

Postgraduate Certificate

Application of Asana Techniques and Their Integration



Postgraduate Certificate

Application of Asana Techniques and Their Integration

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/pk/medicine/postgraduate-certificate/application-asana-techniques-their-integration

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

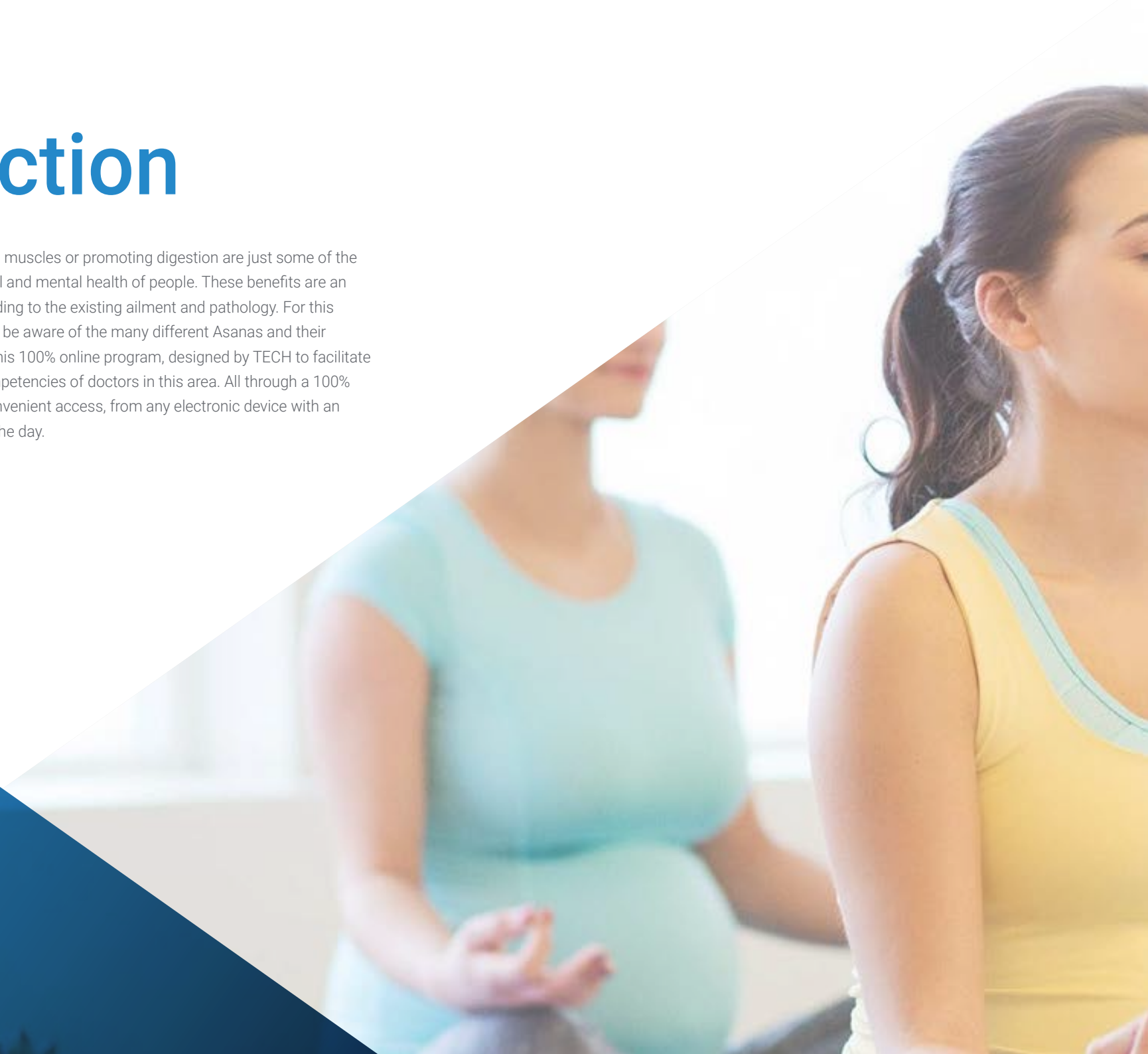
Certificate

p. 30

01

Introduction

Releasing stress, tension, strengthening muscles or promoting digestion are just some of the benefits that Yoga brings to the physical and mental health of people. These benefits are an incentive for its clinical guideline, according to the existing ailment and pathology. For this purpose, the medical professional must be aware of the many different Asanas and their application. This is the line of study of this 100% online program, designed by TECH to facilitate an update in this field and raise the competencies of doctors in this area. All through a 100% online syllabus and with flexible and convenient access, from any electronic device with an Internet connection and at any time of the day.



