

Postgraduate Certificate

Neurological Principles of Meditation and Relaxation Techniques



Postgraduate Certificate Neurological Principles of Meditation and Relaxation Techniques

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

Website: www.techtitute.com/us/medicine/postgraduate-certificate/neurological-principles-meditation-relaxation-techniques

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01

Introduction

In recent years, there has been a growing interest in the scientific field in the study of neurological changes in people after practicing Meditation. The results obtained are positive, so the inclusion of these techniques used in Yoga is adopted by medical professionals in their consultations. For this reason, TECH has developed this 100% online program that allows the graduate to obtain the most rigorous and current information about Meditation and Relaxation Techniques, as well as the Neurological Principles that lie behind them. All this, in a program that includes pedagogical material developed and taught by distinguished experts in the world of Therapeutic Yoga and accessible from any electronic device with an Internet connection.



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*A 100% online Postgraduate Certificate
with the most current information on
Neurological Principles in Meditation
and Relaxation Techniques"*

The extensive scientific literature shows how in various populations: healthy, pregnant, with chronic pain, anxiety, diabetes or cancer, Yoga has an important influence on the state of both physical and mental health of the patient. These benefits have made more and more medical professionals choose to include this physical activity in their therapeutic treatments.

These benefits are based on the different asanas, variants and breathing techniques used in the different sessions of this discipline. Therefore, this Postgraduate Certificate in Neurological Principles in Meditation and Relaxation Techniques is 100% online, with 150 teaching hours and taught by real experts in this sector.

It is a program that will take the graduate to make an academic journey of updating on the Mantras, the internal aspects of Yoga, Meditation, Brain Waves during Meditation, Yoga Nidra and Mindfulness. A syllabus that is also characterized by the quality of the teaching materials and includes a Masterclass by one of the most prestigious instructors in this field.

All of these resources are combined with the effective Relearning method used by this institution in all its programs. With this system, the graduate will focus on the most important concepts, thereby reducing the long hours of study and memorization.

This updating process is compatible with professional and personal responsibilities, since this program provides the flexibility that healthcare professionals need. In order to access the content of this program, it is only necessary to have a cell phone, tablet or computer with an Internet connection to view the program hosted on the virtual platform. The professional is therefore faced with a university option according to current academic times.

This **Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques** 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 with which they are created, 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



An academic option that will allow you to keep abreast of the most recent studies in Brainwaves during Meditation”

“

TECH is adapted to your real needs of updating through a program designed to be compatible with your daily responsibilities”

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.

In just 6 weeks you will get a complete update on the Neurophysiological Principles of Meditation and Relaxation Techniques.

Delve through multimedia teaching material on the differences between the different techniques of Meditation and Mindfulness.



02

Objectives

The objective of this program is to offer students, over 150 teaching hours, the most comprehensive content on the various Meditation and Relaxation Techniques existing in Yoga. All this, in addition, with a syllabus that will lead the medical professional to perform an effective update on the Neurological Principles that support it through a program designed from a theoretical-practical perspective.



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*Integrate into your therapeutic practice
the advances in Therapeutic Yoga in
patients with anxiety”*

