorate Ph.D. Yoga and Spirituality from the Virtual Institute of Vedic Studies, on top of 200hr YA, 200hr YAI 500hr YAI Grand Master Yoga Alliance International qualifications. As YAI Director for Ireland 2023-2020 she has led GGYC to expand and grow from the heart.

Sri Radha is passionate about her practice, her studies and everything that Golden glow! The GGYC programs cover all eight limbs of yoga of the Yoga Sutras. 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), Swami Sivananda and has many hours of additional studies with Swami Vidyanand in Southern India and is an avid supporter of Yoga in the Community.



About Your Senior Teacher Ginni (Virginia Giani Kiely)

Virginia Giani Kiely (Yoga With Ginni) Is a full time 860hour Yoga Teacher, studio owner, cacao facilitator, retreat host, space-holder and an all-things-wellness advocate. She is a wife (just married in 2025), and a dog-mom to three belgian malinois! She's been on her Yoga journey since 2019 and has been teaching since 2020. Ginni specialises in Hatha, Vinyasa, Yin and has also trained in Ashtanga Vinyasa while in Rishikesh, India in 2024. She's a dreamer, a thinker, a seeker, a healer, a deep believer of self-transformation. Yoga, nature, cacao, and community have guided her towards a healthier happier lifestyle. Her souls purpose is to help others find this same solace and freedom in this ancient practice of Yoga that helps you to heal your body, mind & soul and connect more deeply with nature, yourself and your own higher purpose.



A professional yet lighthearted and open approach is her style. Ginni embraces her sense of humour, silliness and laughter with plenty of giggles and smiles at her trainings, retreats, classes and workshops.

In July 2025, Moon & Lotus Studio opened it's doors and it has been nothing short of a dream come true. A cosy, fully equipped yoga space where magic unfolds.

The best is yet to come in the little village of Dunhill, where nature surrounds and the sea a short drive away. We look forward to welcoming you.



MOON & LOTUS

Moon & Lotus Studio, by Yoga With Ginni (Virginia Giani Kiely) opened in 2025. The space hosts weekly classes, workshops, guest teachers and day retreats. Dunhill and surrounding areas offer a range of wellness activities, such as Ballyscanlon wellness, The Stove Sauna, Anne Valley Nature Walk, Dunhill Castle, Fenor Bog, local cafes with artisan coffees, dolmens and the beautiful copper coast drive taking you further to places like Tramore, Bunmahon, Dunmore East and Dungarvan.

Recommended Reading List for Foundation Study

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)

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 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.

The Miracle of Mindfulness - Thich Nhất Hạnh

You are Here - Thich Nhất Hạnh

When Things Fall Apart – Pema Chodron

Transformational Yoga 500hr Teacher training Handbook by Sri Swami Vidyanand on Teams resources.

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 Tol

Invest and Progress

GGYC Yoga Teacher Training Live Course Fees

Join Sri Radha and Ginni live from Waterford this year!

The 4 week Intensive in person Training Monday to Thursday.

Early Bird Total €2200.00~/ £ 1800.00 includes Registration Fee €500.00~/ £400.00

Full Fee Total €2500.00~/ £2000.00 includes Registration Fee €500.00~/£400.00

A)€500.00~/£400.00 x 3 monthly installments and €200.00~/ £200.00 x 1

B)€282.50~/ £ 233.50 x 6 monthly installments or

C)€212.50~/ £175.00 x 8 monthly installments

How to Apply.

Click Here to submit your application.

Upon successful application You will receive an answer within 48 hours where you will be prompted to complete your deposit payment. Once deposit is complete, you are guaranteed your space on the course.

Questions: yogawithginni@gmail.com / 0833717354

Reserve your place, once offered, by paying your €500.00 Registration Fee. (Registration fees / deposits are non refundable)

Register at www.yogawithginni.com