

Postgraduate Certificate

Neurophysiological Principles of Relaxation and Meditation



Postgraduate Certificate Neurophysiological Principles of Relaxation and Meditation

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

Website: www.techtute.com/pk/medicine/postgraduate-certificate/neurophysiological-principles-relaxation-meditation

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01

Introduction

The continued practice of Yoga favors the prevention of injuries and avoids fascial dysfunction. For this reason it is increasingly common that, from the health field, is recommended as a complementary therapeutic treatment the practice of this physical activity. In this sense, TECH has developed this 100% online program that provides students with a complete update on the Neurophysiological Principles of Relaxation and Meditation under the highest scientific rigor and with the most advanced teaching material. A program focused on Therapeutic Yoga with a distinguished international instructor, who will provide the most current and rigorous information, based on the latest scientific evidence. A unique opportunity to update that only offers this institution, the world's largest online university.





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Get an update on the Neurophysiological Principles of Relaxation and Meditation and its application in the world of Therapeutic Yoga through this 100% online Postgraduate Certificate"

Today's unhealthy lifestyle increases injuries in the Neurophysiological Principles of Relaxation and Meditation; however, the practice of physical activity such as Yoga considerably favors the reduction of pain and postural correction. An alternative to traditional therapies and a perfect complement to treatments for certain conditions.

For this reason, there are many medical professionals who incorporate this discipline into their regular clinical practice in certain patients. Therefore, this university program in Neurophysiological Principles of Relaxation and Meditation of 6 weeks duration and with the most innovative teaching content of the current educational field was developed.

It is a program that includes an advanced syllabus and a Masterclass given by one of the leading instructors in the world of Yoga. Also, thanks to the multimedia teaching resources, specialized readings and case studies, students will be able to delve more easily into the Fascia, Myofascial Chains, active and passive postures and the main imbalances.

In addition, with the *Relearning* system, focused on the continuous repetition of key content, the graduate will be able to consolidate the most important concepts addressed and reduce the long hours of study and memorization.

An excellent opportunity to carry out an updating process through a quality university program that is compatible with the highest responsibilities. Students only need a digital device with an Internet connection to access, at any time of the day, the syllabus hosted on the virtual platform. An educational option in line with the real needs of professionals in the health sector.

This **Postgraduate Certificate in Neurophysiological Principles of Relaxation and Meditation** 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 educational option that will allow you to raise your skills for the diagnosis and treatment of musculoskeletal conditions with Yoga"

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An educational journey that will allow you to delve into the different Yoga postures and their implication in the Neurophysiological Principles of Relaxation and Meditation”

The program's teaching staff includes professionals from the sector who contribute their work experience to this learning 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's design focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise during the academic program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

Access from any digital device to the extensive library of teaching resources that gives you this university program.

Delve into the types of mechanoreceptors and their importance in the different styles of Yoga.



02

Objectives

In order to promote the process of updating about the Neurophysiological Principles of Relaxation and Meditation, TECH provides the most advanced teaching resources, in which the latest technology applied to the teaching field has been used. Likewise, the theoretical-practical approach of this program will allow the doctor to incorporate Yoga Therapy as a complementary therapy in the treatment of different pathologies.





Delve through innovative multimedia material in the Myofascial Chains and from any digital device with an Internet connection"



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 that 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 technique



Integrate the correction of the most frequent postural imbalances into your therapeutic treatments thanks to this program"





Specific Objectives

- 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 to 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

03

Course Management

One of the elements that distinguish this program is its excellent teaching staff made up of world-renowned professionals in the field of Yoga Therapy. In this way, TECH has assembled a first class team that brings its vast knowledge in this field and provides a quality syllabus, based on the latest scientific evidence. In addition, thanks to its closeness the students will be able to solve any doubts they have about the content of this program.



