



Spine and Limbs in Yoga Therapy

» Modality: online

» Duration: 6 weeks

» Certificate: TECH Global University

» Credits: 6 ECTS

» Schedule: at your own pace

» Exams: online

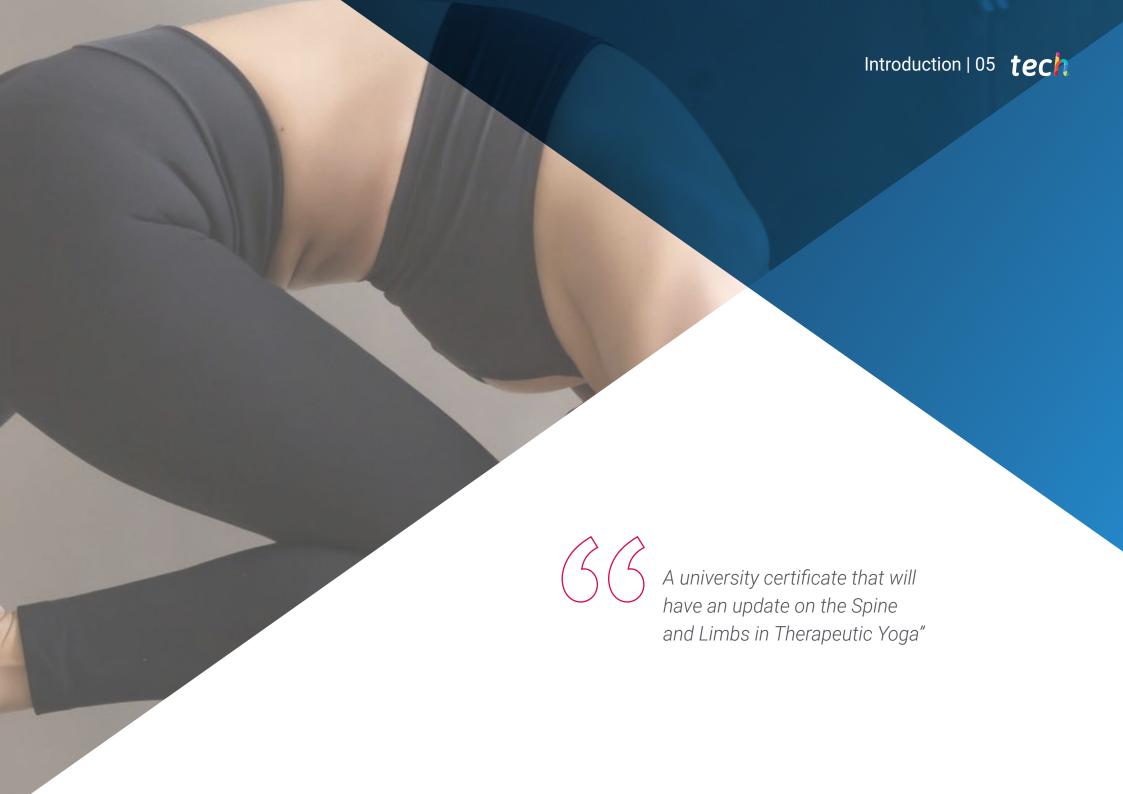
Website: www.techtitute.com/us/medicine/postgraduate-certificate/spine-limbs-yoga-therapy

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tech 06 | Introduction

The different asanas and variations practiced in Yoga, done consistently under the supervision of specialized professionals, promote the recovery of patients with pathologies related to Spine and Limbs abnormalities. Moreover, the ease of adapting sessions to each individual and their condition complements medical treatments with this physical activity.

For this reason, it is essential for professionals to be aware of the benefits of Therapeutic Yoga and the impact of its techniques on the human body. In this context, this 100% online Postgraduate Certificate of 180 teaching hours, prepared by renowned instructors of this discipline.

