

# Postgraduate Certificate

## Biomechanics of Floor Asanas and Supported Adaptations





## Postgraduate Certificate

### Biomechanics of Floor Asanas and Supported Adaptations

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-certificate/biomechanics-floor-asanas-supported-adaptations](http://www.techtitute.com/us/medicine/postgraduate-certificate/biomechanics-floor-asanas-supported-adaptations)

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# 01

# Introduction

Studies on the practice of Yoga show a remarkable improvement in patients with muscular pain, musculoskeletal pathologies or in the process of pregnancy. However, it is necessary to master both the biomechanics and the different elements available for its realization. In this sense, it is essential that medical professionals who incorporate this discipline into their therapy have the most updated and rigorous information in this field. Therefore, this 6-week 100% online program is created with the most current and complete content on Floor Asanas, the supports used and the biomechanical study. A unique opportunity to update through a program designed by the best specialists in this sector.





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*A unique academic journey, with the topics you are looking for in Biomechanics of Floor Asanas and the Supports used in Yoga"*

The practice of Yoga allows patients to correct their body postures, improve spinal alignment, reduce the risk of injury and obtain greater flexibility, among other benefits. For this reason, many medical professionals incorporate this physical activity to the more traditional treatments, according to the pathologies of each patient.

Therefore, it is essential to master the different existing Floor Asanas, biomechanics, benefits and contraindications. In this line this Postgraduate Certificate 100% online, designed and developed by real specialists in Therapeutic Yoga with consolidated careers in the sector.

A unique program with prestigious international professionals who have poured into its content all their experience and deep knowledge about the various Floor Asanas, their execution and the use of bricks, belts or chairs to carry them out. For this, it has a Masterclass taught by a distinguished instructor in this field, videos in detail, specialized readings and case studies that can be accessed comfortably whenever and wherever you want.

Students who take this program only need a digital device with an Internet connection to view, at any time of the day, the syllabus of this university program. Likewise, with the Relearning method, based on the continuous reiteration of the most important concepts, the graduate will be able to consolidate them easily and reduce the long hours of study. In this way, without the need for attendance or classes with restricted schedules, this academic option is ideal for those who seek to reconcile their daily responsibilities with a quality university proposal.

This **Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ◆ Case studies presented by Yoga experts.
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice.
- ◆ Practical exercises where self-assessment can be used to improve learning.
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Availability of access to content from any fixed or portable device with an Internet connection.



*A university program with 150 teaching hours of advanced content in Biomechanics of Floor Asanas and Adaptations with Supports"*

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*An academic itinerary that will lead you to delve into the different supports or props used in the variants of seated and supine asanas”*

The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*TECH adapts to your schedule and your motivation to continuously update your knowledge.*

*Inquire whenever you want with the comfort of your Tablet with an Internet connection on the differences between Restorative and Therapeutic Yoga.*



# 02 Objectives

TECH has designed this university program with the aim of providing medical professionals with the most detailed information on Floor Biomechanics and Supportive Adaptations. In this way, throughout the 6 weeks, the graduate will be able to incorporate into their treatments the various techniques to address patients with stress, muscle tension or pathologies that affect the musculoskeletal system.







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*You will have a lot of additional material to obtain the most rigorous information about the benefits of the Floor Asanas"*



## General Objectives

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- ◆ Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view.
- ◆ Create a Yoga program designed and based on scientific evidence.
- ◆ Delve into the most appropriate asanas according to the characteristics of the person and the injuries present
- ◆ Delve into the studies on biomechanics and its application to asanas of Therapeutic Yoga
- ◆ Describe the adaptation of Yoga asanas to the pathologies of each person
- ◆ Delve into the Neurophysiological basis of existing meditation and relaxation techniques





## Specific Objectives

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- ◆ Identify the main floor asanas, their variations and how to apply biomechanics correctly to maximize their benefits
- ◆ Delve into the biomechanical fundamentals of closing asanas and how to perform them safely and effectively
- ◆ Update knowledge on restorative asanas and how to apply biomechanics to relax and restore the body
- ◆ Identify the main inversions and how to use biomechanics to perform them safely and effectively
- ◆ Delve into the different types of supports (blocks, belt and chair) and how to use them to improve the biomechanics of floor asanas
- ◆ Investigate the use of supports to adapt the asanas to different needs and physical abilities
- ◆ Delve into the first steps in Restorative Yoga and how to apply biomechanics to relax the body and mind.

