

# Hybrid Professional Master's Degree

## Therapeutic Yoga





## Hybrid Professional Master's Degree

### Therapeutic Yoga

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

60 + 5 ECTS Credits

Website: [www.techtute.com/pk/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-therapeutic-yoga](http://www.techtute.com/pk/medicine/hybrid-professional-master-degree/hybrid-professional-master-degree-therapeutic-yoga)

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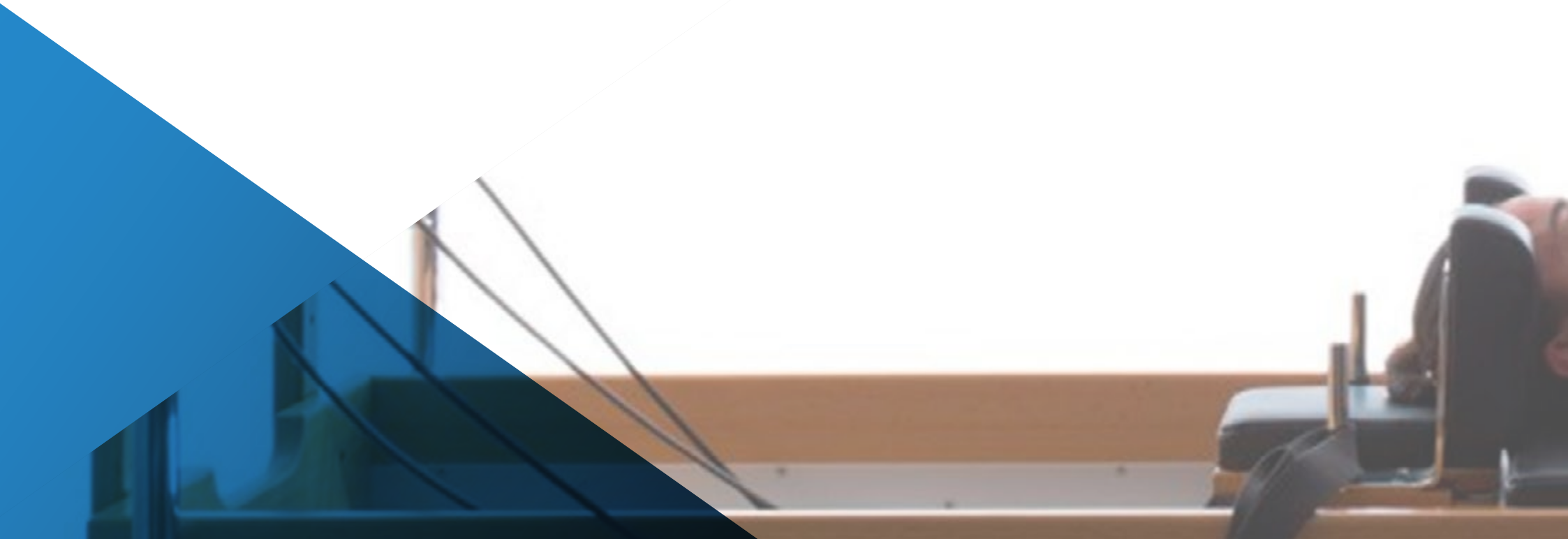
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# 01

# Introduction

Following the COVID-19 pandemic, there has been an increase in the rate of people affected by conditions such as depression, anxiety and stress. In this context, healthcare professionals highlight the importance of the therapeutic yoga approach, which includes breathing techniques that calm the nervous system. In addition, its exercises stimulate the release of chemical substances that contribute to improving mood (such as dopamine, endorphins or serotonin). For this reason, TECH has developed a university degree that brings together the most innovative and effective techniques in this field, based on the most recent scientific evidence.





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*A Hybrid Professional Master's Degree that will provide you with the most advanced techniques in Therapeutic Yoga in order for you to raise the physical and mental well-being of users"*

More and more people are becoming aware of the physical benefits of the practice of Yoga Therapy, so they decide to get into it by going to specialized centers. This discipline includes a variety of postures and relaxation techniques that help to improve aspects such as muscle strength, endurance and even coordination. At the same time, its activities also improve mental health by incorporating breathing exercises designed to promote a sense of well-being and peace of mind. As a result, citizens improve their physical condition to reduce the chances of injury. Likewise, they promote a healthy lifestyle so that the rest of the individuals acquire a responsible awareness of their health.

Aware of this reality, TECH implements a revolutionary Hybrid Professional Master's Degree in Therapeutic Yoga that will give professionals access to the most innovative techniques to improve the clinical condition of patients. Under a theoretical-practical approach, specialists will nurture their usual procedures with cutting-edge therapies ranging from the strengthening of the Locomotor System to the implementation of Asana systems and neurophysiological bases of relaxation. In this way, they will have at their disposal the necessary resources to personalize treatments according to the personal circumstances of each patient. Therefore, experts will optimize their medical care while ensuring the well-being of the citizens.

It should be noted that the present academic itinerary is designed by a team of professionals with a broad discernment in the field of Therapeutic Yoga. In this way, the specialists will have the most updated didactic materials adapted to the most current medical requirements. Moreover, the program will include additional resources in various formats, including real clinical cases, interactive summaries and complementary readings. In this way, graduates will enjoy a fully dynamic and progressive learning experience.

This **Hybrid Professional Master's Degree in Therapeutic Yoga** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of more than 100 clinical cases presented by professionals with expertise in Medicine and Therapeutic Yoga
- ♦ 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
- ♦ The latest trends in Asana techniques, Mindfulness and relaxation basics
- ♦ Integral plans of action in different evolutionary moments
- ♦ All of this will be complemented by 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
- ♦ Furthermore, you will be able to carry out a clinical internship in one of the best centers specialized in this discipline



*You are in front of a program that offers a theoretical framework 100% online and a practical stay completely face-to-face in a prestigious center"*

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*You will have at your disposal the most modern educational resources, with free access to the virtual campus 24 hours a day"*

In this proposed Master's Degree, of professionalizing character and blended learning modality, the program is aimed at medical professionals who wish to update their knowledge in Therapeutic Yoga and incorporate the latest techniques in their procedures to offer clinical care based on excellence. The contents are based on the latest scientific evidence, and oriented in a teaching manner to integrate theoretical knowledge into practice and allow for more personalized decision making.