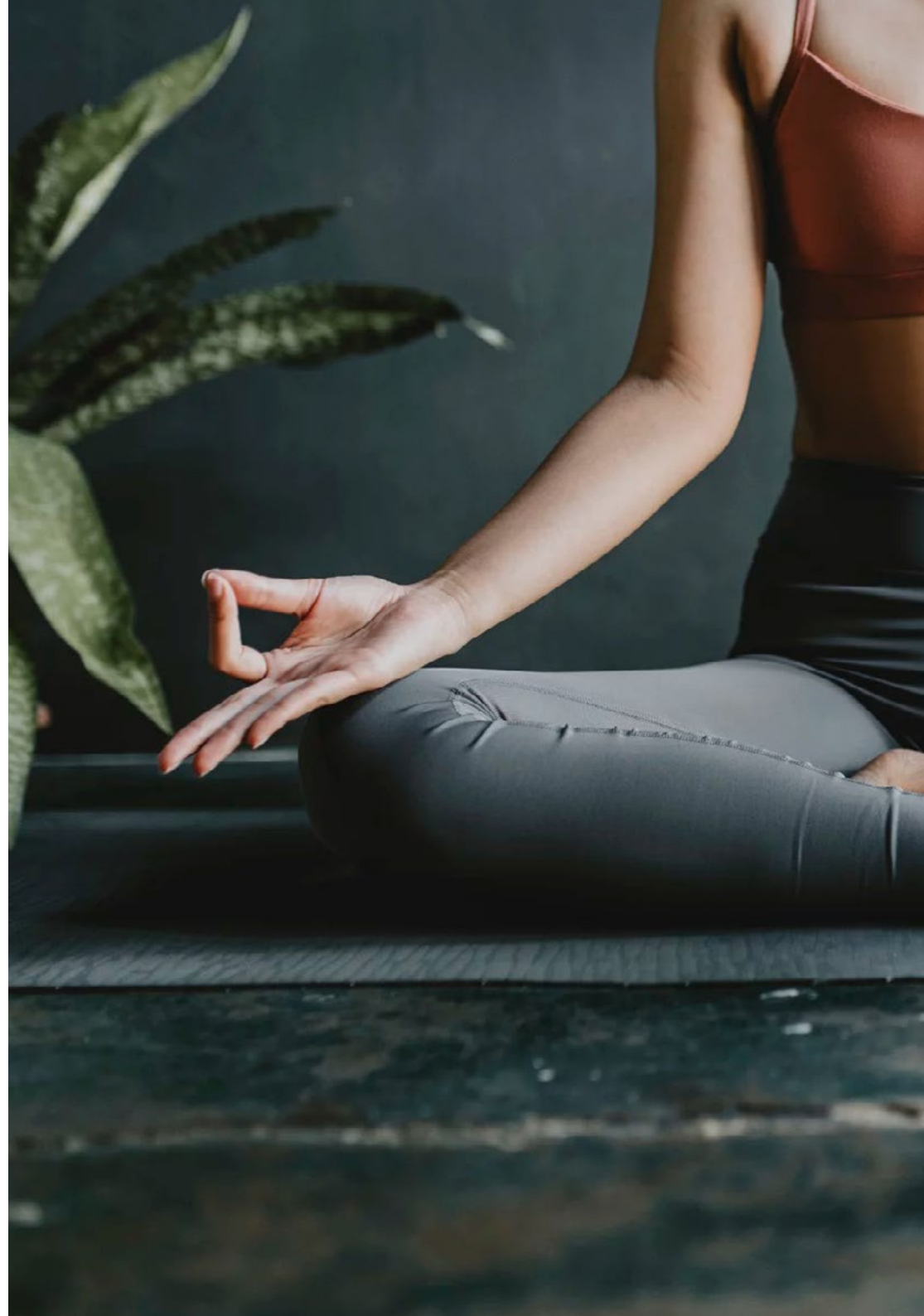


General Objectives

- ♦ 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 principles of existing meditative and relaxation techniques



Get through the case studies a much more practical and closer look at Pratyahara, Dharana, Dhyana and Samadhi and their connection to Meditation"





Specific Objectives

- Describe the neurophysiological principles of meditation 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

03

Course Management

The national and international prestige of the teaching team that teaches this program guarantees students access to a quality program with the most comprehensive information provided by the best experts. Undoubtedly, a unique opportunity to update through a program that includes an advanced syllabus and a Masterclass taught by a distinguished teacher of Therapeutic Yoga. An academic option that only TECH, the world's largest online university, can offer.





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*A program that is distinguished by
having a distinguished teaching team in
the world of Therapeutic Yoga”*

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 and Yoga and Cancer
- Course in Floor Pilates Instructor
- Course in Phytotherapy and Nutrition
- Course in Meditation Teacher