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*The case studies will bring you closer to the most current methodology to perform Floor Asanas with different Supports”*



# 03

# Course Management

TECH has brought together in this Postgraduate Certificate an excellent teaching team that has been selected for its versed knowledge and professional experience in the field of Therapeutic Yoga. In this way, students will have the guarantee of access to the most comprehensive and current information on Biomechanics of Floor Asanas and Adaptations with Supports, without losing the rigorous approach that provides scientific evidence in this field.



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*Get updated in Therapeutic Yoga through first level content created by one of the main teacher trainers of the Integral Yoga Institute of New York"*

## International Guest Director

As the **Director of Teachers and Head of Instructor Training** at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been primarily therapeutic yoga, with over 6,000 documented hours of teaching and continuing education.

In this way, her work has been to mentor, develop training protocols and criteria, and provide continuing education to Integral Yoga Institute instructors. She combines this work with her role as a therapist and **instructor** in other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

Her work also extends to **creating and directing yoga programs**, developing exercises and evaluating challenges that may arise. She has worked throughout her career with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults, and even veterans with a range of physical and mental health issues.

For each one of them she performs a careful and personalized work, having treated people with osteoporosis, in the process of recovery from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, including E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by American Health Training and Certified Exercise Instructor by the Somatic Movement Center



## Ms. Galliano, Dianne

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- Director of the Integral Yoga Institute, New York, U.S.A.
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa in New York City
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary School Education from the State University of New York
- Master's Degree in Yoga Therapy from the University of Maryland

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*Thanks to TECH you will be able to learn with the best professionals in the world"*

## Management



### Ms. Escalona García, Zoraida

- ◆ Vice President of the Spanish Association of Therapeutic Yoga
- ◆ Founder of the *Air Core* method (classes that combine TRX and Functional Training with Yoga)
- ◆ Trainer in Therapeutic Yoga
- ◆ Degree in Biological Sciences from the Autonomous University of Madrid.
- ◆ Teacher Courses: Course in Progressive Ashtanga Yoga, FisiomYoga, Yoga Myofascial and Yoga and Cancer Teacher
- ◆ Pilates Floor Pilates Instructor Course
- ◆ Course in Phytotherapy and Nutrition
- ◆ Meditation Teacher Course





## Professors

### Ms. Villalba, Vanessa

- ◆ Instructor at Gimnasios Villalba
- ◆ Vinyasa Yoga and Power Yoga Instructor at the European Institute of Yoga (IEY), Seville
- ◆ Aerial Yoga Instructor, Seville
- ◆ Integral Yoga Instructor at IEY Seville
- ◆ Body Intelligence TM Yoga Level at IEY Huelva
- ◆ Pregnancy and Postpartum Yoga Instructor at IEY Seville
- ◆ Yoga Nidra, Yoga Therapeutic and Shamanic Yoga Instructor
- ◆ Basic Pilates Instructor for FEDA
- ◆ Pilates Floor Instructor with implements
- ◆ Advanced Technician in Fitness and Personal Training by FEDA
- ◆ Spinning Start I Instructor by the Spanish Federation of Spinning
- ◆ Power Dumbbell Instructor for Aerobic and Fitness Association
- ◆ Chiropractor in Chiromassage by the Escuela Superior de Quiromasaje y Terapias (School of Chiromassage and Therapies)
- ◆ Training in Lymphatic Drainage by PRAXIS, Seville

# 04

## Structure and Content

One of the elements that distinguish this Postgraduate Certificate is its high quality didactic content. Thanks to the most advanced pedagogical tools, the graduate will have the opportunity to delve in an attractive and dynamic way in the Biomechanics of Floor Asanas and Adaptations with Supports. All this, in only 6 weeks and with a virtual library, available 24 hours a day, from any digital device with an Internet connection.