Thanks to the multimedia content, developed with the latest educational technology, Medicine professionals will benefit from contextual learning, i.e., a simulated environment that will provide immersive learning programmed to specialize in real situations. This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*This program includes real case studies and exercises to bring the program's development closer to routine clinical practice.*

*A study plan with a Relearning system that will facilitate the renewal of knowledge in the therapeutic approach in patients with disabilities.*



# 02

## Why Study this Hybrid Professional Master's Degree?

In a society characterized by continuous technological transformation, in most industries theoretical knowledge is not enough for workers to achieve real development. This is especially relevant in the field of Yoga Therapy, where specialists must be at the forefront of the latest techniques and medical approaches to successfully contribute to the welfare of citizens. For this reason, TECH has developed this pioneering course, which merges the most recent update in fields such as Mindfulness or Pranayama with a practical stay in a center of great prestige. In this way, specialists will obtain a more current comprehensive approach in this area of specialization, along with the support of authentic experts in the field.







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*TECH presents a unique Hybrid Professional Master's Degree that will help you, in just 12 months, to make a leap in your profession”*

### 1. Updating from the Latest Technology Available

The rise of technology has had a significant impact on the discipline of Yoga Therapy, offering specialists new tools that complement and enrich their practice. Examples of this are mobile applications, online platforms and portable devices such as smart watches. In order to bring professionals closer to this technology, TECH has developed this Internship Program so that they can enter into a renowned clinical environment, where they will have the most advanced resources at their disposal to develop their work effectively.

### 2. Gaining In-depth Knowledge from the Experience of Top Specialists

Throughout their on-site stay at the center, the specialists will be supported by a group of experts, which means an unprecedented guarantee of updating. With a specially appointed tutor, the graduates will contribute to the healthcare of real patients in top-quality facilities. Therefore, they will incorporate the optimal approaches in Yoga Therapy into their regular practice.

### 3. Entering First-Class Clinical Environments

In order to provide the best practical experiences, TECH carefully chooses the centers for its Internship Programs. Thanks to this, students will have access to a prestigious clinical environment in the field of Yoga Therapy. This way, they will be able to experience the day to day of a demanding, rigorous and exhaustive area of work, always applying the latest scientific techniques in its work methodology.





#### 4. Combining the Best Theory with State-of-the-Art Practice

TECH presents an innovative proposal, which combines theoretical preparation with a 100% practical stage, where professionals will increase their knowledge in 12 months, with the quality demanded. In addition to this, there is an on-site stay lasting 4 weeks, in a real clinical space that will allow them to work directly with multidisciplinary professionals and with the technical resources available for the treatment of patients through Therapeutic Yoga.

#### 5. Expanding the Boundaries of Knowledge

This Hybrid Professional Master's Degree is an opportunity for graduates to update their skills in a first-class environment, where they will find specialists who have worked in national and international hospitals. All this allows them to further extend their capacity for action in any other healthcare area in the world. A unique opportunity that will undoubtedly raise your professional horizons to a higher level.



*You will have full practical immersion  
at the center of your choice"*

# 03 Objectives

The design of the program of this Hybrid Professional Master's Degree will provide specialists with the skills required to update in the profession, after delving into the latest trends and developments that have occurred in the field of Therapeutic Yoga. This will allow them to offer services based on excellence, attending to the specific needs of each patient to ensure their well-being and even an improvement in their quality of life. In this regard, TECH determines a series of general and specific objectives to achieve greater satisfaction of the future graduate, being the following:





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*This program has the most complete and updated scientific program in the market in Therapeutic Yoga, to guarantee you successful learning"*



## General Objectives

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- The overall objective of the Hybrid Professional Master's Degree in Therapeutic Yoga is to ensure that professionals incorporate into their practice the necessary for the proper development and application of the techniques of this discipline from a clinical point of view. Therefore, the specialists will create personalized plans, based on the injuries presented by the patients and on scientific evidence. To do this, they will delve into the most recent studies on both biomechanics and its application to the asanas. They will also delve into the neurophysiological basis of meditative and relaxation techniques. In addition, they will enjoy a stay in a first class facility



*This university degree will increase your confidence in decision making, so that you will experience a leap in professional quality"*





## Specific Objectives

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### Module 1. Structure of the Locomotor System

- ♦ Delve into the anatomy and physiology of the skeletal, muscular, and articular systems of the human body
- ♦ Identify the different structures and functions of the locomotor system and how they interrelate with one another
- ♦ Explore the different postures and movements of the human body, and understand how they affect the structure of the locomotor system
- ♦ Delve into common musculoskeletal system injuries and how to prevent them

### Module 2. Spinal Column, Instability and Injuries

- ♦ Describe the muscular, nervous and skeletal system
- ♦ Delve into the anatomy and functions of the spine
- ♦ Delve into the physiology of the hip
- ♦ Describe the morphology of the upper and lower extremity
- ♦ Delve into the Diaphragm and Core

### Module 3. Application of Asana Techniques and their Integration

- ♦ Delve into the philosophical and physiological contribution of the different asanas
- ♦ Identify the principles of minimal action: Sthira, Sukham and Asanam
- ♦ Delve deeper into the concept of standing asanas
- ♦ Describe the benefits and contraindications of asanas in extension
- ♦ Point out the benefits and contraindications of asanas in rotation and lateral tilt
- ♦ Describe counterpostures and when to use them
- ♦ Delve into the bandhas and their application in Yoga Therapy

### Module 4: Biomechanics of Standing Asanas

- ♦ Delve into the biomechanical fundamentals of Tadasana and its importance as a base posture for other standing asanas
- ♦ Identify the different variants of sun salutations and their modifications, and how they affect the biomechanics of standing asanas
- ♦ Point out the main standing asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- ♦ Update knowledge on the biomechanical fundamentals of the main spinal flexion and lateral bending asanas, and how to perform them safely and effectively
- ♦ Point out the main balancing asanas and how to use biomechanics to maintain stability and balance during these postures
- ♦ Identify the main prone extensions and how to correctly apply biomechanics to maximize their benefits
- ♦ Delve into the main twists and poses for hips, and how to use biomechanics to perform them safely and effectively

### Module 5: Biomechanics of Floor Asanas and Adaptations with Supports

- ♦ 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 saddle) 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

