

# Postgraduate Certificate

Spine and Limbs  
in Yoga Therapy





## Postgraduate Certificate Spine and Limbs in Yoga Therapy

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/spine-limbs-yoga-therapy](http://www.techtute.com/us/medicine/postgraduate-certificate/spine-limbs-yoga-therapy)

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# 01

# Introduction

From back pain, herniated discs, sclerosis, to spinal stenosis, these conditions significantly affect a person's movements and capabilities. To alleviate these symptoms and address various pathologies, Therapeutic Yoga has proven to be highly effective. For this reason, TECH has designed this Certificate, providing medical professionals with a comprehensive update on the Spine and Limbs in the context of this physical activity and its implications for optimal patient health outcomes. Graduates have access to a 100% online pedagogical program with numerous educational tools developed by an excellent teaching team specialized in this field. This is a unique opportunity for updating that only this academic institution, the world's largest digital university, provides.



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*A university certificate that will  
have an update on the Spine  
and Limbs in Therapeutic Yoga”*

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

For this reason, it is essential for professionals to be aware of the benefits of Therapeutic Yoga and the impact of its techniques on the human body. In this context, this 100% online Postgraduate Certificate of 150 teaching hours, prepared by renowned instructors of this discipline.

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

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

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

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

- ♦ Case studies presented by Yoga experts
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



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



“

*Delve into the Isometric and isotonic contraction and their relevance in Yoga styles”*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

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

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



# 02 Objectives

This Postgraduate Certificate has been designed so that, during its completion, the graduate obtains an update on the Spine and Limbs with Therapeutic Yoga. This way, they can tailor the practice of this activity according to the various patient pathologies and the specific needs for strength, mobility, or flexibility.





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*The scientific literature provided in this program will allow you to further expand the information offered in this Postgraduate Certificate”*



## General Objectives

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- Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view
- Create a Yoga program designed and based on scientific evidence
- Delve into the most suitable Asanas based on individual characteristics and existing injuries
- Explore in-depth studies on biomechanics and their application to Therapeutic Yoga Asanas
- Describe the adaptation of Yoga Asanas to each person's specific pathologies
- Delve into the neurophysiological foundations of existing meditative and relaxation techniques





## Specific Objectives

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

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



03

# Course Management

TECH in its premise of maintaining a philosophy based on offering quality university degrees, has carefully selected each and every one of the teachers that make up this program. Therefore, students pursuing this academic option will obtain the update they seek in Spine and limbs through Therapeutic Yoga, thanks to content created by recognized specialists in this physical activity.





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*Enhance your competencies in  
Therapeutic Yoga through the guidance  
of the finest experts 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 stands as one of the most prominent figures in this field on an international level. Its primary academic focus has been **on therapeutic yoga**, with over 6,000 documented hours of teaching and ongoing training.

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

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

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



## Ms. Galliano, Dianne

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

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*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 Yoga Therapy
- ♦ Founder of the *Air Core* method (classes that combine TRX and functional training with Yoga)
- ♦ Therapeutic Yoga Instructor
- ♦ Degree in Biological Sciences from the Autonomous University of Madrid
- ♦ Course in Progressive Ashtanga Yoga Teacher, PhysioMyoga, Myofascial Yoga, Yoga and Cancer
- ♦ Pilates Mat Instructor Course
- ♦ Herbalism and Nutrition Course
- ♦ Meditation Teacher Course

## Professors

### Ms. García, Mar

- ♦ Director of a yoga center and yoga instructor at Satnam Yoga
- ♦ Vinyasa Yoga Teacher
- ♦ Specialized Yoga Instructor
- ♦ Yoga Instructor for Children and Families





# 04

# Structure and Content

The syllabus of this Postgraduate Certificate has been designed to provide a comprehensive update on knowledge of the Spine and Limbs with a focus on Therapeutic Yoga. This update will be much easier to obtain thanks to a syllabus available 24 hours a day, accessible from any Internet-connected digital device, and the extensive library of educational resources.







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*An intensive study program with 150 instructional hours of the finest syllabus in Spine and Limbs in Therapeutic Yoga”*

## Module 1. Spine Column and Limbs

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







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



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

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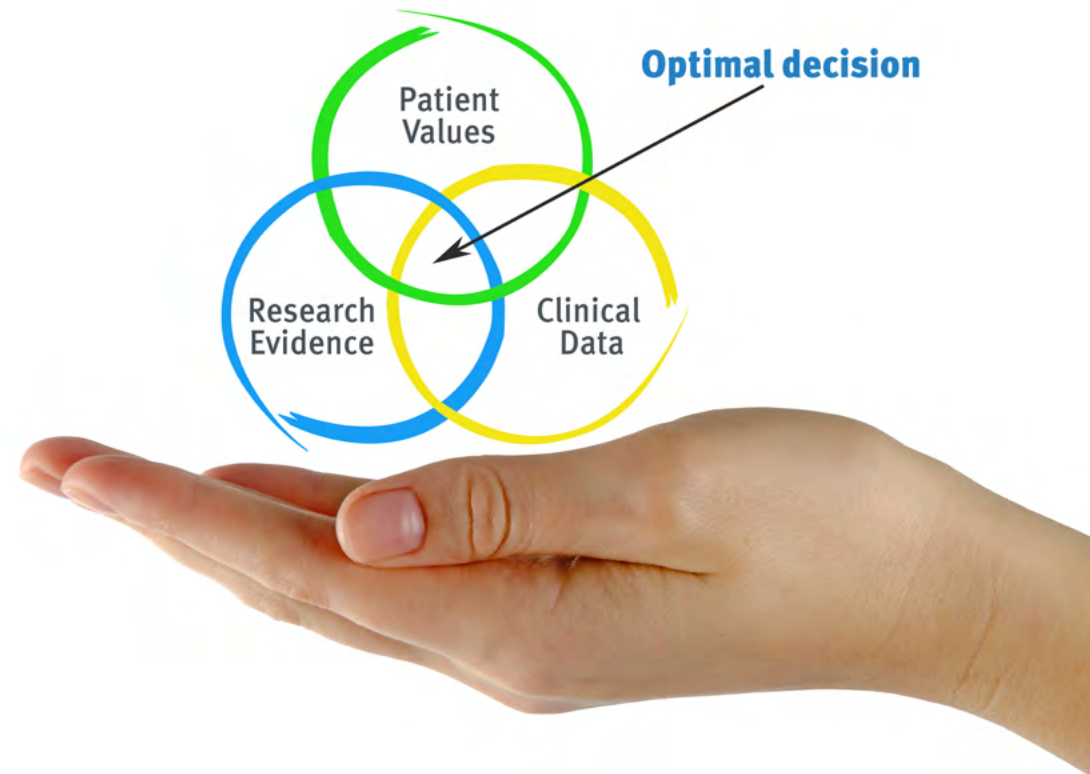
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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 Spine and Limbs in Yoga Therapy 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 Spine and Limbs in Yoga Therapy** 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 Spine and Limbs in Yoga Therapy**

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.





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