This program offers a theoretical and practical perspective that stands out for the quality of multimedia educational materials, numerous additional resources, and a comprehensive curriculum that enables graduates to effectively update their knowledge in this field.

The inclusion of an international expert in Therapeutic Yoga in this program demonstrates the credibility of this degree as a reliable option for staying current and rigorous in the field. The masterclasses will serve students in updating their knowledge with a distinguished scientific basis, based on the extensive experience of one of the most renowned experts in Therapeutic Yoga.

This academic option also aligns with the real needs of medical professionals interested in ongoing education through a flexible and convenient program. Therefore, to access this program, graduates only require a digital device with internet connectivity, allowing them to access the syllabus at any time of the day. It is an ideal choice for balancing with demanding daily activities while embracing cutting-edge education.

This **Postgraduate Certificate in Spine and Limbs in Therapeutic Yoga** contains the most complete and up-to-date scientific program on the market. The most important features include:

- 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
- Content that is accessible from any fixed or portable device with an Internet connection



An academic journey that will allow you to delve into the lumbar region and the enhancement of Spinal Column flexibility"



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.

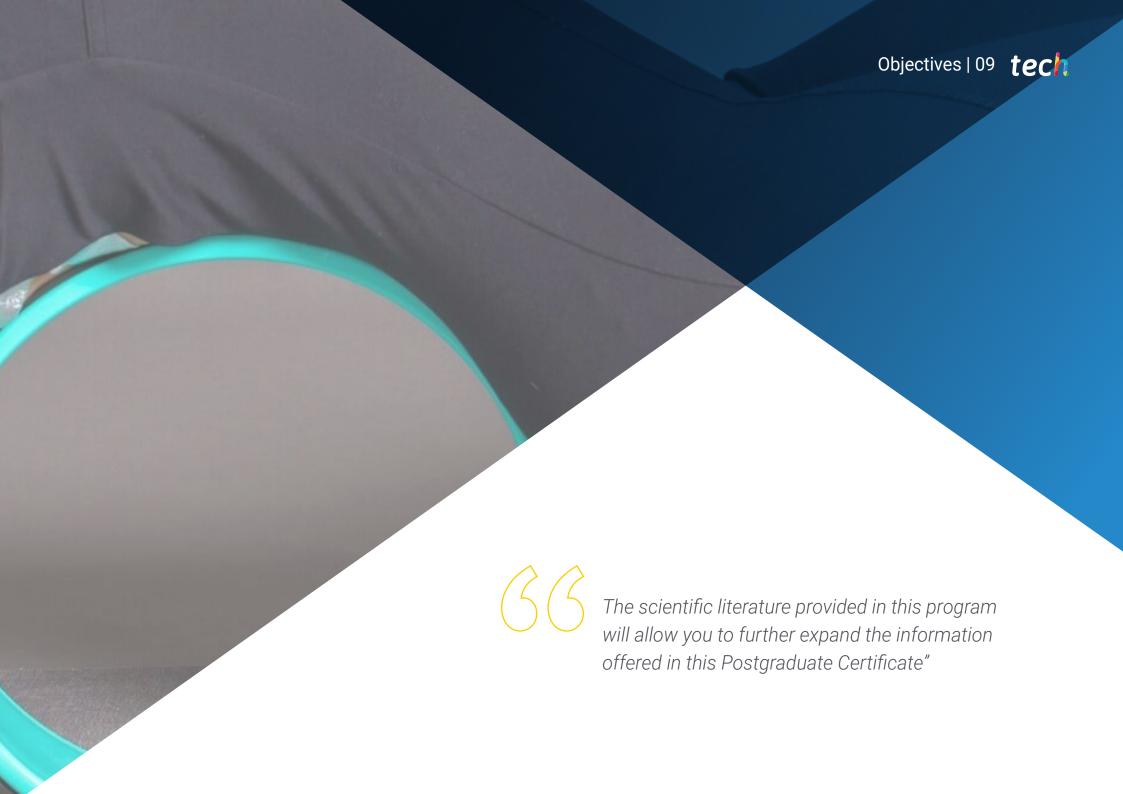
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced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

A 100% online Postgraduate Certificate lasting 6 weeks, featuring the most advanced syllabus in Spine and Limbsin Therapeutic Yoga.