### **Module 6. Application of Asana Techniques and Their Integration**

- ♦ Identify the most common spinal pathologies and how to adapt the practice of yoga to avoid injuries
- ♦ Delve into degenerative diseases and how the practice of yoga can help in their management and symptom reduction
- ♦ Delve into lumbago and sciatica and how to apply therapeutic yoga to relieve pain and improve mobility
- ♦ Identify scoliosis and how to adapt the yoga practice to improve posture and reduce discomfort
- ♦ Recognize knee misalignments and injuries and how to adapt the practice to prevent them and improve recovery
- ♦ Identify shoulder injuries and how to adapt yoga practice to reduce pain and improve mobility
- ♦ Delve into wrist and shoulder pathologies and how to adapt the practice of yoga to avoid injury and reduce practice to avoid injury and reduce discomfort
- ♦ Delve into postural basics and how to apply biomechanics to improve posture and prevent injuries
- ♦ Identify autoimmune diseases and how the practice of yoga can help in their management and symptom reduction

### **Module 7. Neurophysiological Principles of Relaxation and Meditation**

- ♦ Delve into the history and concept of fascia, and its importance in yoga practice
- ♦ Delve into the different types of mechanoreceptors in the fascia and how to apply them in different styles of yoga
- ♦ Point out the need apply the term fascia in yoga classes for a more effective and conscious practice
- ♦ Explore the origin and development of the term tensegrity, and its application in the practice of yoga
- ♦ Identify the different myofascial pathways and the specific postures for each of the chains
- ♦ Apply fascia biomechanics in yoga practice to improve mobility, strength and flexibility
- ♦ Identify the main postural imbalances and how to correct them through the practice of yoga and fascial biomechanics

### **Module 8. Yoga in The Human Life Cycle**

- ♦ Delve into the different needs of the body and the practice of yoga at different times of life, such as childhood, adulthood and old age
- ♦ Explore how yoga practice can help women during the menstrual cycle and menopause, and how to adapt the practice to meet their needs
- ♦ Delve into the care and practice of yoga during pregnancy and postpartum, and how to adapt the practice to meet the needs of women at these times
- ♦ Identify the appropriateness of yoga practice for people with special physical and/or sensory needs and how to adapt the practice to meet their needs
- ♦ Learn to create specific yoga sequences for each evolutionary moment and individual need
- ♦ Identify and apply best practices to ensure safety and well-being during the practice of yoga in different evolutionary stages and special situations



**Module 9. Physiology of Respiratory Techniques**

- ♦ Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- ♦ Delve into the different types of respiration and how they affect the respiratory system and the body in general
- ♦ Identify the different components of breathing, such as inspiration, expiration, and retentions, and how each affects the physiology of the body
- ♦ Delve into the concepts of the energy channels or nadis, and how they relate to the physiology of breathing and pranayama practice
- ♦ Describe the different types of pranayamas and how they affect the physiology of the body and mind
- ♦ Identify the basic concepts of mudras and how they relate to the physiology of breathing and pranayama practice
- ♦ Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and wellness

**Module 10. Neurophysiological Basis of Meditation and Relaxation Techniques**

- ♦ Describe the neurophysiological basis of meditative and relaxation techniques in the practice of yoga
- ♦ Delve into the definition of mantra, its application and benefits in meditation practice
- ♦ Identify the inner aspects of yoga philosophy, including Pratyahara, Dharana, Dhyana, and Samadhi, and how they relate to meditation
- ♦ Inquire about the different types of brain waves and how they occur in the brain during meditation
- ♦ Identify the different types of meditation and guided meditation techniques and how they are applied in the practice of yoga
- ♦ Delve into the concept of Mindfulness, its methods and differences with meditation
- ♦ Delve into Savasana, how to guide a relaxation, the different types and adaptations
- ♦ Identify the first steps in Yoga Nidra and its application in yoga practice

# 04 Skills

After completing this Hybrid Professional Master's Degree in Therapeutic Yoga, Physiotherapy professionals will acquire advanced skills to incorporate into their procedures the most innovative techniques to improve both the physical and emotional health of patients. In this same line, they will have a wide range of resources based on the latest scientific evidence. All of them focused on self-care, injury prevention and promotion of a healthy lifestyle.





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*A process of professional and personal growth that will allow you to acquire the skills of an expert. You will become a reference in your environment!”*

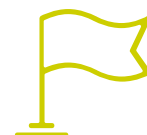


## General Skills

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- ♦ Apply Therapeutic Yoga from a clinical point of view in patient care
- ♦ Create specific programs for each patient according to their ailments and characteristics
- ♦ Promote communication skills with patients
- ♦ Address the most frequent pathologies of the spine, joints and muscular system
- ♦ Perform relaxation techniques
- ♦ Apply the basics of Yoga Therapy





## Specific Skills

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- Improve patients' psychomotor coordination.
- Apply the benefits of Therapeutic Yoga to treatments
- Inform healthy patients about the most appropriate postural techniques to avoid diseases
- Apply yoga techniques according to the age of the patients
- Apply Therapeutic Yoga as a complementary tool to certain treatments
- Encourage the proper practice of Yoga techniques to prevent possible injuries



*You will apply the latest advances in Mindfulness techniques to help your users reduce their stress and anxiety levels"*

05

# Course Management

In its philosophy of offering educational excellence, TECH has carefully selected the teaching staff that makes up this program. These professionals stand out for their solid understanding in the area of Yoga Therapy, as well as for their extensive professional experience in this field. They are active specialists, firmly committed to remain at the forefront of the most innovative techniques to provide highly effective and personalized services. Therefore graduates will enjoy an immersive educational experience alongside the best specialists to enrich their daily practice.



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*Leading experts in Yoga Therapy have joined forces in this Hybrid Professional Master's Degree to bring you their in-depth knowledge in this sought-after discipline"*

## 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 Teachers at Integral Yoga Institute - New York, USA
- 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: Progressive Ashtanga Yoga, FisiomYoga, Yoga Myofascial, Yoga and Cancer
- Pilates Floor Pilates Instructor Course
- Course in Phytotherapy and Nutrition
- Meditation Teacher Course

## Professors

### Mr. Losada, Óscar

- ♦ Vinyasa Yoga and Power Yoga teacher and Osteopath at El Árbol de la Vida center
- ♦ Vinyasa Yoga Trainer and Yoga Coach at the European Institute of Yoga (IEY), Madrid
- ♦ Yin Yoga Trainer at IEY, Barcelona
- ♦ Vinyasa Yoga and Power Yoga Teacher at Fitness Gym, Madrid
- ♦ Osteopath and Sports Massage Therapist at Fitness Gym, Madrid
- ♦ Specialist in Rocket Yoga by IEY Huelva
- ♦ Specialist in Therapeutic Yoga, Yin Yoga and Fascia by IEY Huelva
- ♦ Specialist in Yoga for children by IEY Alicante
- ♦ Structural Osteopath II by Kabat
- ♦ Sports Massage and Chiromassage by Orthos