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A university program that includes a Masterclass by an international Yoga instructor with an extensive professional background in this field"

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 balances 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

- 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
- ◆ 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. 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 Chiropractic by Orthos Director of the European Yoga Institute



A unique, key, and decisive experience to boost your professional development”

04

Structure and Content

The syllabus of this university program will immerse the graduate in the Neurophysiological Principles of Relaxation and Meditation, orienting them to Therapeutic Yoga. A 6-week educational journey, where they will have at their disposal high-quality pedagogical tools based on multimedia pills, specialized readings and case studies. All this, available 24 hours a day, from any digital device with an Internet connection.



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You will reduce study hours and consolidate key concepts in a simple way thanks to the Relearning method used by TECH”

Module 1. Neurophysiological Principles of Relaxation and Meditation

- 1.1. The Neurophysiology of Brain Activity
 - 1.1.1. What is Neurophysiology?
 - 1.1.2. Brain Waves
 - 1.1.3. Enhancement of Yoga in Human Neurophysiology
 - 1.1.4. Conclusions
- 1.2. Western Relaxation Techniques (Mezieres, Vittoz, Benson, Jacobson, Schultz)
 - 1.2.1. Introduction
 - 1.2.2. Manifestations of Relaxation
 - 1.2.3. Most Commonly Used Western Relaxation Techniques
 - 1.2.3.1. Progressive Relaxation
 - 1.2.3.2. Psychosensory Relaxation
 - 1.2.3.3. Visualization Techniques
- 1.3. Most Used Oriental Relaxation Techniques. (Transcendental Meditation, Maharishi Mahesh Yogi, Paramahansa Yogananda, Osho)
 - 1.3.1. Maharishi Mahesh Yogi's Transcendental Meditation (TM)
 - 1.3.2. Paramahansa Yogananda
 - 1.3.3. Osho
- 1.4. Breathing Control, Pranayamas, Bandhas, etc
 - 1.4.1. Breathing, Pranayama and Bandhas
 - 1.4.1.1. The Bandhas
 - 1.4.2. Breathing Work
- 1.5. Prana, Nadis, Kundalini and Mudras
 - 1.5.1. Introduction
 - 1.5.2. Prana
 - 1.5.3. Types of Prana
 - 1.5.5. Nadis
 - 1.5.6. Kundalini
 - 1.5.7. Mudras
 - 1.5.7.1. Gyan Mudra
 - 1.5.7.2. Shuni Mudra
 - 1.5.7.3. Surya Mudra
 - 1.5.7.4. Buddhi Mudra
 - 1.5.7.5. "Expansion of The Planets"





- 1.5.7.6. Mudra of the Christ
- 1.5.7.7. Padlock of Venus
- 1.5.7.8. Bear Lock
- 1.5.7.9. Prayer Mudra
- 1.5.7.10. Buddha Mudra
- 1.5.7.11. Beggar's Mudra
- 1.5.7.12. Other Mudras
- 1.6. Energy and the Five Elements
 - 1.6.1. What is Energy?
 - 1.6.1.1. Energy in Living Beings
 - 1.6.1.2. Behavior of Energy in the Entire Cosmos or Universe
 - 1.6.1.3. The Bing-Bang: The Origin of the Cosmos
 - 1.6.2. The Yin and Yang: The Dual Behavior of Energy
 - 1.6.2.1. Characteristics of Yin and Yang
 - 1.6.2.2. Elementary Principles of the Theory of Yin-Yang
 - 1.6.3. A Complete Cycle in Five Phases: The Five Elements
 - 1.6.3.1. Formation and Evolution of the Earth, its Phases and Relationship to the Five Elements
 - 1.6.4. The five Elements, Behavior and Relationship Between Them: The " Law of Generation" and the "Law of Control"
 - 1.6.4.1. Law of Generation
 - 1.6.4.2. Law of Dominance or Control
- 1.7. Synchrony Chakras - Asana - Pranayama Bandha: Energy Circulation
 - 1.7.1. Introduction
 - 1.7.2. Synchronization Through Yoga
 - 1.7.3. Example of Practical Application of Yoga Synchronization
 - 1.7.4. Variables Affecting the Energetic Plane. Seasons
 - 1.7.5. Stations and Principles of Ayurveda
 - 1.7.6. Variables Affecting the Three Planes
 - 1.7.7. Light and Energy