A woman in a yellow tank top is shown in profile, meditating with her eyes closed and hands in a prayer position. The background is a bright, out-of-focus room with a window. The image is partially obscured by a large blue diagonal graphic element.

“

A 100% online Postgraduate Certificate that will allow you to be up to date in the Application of Asana Techniques and their Integration"

From the prevention of diseases, the reduction of muscle ailments to the improvement in the performance of body movements, Yoga has proven to be a physical activity with extensive benefits for the physical and mental health of people. For this reason, its practice is becoming more and more frequent and recommended by health professionals.

A reality that leads medical professionals to be in a constant updating of knowledge in this area to integrate it into their therapeutic procedures. In this sense, TECH has created this Postgraduate Certificate in Application of Asana Techniques and their Integration in a pedagogical format exclusively online.

For this reason it is essential that the professional is aware of the benefits of Yoga Therapy, as well as the impact of their techniques on the human body. This is the line of study of this 100% online Postgraduate Certificate of 150 teaching hours, prepared by renowned instructors of this discipline.

A program with a theoretical-practical perspective that is distinguished by the quality of multimedia teaching materials, numerous additional resources and a comprehensive syllabus that will allow the graduate to make an effective update in this area. Also, thanks to the Relearning method, students will not have to invest many hours of study and memorization, since the continuous reiteration of the most important concepts will lead them to integrate them in a much more solid and simple way.

The incorporation of a prestigious international teacher in the university program is a distinct advantage for all specialists who wish to delve into the Application of Asana Techniques and their Integration. Students will benefit from her vast experience and advanced knowledge, as she is one of the most experienced Yoga instructors in her field.

An educational option that also meets the real needs of physicians interested in maintaining a continuous update through a flexible and convenient program. Therefore, to access this program, graduates only need a digital device with an Internet connection with which they can consult the syllabus of this program at any time of the day. An ideal option to balance the most demanding daily activities with an avant-garde proposal.

This **Postgraduate Certificate in Application of Asana Techniques and Their Integration** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of practical case studies presented by Yoga experts
- ♦ The graphic, schematic, and practical contents which provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out 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



A flexible educational option that adapts to the agenda of professionals and their need for continuous updating"



Delve from anywhere in the world and with the comfort of your Tablet with an Internet connection in the many existing Asanas and their application"

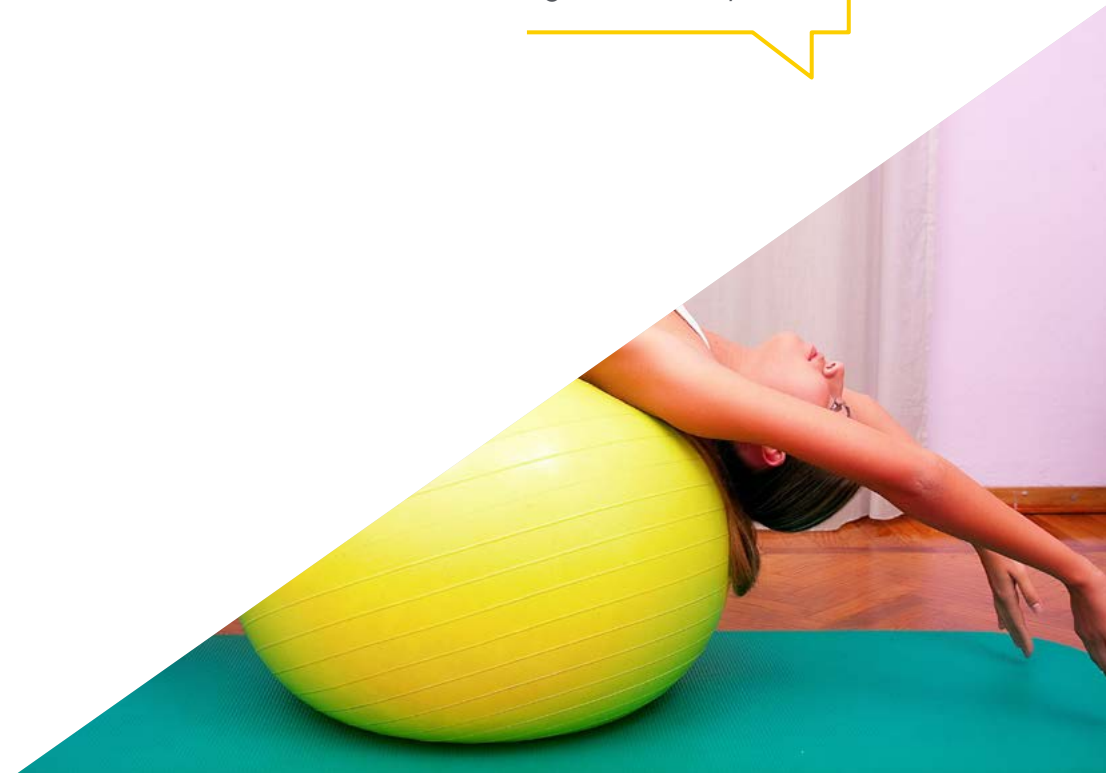
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

Delve into the improvement of digestion through the bending Asanas and their application in patients with gastrointestinal problems.