### Ms. Villalba, Vanessa

- ♦ Director and Instructor of the Satnam Yoga Center
- ♦ Vinyasa Yoga Teacher
- ♦ Special Yoga Instructor
- ♦ Yoga instructor for children and families

### Ms. García, Mar

- ♦ Instructor at Gimnasios Villalba
- ♦ Vinyasa Yoga Instructor and Yoga Coach 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 Dumbell 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

### Mr. Ferrer, Ricardo

- ♦ Director of the European Yoga Institute
- ♦ Director of the Center of Light School
- ♦ Director of the National School of Evolutionary Reiki
- ♦ Instructor of Hot Yoga at the Center of Light
- ♦ Power Yoga Instructor Trainer
- ♦ Yoga Instructor Trainer
- ♦ Ashtanga Yoga and Progressive Yoga Trainer
- ♦ Tai Chi and Chi Kung Instructor
- ♦ Body Intelligence Yoga Instructor
- ♦ Sup Yoga Instructor

### Ms. Salvador Crespo, Inmaculada

- ♦ Coordinator of the European Yoga Institute
- ♦ Professor of Yoga and Meditation at IEY
- ♦ Specialist in Integral Yoga and Meditation
- ♦ Specialist in Vinyasa Yoga and Power Yoga
- ♦ Specialist in Therapeutic Yoga

# 06

## Structure and Content

This academic itinerary has been developed in response to the current requirements of the Physiotherapy market, taking into account the specific needs of patients. Through 10 complete and updated modules, specialists will learn the most effective techniques for the treatment of medical conditions as well as injuries or physical limitations. In tune with this, they will incorporate breathing procedures to promote relaxation and improve the emotional health of individuals. In this way, professionals will expand their knowledge under the guidance of a teaching staff composed of experts in Yoga Therapy.





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*A specialist syllabus and top-level teaching materials are the key to a successful career”*

## Module 1. Structure of the Locomotor System

- 1.1. Anatomical Position, Axes and Planes
  - 1.1.1. Basic Anatomy and Physiology of the Human Body
  - 1.1.2. Anatomic position
  - 1.1.3. Body Axes
  - 1.1.4. Anatomical Plans
- 1.2. Bone
  - 1.2.1. Bone Anatomy of the Human Body
  - 1.2.2. Bone Structure and Function
  - 1.2.3. Different Types of Bones and their Relation to Posture and Movement
  - 1.2.4. The Relationship between the Skeletal System and the Muscular System
- 1.3. Joints
  - 1.3.1. Anatomy and Physiology of the Joints of the Human Body
  - 1.3.2. Different Types of Joints
  - 1.3.3. The Role of Joints in Posture and Movement
  - 1.3.4. Most Common Joint Injuries and How to Prevent them
- 1.4. Cartilage
  - 1.4.1. Anatomy and Physiology of the Cartilage of the Human Body
  - 1.4.2. Different Types of Cartilage and their Function in the Body
  - 1.4.3. The Role of Cartilage in Articulation and Mobility
  - 1.4.4. The Most Common Cartilage Injuries and their Prevention
- 1.5. Tendons and Ligaments
  - 1.5.1. Anatomy and Physiology of the Tendons and Ligaments of the Human Body
  - 1.5.2. Different Types of Tendons and Ligaments and their Function in the Body
  - 1.5.3. The Role of Tendons and Ligaments in Posture and Movement
  - 1.5.4. Most Common Tendon and Ligament Injuries and How to Prevent them
- 1.6. Musculoskeletal
  - 1.6.1. Anatomy and Physiology of the Musculoskeletal System of the Human Body
  - 1.6.2. The Relationship between Muscles and Bones in Posture and Movement
  - 1.6.3. The Role of Fascia in the Musculoskeletal System and its Relationship to the Practice of Therapeutic Yoga
  - 1.6.4. Most Common Muscle Injuries and How to Prevent them



- 1.7. Development of the Musculoskeletal System
  - 1.7.1. Embryonic and Fetal Development of the Musculoskeletal System
  - 1.7.2. Growth and Development of the Musculoskeletal System in Childhood and Adolescence
  - 1.7.3. Musculoskeletal Changes Associated with Aging
  - 1.7.4. Development and Adaptation of the Musculoskeletal System to Physical Activity and Training
- 1.8. Components of the Musculoskeletal System
  - 1.8.1. Anatomy and Physiology of Skeletal Muscles and their Relationship to the Practice of Therapeutic Yoga
  - 1.8.2. The Role of Bones in the Musculoskeletal System and their Relationship to Posture and Movement
  - 1.8.3. The Function of the Joints in the Musculoskeletal System and How to Take Care of them During the Practice of Therapeutic Yoga
  - 1.8.4. The Role of Fascia and Other Connective Tissues in the Musculoskeletal System and its Relationship to the Practice of Therapeutic Yoga
- 1.9. Nervous Control of Skeletal Muscles
  - 1.9.1. Anatomy and Physiology of the Nervous System and their Relationship to the Practice of Therapeutic Yoga
  - 1.9.2. The Role of the Nervous System in Muscle Contraction and Movement Control
  - 1.9.3. The Relationship between the Nervous System and the Musculoskeletal System in Posture and Movement During the Practice of Therapeutic Yoga
  - 1.9.4. The Importance of Neuromuscular Control for Injury Prevention and Performance Enhancement in Therapeutic Yoga Practice
- 1.10. Muscle Contraction
  - 1.10.1. Anatomy and Physiology of Muscle Contraction and its Relation to the Practice of Therapeutic Yoga
  - 1.10.2. The Different Types of Muscle Contraction and its Application in the Practice of Therapeutic Yoga
  - 1.10.3. The Role of Neuromuscular Activation in Muscle Contraction and its Relationship to the Practice of Therapeutic Yoga
  - 1.10.4. The Importance of Stretching and Muscle Strengthening in Injury Prevention and Performance Enhancement in Therapeutic Yoga Practice