05

Methodology

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

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



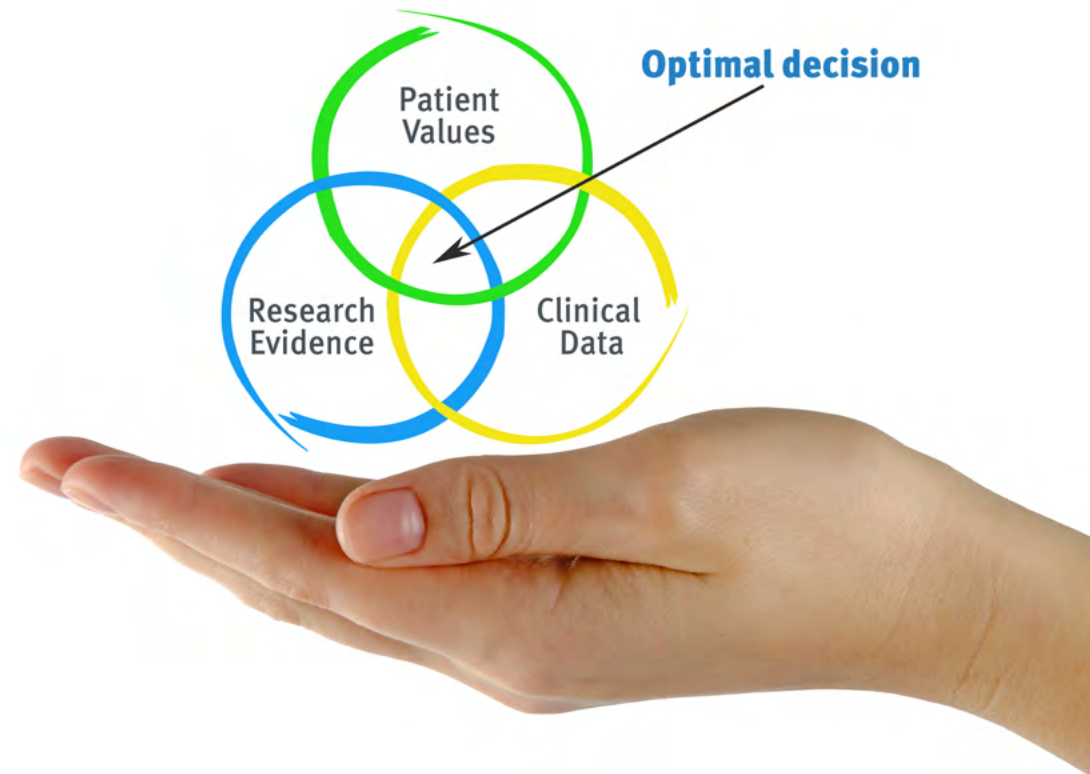
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”

At TECH, we use the Case Method

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

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



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

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

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

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



Relearning Methodology

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

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

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



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

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

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

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

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



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



Study Material

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

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



Surgical Techniques and Procedures on Video

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



Interactive Summaries

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

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



Additional Reading

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





Expert-Led Case Studies and Case Analysis

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



Testing & Retesting

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



Classes

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



Quick Action Guides

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



06 Certificate

The Postgraduate Certificate in Neurophysiological Principles of Relaxation and Meditation 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 Neurophysiological Principles of Relaxation and Meditation** 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 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 Neurophysiological Principles of Relaxation and Meditation**

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.

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



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Postgraduate Certificate

Neurophysiological Principles of Relaxation and Meditation