Delve into the anatomy of the diaphragm and the role of breathing in Yoga practice at your convenience, anytime and anywhere you wish.





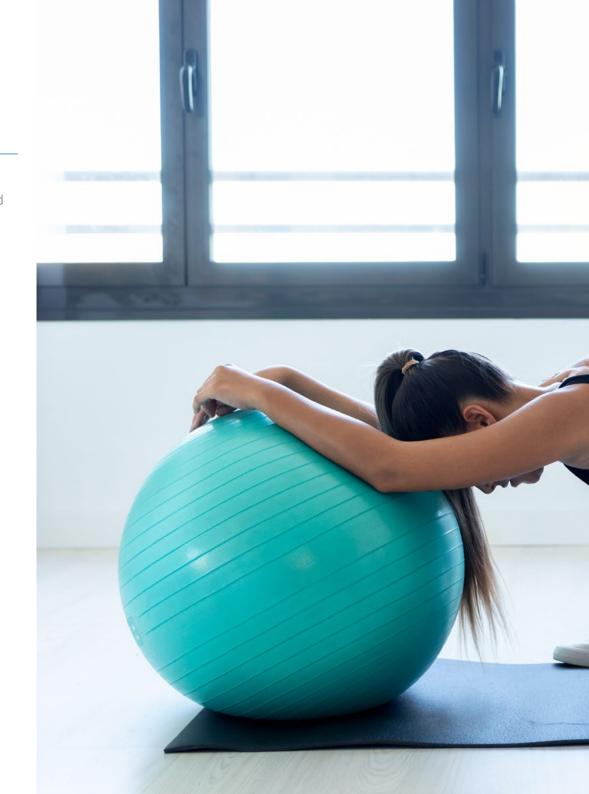


tech 10 | Objectives



General Objectives

- 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 suitable Asanas based on individual characteristics and existing injuries
- Explore in-depth studies on biomechanics and their application to Therapeutic Yoga Asanas
- Describe the adaptation of Yoga Asanas to each person's specific pathologies
- Delve into the neurophysiological foundations of existing meditative and relaxation techniques





Specific Objectives

- Describe the muscular, nervous, and skeletal systems
- Delve in Spine Column Anatomy and Function
- Delve into the Physiology of Hip
- Describe the morphology of the upper and lower extremities
- Explore the diaphragm and core



The multimedia pills will lead you to delve deeper with high-quality images into the morphology of the upper and lower limbs"





International Guest Director

As the director of teachers and head of instructor training at the Integral Yoga Institute in New York, Dianne Galliano stands as one of the most prominent figures in this field on an international level. Its primary academic focus has been on therapeutic yoga, with over 6,000 documented hours of teaching and ongoing training.

Her work has involved mentoring, developing training protocols and criteria, and providing ongoing education to instructors at the Integral Yoga Institute. In addition to her role at the Integral Yoga Institute, they also works as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa, and the Educational Alliance: Center for Balanced Living.

Her work extends to creating and directing yoga programs, developing exercises, and evaluating potential challenges. Throughout her career, she has worked with various profiles of individuals, including older and middle-aged men and women, prenatal and postnatal individuals, young adults, and even war veterans dealing with a range of physical and mental health issues.

For each of them, she provides careful and personalized care, having worked with people dealing with conditions such as osteoporosis, post-heart surgery recovery, post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome, and obesity. She holds several certifications, with notable ones being E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by the American Health Training, and Certified Exercise Instructor by the Center for Somatic Movement.