## Module 2. Spinal Column, Instability and Injuries

- 2.1. Conceptual Aspects of the Movement Control System and its Dysfunctions in the Lumbopelvic and Cervico-Scapular Regions
- 2.2. Muscle Dysfunction
- 2.3. Proprioceptive Dysfunctions and Neuroplastic Changes at the CNS Level
- 2.4. Dysfunctions in Precision, Dissociation and Movement Quality
- 2.5. Association between Motor Control Dysfunctions and Sports Injuries
- 2.6. Lumbopelvic Rhythm and Lumbar Instability Tests
- 2.7. Analysis of Movement Control by Observation
- 2.8. Muscle Activation Patterns Assessment Test and Muscle Endurance Test
- 2.9. Sensorimotor Test
- 2.10. Integration and Clinical Reasoning

## Module 3. Application of Asana Techniques and their Integration

- 3.1. Asana
  - 3.1.1. Asana Definition
  - 3.1.2. Asana in the Yoga Sutras
  - 3.1.3. Deeper Purpose of Asanas
  - 3.1.4. Asanas and Alignment
- 3.2. Principle of Minimum Action
  - 3.2.1. Sthira Sukham Asanam
  - 3.2.2. How to Apply this Concept in Practice?
  - 3.2.3. Theory of the Gunas
  - 3.2.4. Influence of the Gunas in Practice
- 3.3. Foot Asanas
  - 3.3.1. The Importance of Foot Asanas
  - 3.3.2. How To Work Them?
  - 3.3.3. Benefits
  - 3.3.4. Contraindications and Considerations
- 3.4. Seated and Supine Asanas
  - 3.4.1. Importance of Seated Asanas
  - 3.4.2. Seated Asanas for Meditation
  - 3.4.3. Supine Asanas: Definition
  - 3.4.4. Benefits of Supine Postures

- 3.5. Asanas Extension
  - 3.5.1. Why are Extensions Important?
  - 3.5.2. How to Work Them Safely?
  - 3.5.3. Benefits
  - 3.5.4. Contraindications
- 3.6. Asanas Flexion
  - 3.6.1. Importance of Spinal Flexion
  - 3.6.2. Implementation
  - 3.6.3. Benefits
  - 3.6.4. Most Frequent Errors and How to Avoid Them
- 3.7. Asanas Rotation: Twisting
  - 3.7.1. Torsional Mechanics
  - 3.7.2. How to Perform Them Correctly
  - 3.7.3. Physiological Benefits
  - 3.7.4. Contraindications
- 3.8. Asanas in Lateral Tilt
  - 3.8.1. Importance
  - 3.8.2. Benefits
  - 3.8.3. Most common mistakes
  - 3.8.4. Contraindications
- 3.9. Importance of Counterpositions
  - 3.9.1. What are they?
  - 3.9.2. When Should it be Done?
  - 3.9.3. Benefits During Practice
  - 3.9.4. Most Commonly Used Counterposts
- 3.10. Bandhas
  - 3.10.1. Definition
  - 3.10.2. Main Bandhas
  - 3.10.3. When to Use Them
  - 3.10.4. Bandhas and Therapeutic Yoga

## Module 4. Biomechanics of standing asanas

- 4.1. Biomechanics of Tadasana
  - 4.1.1. Importance
  - 4.1.2. Benefits
  - 4.1.3. Implementation
  - 4.1.4. Difference from Samasthiti
- 4.2. Biomechanics of Sun Salutation
  - 4.2.1. Classic
  - 4.2.2. Type A
  - 4.2.3. Type B
  - 4.2.4. Adaptation
- 4.3. Biomechanics of Foot Asanas
  - 4.3.1. Utkatasana: Chair Posture
  - 4.3.2. Anjaneyasana: Low Lunge
  - 4.3.3. Virabhadrasana I: Warrior I
  - 4.3.4. Utkata Konasana: Posture of the Goddess
- 4.4. Biomechanics of Asanas Standing Spine Flexion
  - 4.4.1. Adho Mukha
  - 4.4.2. Parsvotanassana
  - 4.4.3. Prasarita Padottanasana
  - 4.4.4. Uthanasana
- 4.5. Biomechanics of Asanas Lateral Flexion
  - 4.5.1. Uthhita trikonasana
  - 4.5.2. Virabhadrasana II: Warrior I
  - 4.5.3. Parighasana
  - 4.5.4. Uthitta ParsvaKonasana
- 4.6. Biomechanics of Asanas Balance
  - 4.6.1. Vkrisana
  - 4.6.2. Utthita to Padangustasana
  - 4.6.3. Natarajasana
  - 4.6.4. Garudasana





- 4.7. Biomechanics of Prone Extensions
  - 4.7.1. Bhujangasana
  - 4.7.2. Urdhva Mukha Svanasana
  - 4.7.3. Saral Bhujangasana: Sphinx
  - 4.7.4. Shalabhasana
- 4.8. Biomechanics of Extensions
  - 4.8.1. Ustrasana
  - 4.8.2. Dhanurasana
  - 4.8.3. Urdhva Dhanurasana
  - 4.8.4. Setu Bandha Sarvangasana
- 4.9. Biomechanics of Torsion
  - 4.9.1. Paravritta Parsvakonasana
  - 4.9.2. Paravritta Trikonasana
  - 4.9.3. Paravritta Parsvotanassana
  - 4.9.4. Paravritta Utkatasana
- 4.10. Hip Biomechanics
  - 4.10.1. Malasana
  - 4.10.2. Badha Konasana
  - 4.10.3. Upavista Konasana
  - 4.10.4. Gomukhasana

### Module 5. Biomechanics of floor asanas and adaptations with supports

- 5.1. Biomechanics of Main Asanas on Floor
  - 5.1.1. Marjaryasana- Bitilasana
  - 5.1.2. Benefits
  - 5.1.3. Variants
  - 5.1.4. Dandasana
- 5.2. Biomechanics of Supine Push-Ups
  - 5.2.1. Paschimottanasana
  - 5.2.2. Janu sirsasana
  - 5.2.3. Trianga Mukhaikapada Paschimottanasana
  - 5.2.4. Kurmasana