An educational itinerary that will lead you to delve into the technique of extension Asana and its benefits to strengthen the spine.



02 Objectives

The purpose of this Postgraduate Certificate is to facilitate the process of updating health professionals in the Application of Asana Techniques and their Integration. In this way, at the end of this program, students will obtain a global vision of the body and its biomechanics, as well as the advantages and disadvantages of performing certain techniques in Yoga Therapy. A process of updating that will be much easier to achieve thanks to the theoretical-practical approach of the program and its direct application in clinical practice.





“

Obtain a theoretical-practical vision of the Asana Techniques and incorporate it into your therapeutic procedures”



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 appropriate asanas according to the characteristics of the person and the injuries they present
- ◆ Delve into studies on biomechanics and its application to the asanas of Yoga Therapy
- ◆ Describe the adaptation of Yoga asanas to the pathologies of each person
- ◆ Delve into the neurophysiological basis of existing meditative and relaxation techniques





Specific Objectives

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



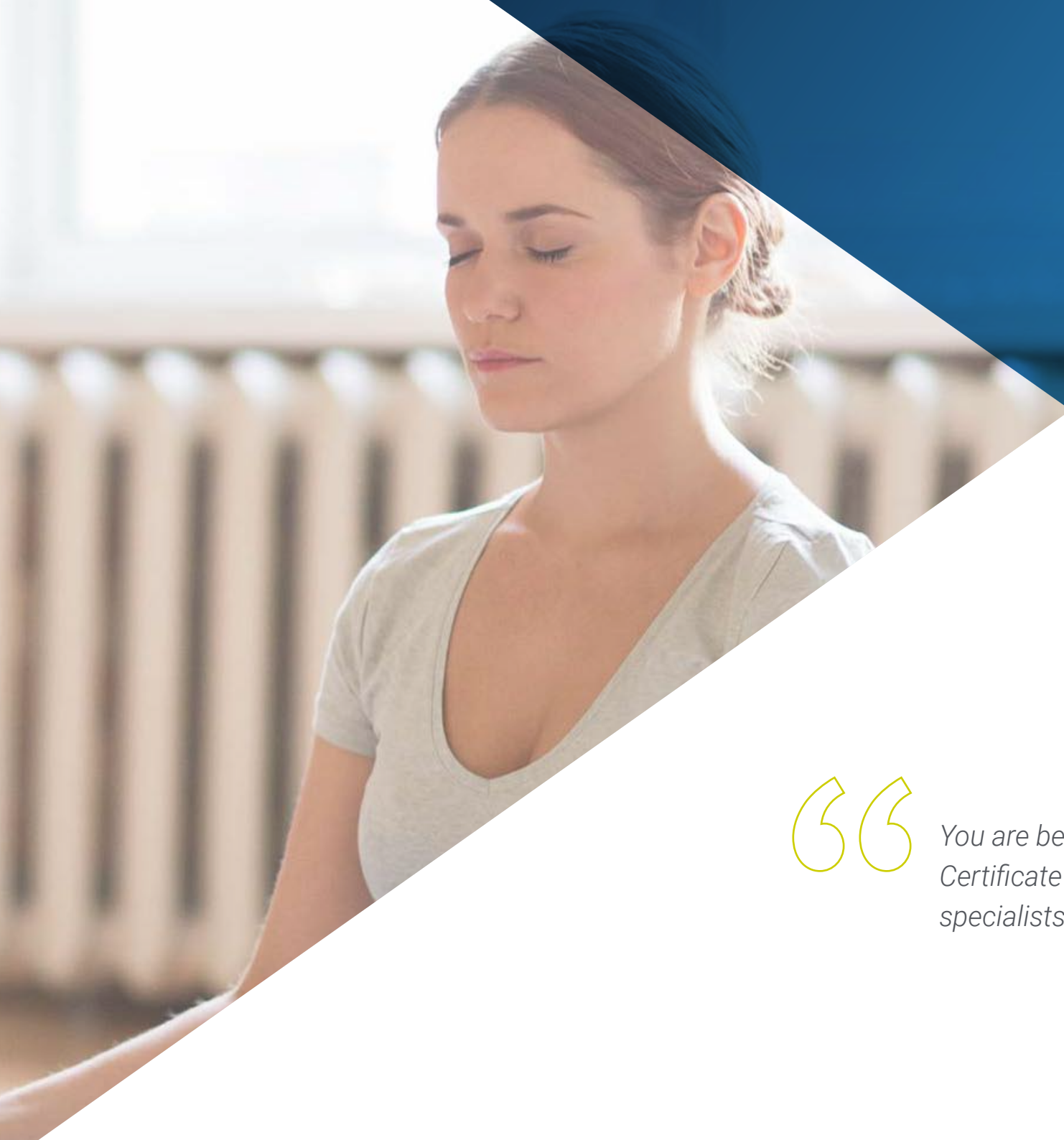
With the multimedia pills you will be able to delve into the principles of minimal action: Sthira, Sukham and Asanam”