Ms. Galliano, Dianne

- Yoga Therapist at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa in New York
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Graduate in Elementary Education from the State University of New York
- Master's Degree in Therapeutic Yoga from the University of Maryland



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Management

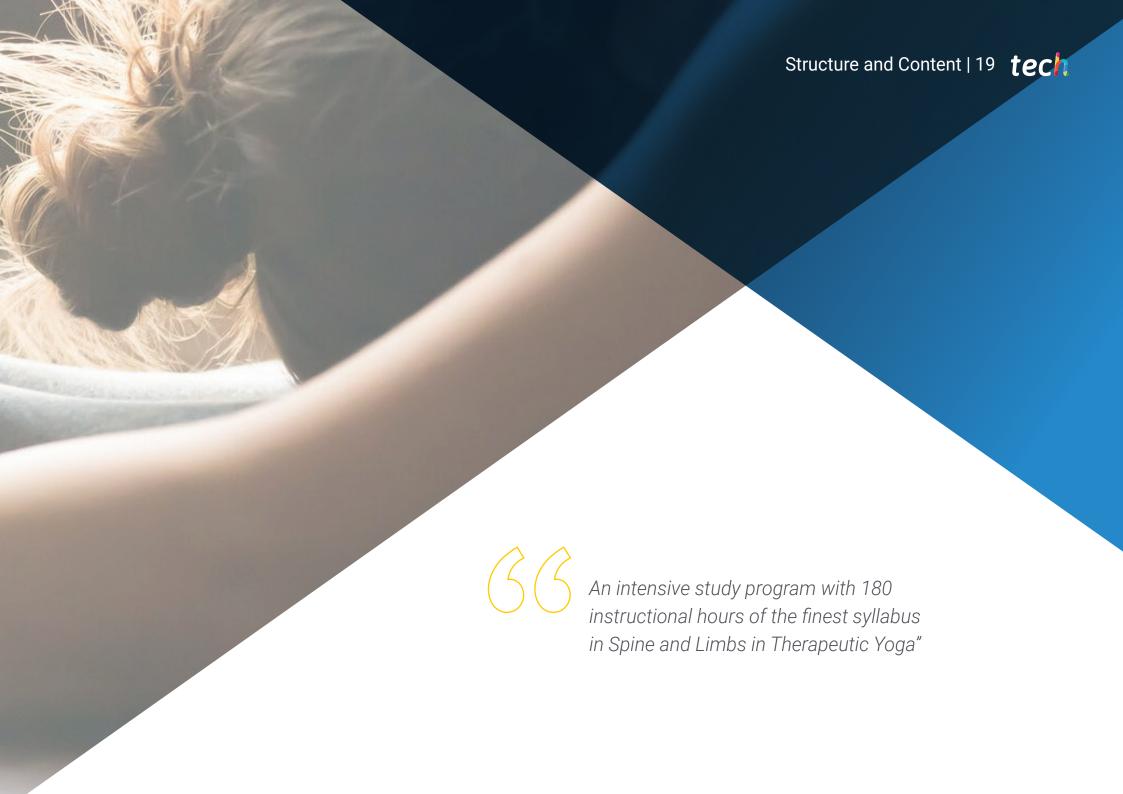


Ms. Escalona García, Zoraida

- 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 Yoga Therapy
- Degree in Biological Sciences from the Autonomous University of Madrid.
- Course in Teacher of: Ashtanga Yoga Progressive, FisiomYoga, Myofascial Yoga, Yoga and Cancer
- Course in Floor Pilates Instructo
- Course in Phytotherapy and Nutrition
- Meditation Teacher Course