- 5.3. Biomechanics of Lateral Twisting and Tilting
  - 5.3.1. Ardha Matsyendrasana
  - 5.3.2. Vakrasana
  - 5.3.3. Bharadvajasana
  - 5.3.4. Parivrita Janu Sirsasana
- 5.4. Biomechanics of Closure Asanas
  - 5.4.1. Balasana
  - 5.4.2. Supta Badha Konasana
  - 5.4.3. Ananda Balasana
  - 5.4.4. Jathara Parivartanasana A and B
- 5.5. Biomechanics of Inverted
  - 5.5.1. Benefits
  - 5.5.2. Contraindications
  - 5.5.3. Viparita Karani
  - 5.5.4. Sarvangasana
- 5.6. Block Biomechanics
  - 5.6.1. What are They and How to Use Them?
  - 5.6.2. Variants of Foot Asanas
  - 5.6.3. Variants of Seated and Supine Asanas
  - 5.6.4. Closing and Restorative Asana Variations
- 5.7. Belt Biomechanics
  - 5.7.1. What are They and How to Use Them?
  - 5.7.2. Variants of Foot Asanas
  - 5.7.3. Variants of Seated and Supine Asanas
  - 5.7.4. Closing and Restorative Asana Variations
- 5.8. Biomechanics of Chair Asanas
  - 5.8.1. What Is It?
  - 5.8.2. Benefits
  - 5.8.3. Sun Salutations in a Chair
  - 5.8.4. Chair Tadasana



- 5.9. Biomechanics of Chair Yoga
  - 5.9.1. Flexions
  - 5.9.2. Extensions
  - 5.9.3. Twists and Tilts
  - 5.9.4. Flipped

## Module 6. Application of Asana Techniques and Their Integration

- 6.1. Technical-Methodological Basis. Basic Exercises and Progressions
- 6.2. Exercise Planning and Prescription
- 6.3. Application of Asanas and Postures
- 6.4. Principles and Criteria for the Construction of a Session
- 6.5. Designing a Therapeutic Yoga Session. Managing and Stimulating Individual and Group Sessions

## Module 7. Neurophysiological Principles of Relaxation and Meditation

- 7.1. The Neurophysiology of Brain Activity
  - 7.1.1. What is Neurophysiology?
  - 7.1.2. Brain Waves
  - 7.1.3. Enhancement of Yoga in Human Neurophysiology
  - 7.1.4. Conclusions
- 7.2. Western Relaxation Techniques (Mezieres, Vittoz, Benson, Jacobson, Schultz)
  - 7.2.1. Introduction
  - 7.2.2. Manifestations of Relaxation
  - 7.2.3. Most Commonly Used Western Relaxation Techniques
    - 7.2.3.1. Progressive Relaxation
    - 7.2.3.2. Psychosensory Relaxation
    - 7.2.3.3. Visualization Techniques
- 7.3. Most Used Oriental Relaxation Techniques. (Transcendental Meditation, Maharishi Mahesh Yogui, Paramahansa Yogananda, Osho)
  - 7.3.1. Maharishi Mahesh Yogi's Transcendental Meditation (TM)
  - 7.3.2. Paramahansa Yogananda
  - 7.3.3. Osho

- 7.4. Breathing Control, Pranayamas, Bandhas
  - 7.4.1. Breathing, Pranayama and Bandhas
    - 7.4.1.1. The Bandhas
  - 7.4.2. Breathing Work
- 7.5. Prana, Nadis, Kundalini and Mudras
  - 7.5.1. Introduction
  - 7.5.2. Prana
  - 7.5.3. Types of Prana
  - 7.5.5. Nadis
  - 7.5.6. Kundalini
  - 7.5.7. Mudras
    - 7.5.7.1. Gyan Mudra
    - 7.5.7.2. Shuni Mudra
    - 7.5.7.3. Surya Mudra
    - 7.5.7.4. Buddhi Mudra
    - 7.5.7.5. "Expansion of The Planets"
    - 7.5.7.6. Mudra of the Christ
    - 7.5.7.7. Padlock of Venus
    - 7.5.7.8. Bear Lock
    - 7.5.7.9. Prayer Mudra
    - 7.5.7.10. Buddha Mudra
    - 7.5.7.11. Beggar's Mudra
    - 7.5.7.12. Other Mudras
- 7.6. Energy and the Five Elements
  - 7.6.1. What is Energy?
    - 7.6.1.1. Energy in Living Beings
    - 7.6.1.2. Behavior of Energy in the Entire Cosmos or Universe
    - 7.6.1.3. The Bing-Bang: The Origin of the Cosmos
  - 7.6.2. The Yin and Yang: The Dual Behavior of Energy
    - 7.6.2.1. Characteristics of Yin and Yang
    - 7.6.2.2. Elementary Principles of the Theory of Yin-Yang

- 7.6.3. A Complete Cycle in Five Phases: The Five Elements
  - 7.6.3.1. Formation and Evolution of the Earth, its Phases and Relationship to the Five Elements
- 7.6.4. The five Elements, Behavior and Relationship Between Them: The "Law of Generation" and the "Law of Control"
  - 7.6.4.1. Law of Generation
  - 7.6.4.2. Law of Dominance or Control
- 7.7. Synchrony Chakras - Asana - Pranayama Bandha: Energy Circulation
  - 7.7.1. Introduction
  - 7.7.2. Synchronization Through Yoga
  - 7.7.3. Example of Practical Application of Yoga Synchronization
  - 7.7.4. Variables Affecting the Energetic Plane. Seasons
  - 7.7.5. Stations and Principles of Ayurveda
  - 7.7.6. Variables Affecting the Three Planes
  - 7.7.7. Light and Energy

## Module 8. Yoga in The Human Life Cycle

- 8.1. Childhood
  - 8.1.1. Why Is It Important?
  - 8.1.2. Benefits
  - 8.1.3. What a Class Is Like
  - 8.1.4. Example of an Adapted Sun Salutation
- 8.2. Women and Menstrual Cycle
  - 8.2.1. Menstrual Phase
  - 8.2.2. Follicular Phase
  - 8.2.3. Ovulatory Phase
  - 8.2.4. Luteal Phase
- 8.3. Yoga and Menstrual Cycle
  - 8.3.1. Follicular Phase Sequence
  - 8.3.2. Ovulatory Phase Sequence
  - 8.3.3. Luteal Phase Sequence
  - 8.3.4. Sequence during Menstruation
- 8.4. Menopause
  - 8.4.1. General Considerations
  - 8.4.2. Physical and Hormonal Changes
  - 8.4.3. Benefits of Practice
  - 8.4.4. Recommended Asanas
- 8.5. Pregnancy
  - 8.5.1. Why Practice It
  - 8.5.2. Asanas in the First Trimester
  - 8.5.3. Asanas in the Second Trimester
  - 8.5.4. Asanas in the Third Trimester
- 8.6. Postpartum
  - 8.6.1. Physical Benefits
  - 8.6.2. Mental Benefits
  - 8.6.3. General Recommendations
  - 8.6.4. Practice with the Baby
- 8.7. Old Age
  - 8.7.1. Main Pathologies that We Will Encounter
  - 8.7.2. Benefits
  - 8.7.3. General Considerations
  - 8.7.4. Contraindications
- 8.8. Physical Disability
  - 8.8.1. Brain Damage
  - 8.8.2. Spinal Cord Damage
  - 8.8.3. Muscle Damage
  - 8.8.4. How Design a Class?
- 8.9. Sensory Disability
  - 8.9.1. Auditory
  - 8.9.2. Visual
  - 8.9.3. Sensory
  - 8.9.4. How to Design a Sequence