Professors

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

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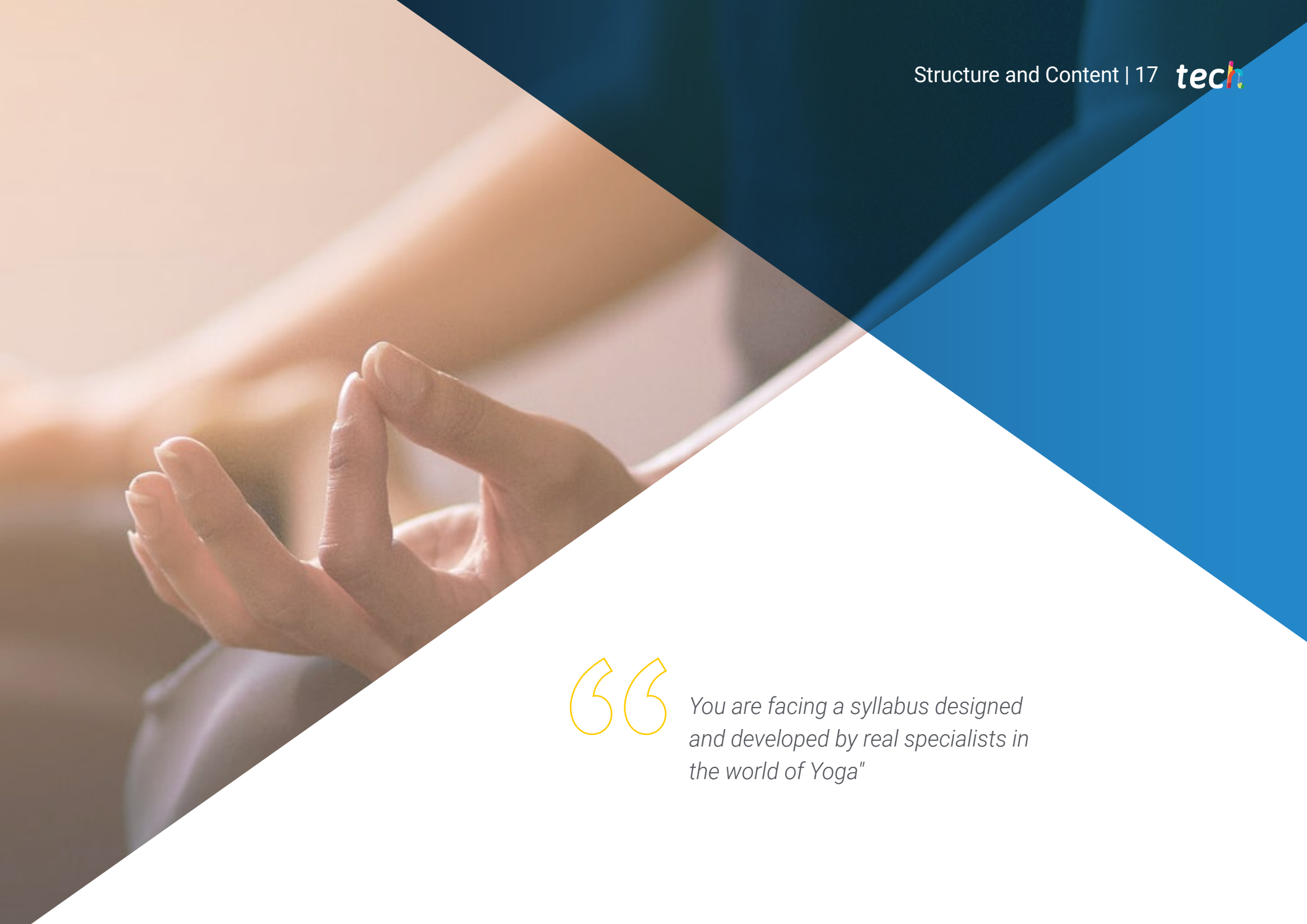
Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

04

Structure and Content

The syllabus of this university program has been designed with the aim of providing students in just 6 weeks the most current information on the Neurological Principles of Meditation and Relaxation Techniques. An updating process that will go through the most accurate and recent information about the benefits of Mantras, the internal aspects of Yoga, Meditation and its differences with Mindfulness. All this, in addition, with a virtual library, available 24 hours a day from any digital device with an Internet connection.





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*You are facing a syllabus designed
and developed by real specialists in
the world of Yoga”*

Module 1. Meditation and Relaxation Techniques

- 1.1. Mantras
- 1.2. Internal Aspects of Yoga
- 1.3. Meditation
- 1.4. Brain Waves
- 1.5. Meditation Types
- 1.6. Meditation Techniques I
- 1.7. Meditation Techniques II
- 1.8. *Mindfulness*
- 1.9. Relaxation/Savasana
- 1.10. Nidra Yoga





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An academic proposal that will lead you to delve into the Yoga Nidra sessions and their benefits in patients with stress and lack of concentration”

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.



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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.



06 Certificate

The Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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

This **Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques** contains the most complete and up-to-date scientific program 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 diploma 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 Neurological Principles of Meditation and Relaxation Techniques**

Official N° of Hours: **150 h.**



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

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



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