A person's hand is visible on the left side of the frame, holding a hula hoop. The hula hoop is composed of several concentric rings in shades of pink, purple, and blue. The background is a blurred indoor setting with light-colored walls and a brown curtain. The page is divided into geometric sections: a dark blue triangle in the top right, a white triangle in the bottom left, and a large white area in the bottom right where the text is located.

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*Thanks to the Relearning method, you will easily consolidate the concepts covered in this advanced university program"*

## Module 1. Breakdown of the Main Floor Asanas and Adaptations with Supports

- 1.1. Main Asanas on the Floor
  - 1.1.1 Marjaryasana- Bitilasana
  - 1.1.2 Benefits
  - 1.1.3 Variants
  - 1.1.4 Dandasana
- 1.2. Supine Flexions
  - 1.2.1 Paschimottanasana
  - 1.2.2 Janu Sirsasana
  - 1.2.3 Trianga Mukhaikapada Paschimottanasana
  - 1.2.4 Kurmasana
- 1.3. Lateral Twisting and Tilting
  - 1.3.1 Ardha Matsyendrasana
  - 1.3.2 Vakrasana
  - 1.3.3 Bharadvajasana
  - 1.3.4 Parivrita Janu Sirsasana
- 1.4. Closing Asanas
  - 1.4.1 Balasana
  - 1.4.2 Supta Badha Konasana
  - 1.4.3 Ananda Balasana
  - 1.4.4 Jathara Parivartanasana A and B
- 1.5. Flipped
  - 1.5.1 Benefits
  - 1.5.2 Contraindications
  - 1.5.3 Viparita Karani
  - 1.5.4 Sarvangasana
- 1.6. Blocks
  - 1.6.1 What are They and How to Use Them?
  - 1.6.2 Variants of Standing Asanas
  - 1.6.3 Variants of Seated and Supine Asanas
  - 1.6.4 Closing and Restorative Asana Variations





- 1.7. Belt
  - 1.7.1 What are They and How to Use Them?
  - 1.7.2 Variants of Standing Asanas
  - 1.7.3 Variants of Seated and Supine Asanas
  - 1.7.4 Closing and Restorative Asana Variations
- 1.8. Chair Asanas
  - 1.8.1 What Is It?
  - 1.8.2 Benefits
  - 1.8.3 Sun Salutations in a Chair
  - 1.8.4 Chair Tadasana
- 1.9. Chair Yoga
  - 1.9.1 Flexions
  - 1.9.2 Extensions
  - 1.9.3 Twists and Tilts
  - 1.9.4 Flipped
- 1.10. Restorative Asanas
  - 1.10.1 When to Use It
  - 1.10.2 Seated and Forward Push-Ups
  - 1.10.3 Back Push-Ups
  - 1.10.4 Inverted and Supine



*A Postgraduate Certificate  
100% online with the best  
quality didactic material on the  
Biomechanics of Floor Asanas"*

# 05 Methodology

This program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the New England Journal of Medicine have considered it to be one of the most effective.



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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH, we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a “case”, an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician’s professional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method.*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: *Relearning*.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the *Relearning* method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been prepared with unprecedented success in all clinical specialties regardless of surgical load. Our educational methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then adapted in audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high-quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically assess and re-assess students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This program will allow you to obtain a **Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations** endorsed by **TECH Global University**, the world's largest online university.

**Tech Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **Tech Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations**

Modality: **Online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate

Biomechanics of Floor  
Asanas and Supported  
Adaptations

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
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# Postgraduate Certificate

## Biomechanics of Floor Asanas and Supported Adaptations