- 8.10. General Considerations of the Most Common Disabilities that We Will Encounter
  - 8.10.1. Down Syndrome
  - 8.10.2. Autism
  - 8.10.3. Cerebral Palsy
  - 8.10.4. Intellectual Development Disorder

## Module 9. Physiology of Respiratory Techniques

- 9.1. Physiology of Pranayama
  - 9.1.1. Definition
  - 9.1.2. Origin
  - 9.1.3. Benefits
  - 9.1.4. Prana Concept
- 9.2. Breathing Types
  - 9.2.1. Ultrasound
  - 9.2.2. Wall
  - 9.2.3. Clavicular
  - 9.2.4. Complete Yogic Breathing
- 9.3. Purification of Pranic Energy Conduits or Nadis
  - 9.3.1. What are the Nadis?
  - 9.3.2. Sushuma
  - 9.3.3. Ida
  - 9.3.4. Pindala
- 9.4. Inspiration: Puraka
  - 9.4.1. Abdominal Inhalation
  - 9.4.2. Diaphragmatic /Costal Inspiration
  - 9.4.3. General Considerations and Contraindications
  - 9.4.4. Relationship with the Bandhas
- 9.5. Exhalation: Rechaka
  - 9.5.1. Abdominal Exhalation
  - 9.5.2. Diaphragmatic Exhalation /Costal
  - 9.5.3. General Considerations and Contraindications
  - 9.5.4. Relationship with the Bandhas

- 9.6. Retentions: Kumbakha
  - 9.6.1. Anthara Kumbhaka
  - 9.6.2. Bahya Kumbhaka
  - 9.6.3. General Considerations and Contraindications
  - 9.6.4. Relationship with the Bandhas
- 9.7. Physiology of Purifying Pranayamas:
  - 9.7.1. Douti
  - 9.7.2. Anunasika
  - 9.7.3. Nadi Shodana
  - 9.7.4. Bhramari
- 9.8. Physiology of Stimulating and Refreshing Pranayamas
  - 9.8.1. Kapalabha
  - 9.8.2. Bastrika
  - 9.8.3. Ujjayi
  - 9.8.4. Shitali
- 9.9. Physiology of Regenerative Pranayamas:
  - 9.9.1. Surya bheda
  - 9.9.2. Kumbaka
  - 9.9.3. Samavritti
  - 9.9.4. Mridanga
- 9.10. Mudras Physiology
  - 9.10.1. What are they?
  - 9.10.2. Benefits and When to Incorporate them
  - 9.10.3. Meaning of Each Finger
  - 9.10.4. Main Mudras that Are Used in a Practice

## Module 10. Neurophysiological Basis of Meditation and Relaxation Techniques

- 10.1. Mantras
  - 10.1.1. What are they?
  - 10.1.2. Benefits
  - 10.1.3. Opening Mantras
  - 10.1.4. Closing Mantras

- 10.2. Internal Aspects of Yoga
  - 10.2.1. Pratyahara
  - 10.2.2. Dharana
  - 10.2.3. Dhyana
  - 10.2.4. Samadhi
- 10.3. Meditation
  - 10.3.1. Definition
  - 10.3.2. Posture
  - 10.3.3. Benefits
  - 10.3.4. Contraindications
- 10.4. Brain Waves
  - 10.4.1. Definition
  - 10.4.2. Classification
  - 10.4.3. From Sleep to Wakefulness
  - 10.4.4. During Meditation
- 10.5. Meditation Types
  - 10.5.1. Spiritual
  - 10.5.2. Visualization
  - 10.5.3. Buddhist
  - 10.5.4. Movement
- 10.6. Meditation Techniques 1
  - 10.6.1. Meditation to Achieve Your Desire
  - 10.6.2. Heart Meditation
  - 10.6.3. Kokyuhoo Meditation
  - 10.6.4. Inner Smile Meditation
- 10.7. Meditation Techniques 2
  - 10.7.1. Chakra Cleansing Meditation
  - 10.7.2. Loving Kindness Meditation
  - 10.7.3. Meditation Gifts of the Present
  - 10.7.4. Silent Meditation



- 10.8. Mindfulness
  - 10.8.1. Definition
  - 10.8.2. What does it Consist of?
  - 10.8.3. How to Apply It?
  - 10.8.4. Techniques
- 10.9. Relaxation/ Savasana
  - 10.9.1. Closing Position of the Classes
  - 10.9.2. How to Make It and Adjustments
  - 10.9.3. Benefits
  - 10.9.4. How to Guide a Relaxation
- 10.10. Nidra Yoga
  - 10.10.1. What is Nidra Yoga?
  - 10.10.2. What is a Session Like?
  - 10.10.3. Phases
  - 10.10.4. Session Example

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*This training gives you the opportunity to update your knowledge in a real scenario, with the maximum scientific rigor of an institution at the forefront of technology”*



07

# Clinical Internship

Once students have passed the theoretical phase, the program will take an eminently practical approach to introduce them to the reality of medical care. Therefore, students will enjoy a face-to-face stay in a center of international prestige. Throughout this practical training, graduates will have at their disposal the support of a tutor who will accompany them throughout the entire itinerary to ensure adequate health care.







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*Complete your theoretical education  
with the best practical stay in the market  
to achieve success in your daily practice"*

This Hybrid Professional Master's Degree includes a period of Internship Program in a reputed institution, with a duration of 3 weeks, from Monday to Friday with 8 consecutive hours of practical teaching at the side of an adjunct expert. In this way, specialists will be able to provide clinical assistance to real patients together with a team of professionals of reference in the discipline of Yoga Therapy. In this way, they will apply the most innovative techniques aimed at relieving pain, providing emotional support and improving people's mobility.