03

Course Management

TECH makes every effort to provide its students with a quality university program. To this end, it carries out meticulous selection processes for each and every one of the teachers that make up its programs. In this way, the graduate will have access to a syllabus prepared by authentic Yoga experts with a consolidated trajectory in this sector. Likewise, the proximity of the teaching team will allow graduates to resolve any doubts they may have about the content throughout this educational itinerary.





“

You are before a Postgraduate Certificate created by the best specialists in Therapeutic Yoga”

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

- 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
- Associate Professor, Department of Medicine, Columbia University

“

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.
- Course teacher in: Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer
- Course in Floor Pilates Instructor
- Course in Phytotherapy and Nutrition
- Course in Meditation Teacher



Professors

Ms. Villalba, Vanessa

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

04

Structure and Content

The syllabus of this university program consists of an advanced syllabus on the main Asana techniques and their integration, benefits and contraindications. A content that will lead students to perform a complete update in just 6 weeks and through the best teaching material. In addition, the library of teaching resources will allow students to consult the syllabus whenever and wherever they wish.





“

You are in front of a syllabus that brings together in 150 teaching hours the most rigorous information on the Asana Techniques and their application in patients with different pathologies”

Module 1. Application of Asana Techniques and their Integration

- 1.1. Asana
 - 1.1.1. Asana Definition
 - 1.1.2. Asana in the Yoga Sutras
 - 1.1.3. Deeper Purpose of Asanas
 - 1.1.4. Asanas and Alignment
- 1.2. Principle of Minimum Action
 - 1.2.1. *Sthira Sukham Asanam*
 - 1.2.2. How to Apply this Concept in Practice?
 - 1.2.3. Theory of the Gunas
 - 1.2.4. Influence of the Gunas in Practice
- 1.3. Foot Asanas
 - 1.3.1. The Importance of Foot Asanas
 - 1.3.2. How To Work Them?
 - 1.3.3. Benefits
 - 1.3.4. Contraindications and Considerations
- 1.4. Seated and Supine Asanas
 - 1.4.1. Importance of Seated Asanas
 - 1.4.2. Seated Asanas for Meditation
 - 1.4.3. Supine Asanas: Definition
 - 1.4.4. Benefits of Supine Postures
- 1.5. Asanas Extension
 - 1.5.1. Why are Extensions Important?
 - 1.5.2. How to Work Them Safely?
 - 1.5.3. Benefits
 - 1.5.4. Contraindications
- 1.6. Asanas Flexion
 - 1.6.1. Importance of Spinal Flexion
 - 1.6.2. Implementation
 - 1.6.3. Benefits
 - 1.6.4. Most Frequent Errors and How to Avoid Them





- 1.7. Asanas Rotation: Twisting
 - 1.7.1. Torsional Mechanics
 - 1.7.2. How to Perform Them Correctly
 - 1.7.3. Physiological Benefits
 - 1.7.4. Contraindications
- 1.8. Asanas in Lateral Tilt
 - 1.8.1. Importance
 - 1.8.2. Benefits
 - 1.8.3. Most Common Mistakes
 - 1.8.4. Contraindications
- 1.9. Importance of Counterpositions
 - 1.9.1. What Are They?
 - 1.9.2. When Should it be Done?
 - 1.9.3. Benefits During Practice
 - 1.9.4. Most Commonly Used Counterposts
- 1.10. *Bandhas*
 - 1.10.1. Definition
 - 1.10.2. Main Bandhas
 - 1.10.3. When to Use Them
 - 1.10.4. *Bandhas* and Therapeutic Yoga

“

Delve with the best teaching material in the Asanas in lateral tilt and its benefits in patients with spinal anomalies”

05

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.



“

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.

“

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.



06

Certificate

The Postgraduate Certificate in Asana Techniques and Their Integration guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





“

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

This **Postgraduate Certificate in Application of Asana Techniques and Their Integration** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Application of Asana Techniques and Their Integration**

Official N° of Hours: **150 h.**



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



Postgraduate Certificate

Application of Asana Techniques
and Their Integration

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Postgraduate Certificate

Application of Asana Techniques
and Their Integration