tech 20 | Structure and Content

Module 1. Spine Column and Limbs

- 1.1. The Muscular System
 - 1.1.1. Muscle: functional unit
 - 1.1.2. Types of Muscles
 - 1.1.3. Tonic and phasic muscles
 - 1.1.4. Isometric and isotonic contraction and their relevance in Yoga styles
- 1.2. Nervous system
 - 1.2.1. Neurons: functional unit
 - 1.2.2. Central Nervous System: Brain and Spinal Cord
 - 1.2.3. Peripheral Nervous System somatic: nerves
 - 1.2.4. Peripheral Autonomic Nervous System: Sympathetic and Parasympathetic
- 1.3. Skeletal System
 - 1.3.1. Osteocyte: functional unit
 - 1.3.2. Axial and appendicular skeleton
 - 1.3.3. Tendons
 - 1.3.4. Ligaments
- 1.4. Spine
 - 1.4.1. Evolution of the spine and functions
 - 1.4.2. Structure
 - 1.4.3. Typical vertebra
 - 1.4.4. Spinal movements
- 1.5. Cervical and Dorsal Region
 - 1.5.1. Cervical vertebrae: typical and atypical
 - 1.5.2. Dorsal vertebrae
 - 1.5.3. Main Muscles of the Cervical Region
 - 1.5.4. Main Muscles of the Dorsal Region
- 1.6. Lumbar Region
 - 1.6.1. Lumbar vertebrae
 - 1.6.2. Sacro
 - 1.6.3. Coccyx
 - 1.6.4. Main muscles





Structure and Content | 21 tech

- 1.7. Pelvis
 - 1.7.1. Anatomy: difference between male and female pelvis
 - 1.7.2. Two key concepts: anteversion and retroversion
 - 1.7.3. Main muscles
 - 1.7.4. Pelvic floor
- 1.8. Upper Limb
 - 1.8.1. Shoulder joint
 - 1.8.2. Rotator Cuff Muscles
 - 1.8.3. Brazo, codo y antebrazo
 - 1.8.4. Main muscles
- 1.9. Lower Limb
 - 1.9.1. Coxofemoral joint
 - 1.9.2. Knee: tibiofemoral and patellofemoral joint
 - 1.9.3. Knee ligaments and menisci
 - 1.9.4. Main leg muscles
- 1.10. Diaphragm and core
 - 1.10.1. Diaphragm anatomy
 - 1.10.2. Diaphragm and respiration
 - 1.10.3. "Core" muscles
 - 1.10.4. Core and its importance in Yoga



Delve into the significance of the Core and its importance in Yoga from a practical perspective"





tech 24 | Methodology

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.



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:

- Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

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.



Methodology | 27 tech

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 trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical 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.

tech 28 | Methodology

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 applied to the 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

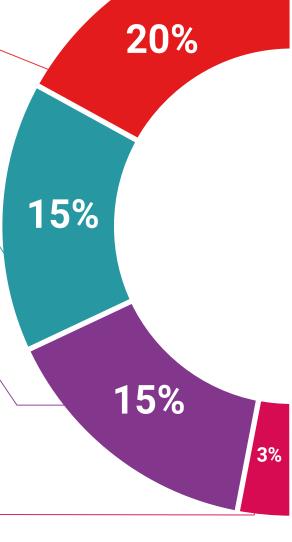
TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many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

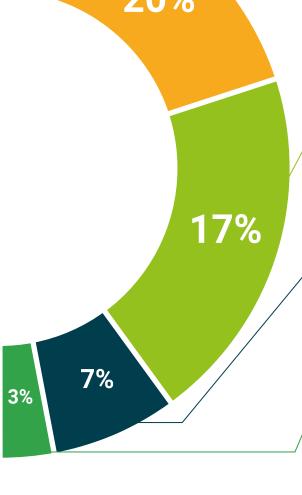
The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



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.









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This program will allow you to obtain your **Postgraduate Certificate in Spine and Limbs in Yoga Therapy** 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 Spine and Limbs in Yoga Therapy

Modality: online

Duration: 6 weeks

Accreditation: 6 ECTS



Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Certificate in Spine and Limbs in Yoga Therapy

This is a program of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024



^{*}Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

health confidence people information tutors guarantee accreditation teaching technology leading

tech global university

Postgraduate Certificate Spine and Limbs in Yoga Therapy

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