On the other hand, for the development of their work, the graduates will have at their disposal first class facilities, consisting of different classrooms adapted for physical exercises and meditation. In addition, all these spaces are equipped with accessories such as mats, blocks, straps, chairs, mats and blankets. In this way, professionals will provide their services in optimal conditions, ensuring safety for patients at all times.

Undoubtedly, this is a unique opportunity for experts to enrich their praxis by incorporating the most advanced procedures in fields such as Asana, Mindfulness or Yoga Nidra. All this based on the latest scientific evidence, with the support of a team of physicians who will help them to integrate all the techniques to improve the health of users.

The practical education will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the Therapeutic Yoga practice (learning to be and learning to relate).





The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:

Module	Practical Activity
<b>Techniques for Strengthening the Locomotor System</b>	Apply postures such as Tadasana or Uttanasana to improve postural alignment and tone the muscles of the spine
	Perform gentle stretching of all the muscles of the body to improve both flexibility and relieve existing tension
	Implement an equal distribution of load on the joints
	Perform abdominal Pranayama to optimize lung function and reduce stress
<b>Implementation of Asana Postures to Address Specific Needs</b>	Conduct a thorough assessment of the individual (including medical history, previous injuries, physical condition and personal goals)
	Adopt postures based on the individual's limitations, using props ranging from blocks to blankets to chairs, as well as variations in the depth of poses
	Introduce more challenging variations as patients gain strength, flexibility and confidence
	Regularly evaluate users' progress and adjust the practice plan to help them reach their therapeutic goals safely
<b>Integration of Meditative and Relaxation Procedures</b>	Direct the users' attention to the different parts of the body, starting from the feet and moving slowly up to the head
	Apply breathing techniques based on the practice of <i>Mindfulness</i> , aimed at <i>regulating the nervous system and calming the mind</i>
	Perform smooth and fluid movements, such as sequences of movements coordinated with the breath
	Perform the Savasana posture at the end of the sessions, encouraging the port and mind to get ready to resume daily activity
<b>Personalization of Therapies Adapted to the Different Evolutionary Moments</b>	Implement techniques such as Nadi Shodhana that help adolescents develop mindfulness, self-control and stress management skills
	Perform gentle stretching to ease the physical discomfort of pregnant women as they prepare their bodies for childbirth
	Perform gentle Asanas such as the modified Mountain Pose for older adults to improve their flexibility, mobility and muscle strength
	Adapt breathing techniques for people with sensory disabilities, inhaling and exhaling deeply while focusing on physical sensations in the abdomen

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

- 1. TUTOR:** During the Hybrid Professional Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.
- 2. DURATION:** The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.
- 3. ABSENCE:** If the students does not show up on the start date of the Hybrid Professional Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** Professionals who pass the Hybrid Professional Master's Degree will receive a certificate accrediting their stay at the center.

**5. EMPLOYMENT RELATIONSHIP:** The Hybrid Professional Master's Degree shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** Some centers may require a certificate of prior education for the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. DOES NOT INCLUDE:** The Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 08

## Where Can I Do the Clinical Internship?

This Hybrid Professional Master's Degree in Therapeutic Yoga includes in its curriculum a practical stay in a prestigious center, where graduates will put into practice all their knowledge and skills to develop therapies that improve the well-being of patients. At all times, graduates will have the support of an experienced group of specialists who will guide them at all times and supervise their activities to ensure a practice based on excellence.






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*You will enjoy a practical stay in a renowned center, where you will be surrounded by experts in Yoga Therapy”*

## tech 48 | Where Can I Do the Clinical Internship?



The student will be able to complete the practical part of this Hybrid Professional Master's Degree at the following centers:



Medicine

### Yoga (con) Ciencia

Country	City
Spain	Madrid

Address: Polideportivo Municipal Juan Carlos I,  
Av. Constitución 31, 28792 Miraflores  
de la Sierra, Madrid

Therapeutic yoga center where individual adaptation and  
attention to health are fundamental

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**Related internship programs:**  
Therapeutic Yoga







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*You will combine theory and professional practice through a demanding and rewarding educational approach”*

09

# Methodology

This academic 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 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.*



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.



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.



# 10 Certificate

This Hybrid Professional Master's Degree in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Professional Master's Degree diploma 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 your **Hybrid Professional Master's Degree certificate in Therapeutic Yoga** 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.

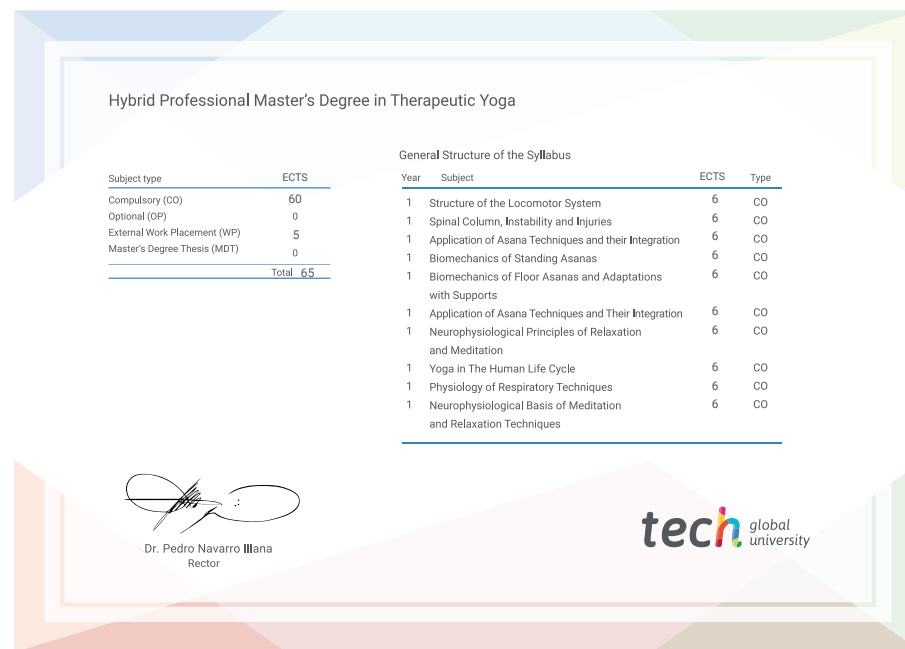
Title: **Hybrid Professional Master's Degree in Therapeutic Yoga**

Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Global University**

Recognition: **60 + 5 ECTS Credits**



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

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health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

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Hybrid Professional Master's  
Degree

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# Hybrid Professional Master's Degree

## Therapeutic Yoga

