

# Postgraduate Certificate

## Yoga in The Human Life Cycle



## Postgraduate Certificate Yoga in The Human Life Cycle

- » 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/yoga-human-life-cycle](http://www.techtute.com/us/medicine/postgraduate-certificate/yoga-human-life-cycle)

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# 01

# Introduction

Increased balance, strength, flexibility or stress reduction are just some of the health benefits that have accentuated the practice of Yoga. A physical activity that is increasingly prescribed by medical professionals to address pathologies, improve the physical condition of pregnant women or concentration in adolescents. In this sense, TECH has designed a 100% online program that leads the graduate to be aware of the advances in this discipline, as well as its application in the different stages of human development. All this, moreover, from a theoretical-practical perspective and with a faculty of great international prestige.





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*A 100% online Postgraduate Certificate of only 6 weeks of duration that will help you to update your knowledge in Therapeutic Yoga"*

Several scientific studies conclude that the practice of Yoga has positive results in patients with musculoskeletal pathologies, pregnant women or people suffering from anxiety or stress disorders. The adaptation of the Asanas and its variants, as well as the adequacy of the sessions, has made this activity suitable for people of all ages.

For this reason, health professionals pay more attention to this discipline for the sake of its introduction as a complementary therapy to more conventional treatments. In this sense, TECH has decided to offer doctors this Postgraduate Certificate in Yoga in The Human Life Cycle.

A program with a syllabus prepared by real specialists in the field that provide the most current and advanced topics on this modality practiced during childhood, in the different phases of the menstrual cycle, menopause or in people of advanced age and disability.

All this, with first class teaching material, including a *Masterclass* with a renowned international instructor who will transfer to the students her deep knowledge in this field. In addition, the graduate will have access to video summaries of each topic, videos in detail, specialized readings and clinical case studies that make this educational option even more attractive.

Undoubtedly, a unique opportunity for updating through a university proposal that can be taken whenever and wherever you want. The graduate only needs a digital device with an internet connection to access, at any time of the day, the content hosted on the virtual platform. An excellent opportunity to take a Postgraduate Certificate that is fully compatible with the most demanding responsibilities.

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

- ♦ 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



*Delve whenever you want into the Asanas suitable for each trimester of pregnancy and their health benefits"*

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*Thanks to the Relearning method, based on the continuous reiteration of the contents of this program, you will reduce the hours of study"*

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.

*Access a university program that allows you to adapt your schedule to an intensive process of updating on Therapeutic Yoga.*

*An educational option that will allow you to be aware of the most recommended techniques for the postpartum period.*



# 02

# Objectives

The great variety of existing Asanas and their variants makes their practice feasible for all ages. For this reason, its benefits can be extrapolated to children, pregnant women or patients with functional and cognitive diversity. In this line, this program takes professionals to perform an effective update in just 6 weeks on Yoga in The Human Life Cycle.







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*The case studies will give you the practical approach you need to integrate Yoga into your daily therapeutic practice"*



## 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 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



*Delve from the comfort of your home in the studies related to the practice of Yoga and the improvement of ailments in women with Menopause"*





## Specific Objectives

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- ◆ 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

03

# Course Management

This university program provides a plus to medical professionals by having an excellent teaching team made up of instructors with an exquisite background in the field of Therapeutic Yoga. In this way, the graduate has the guarantee of access to a quality program, developed by real specialists with whom you can make an effective update on this physical activity throughout the development of the human being.





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*A program made up of specialists  
of international prestige in the  
world of 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 learning 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

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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.
- ♦ 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

### Ms. García, Mar

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

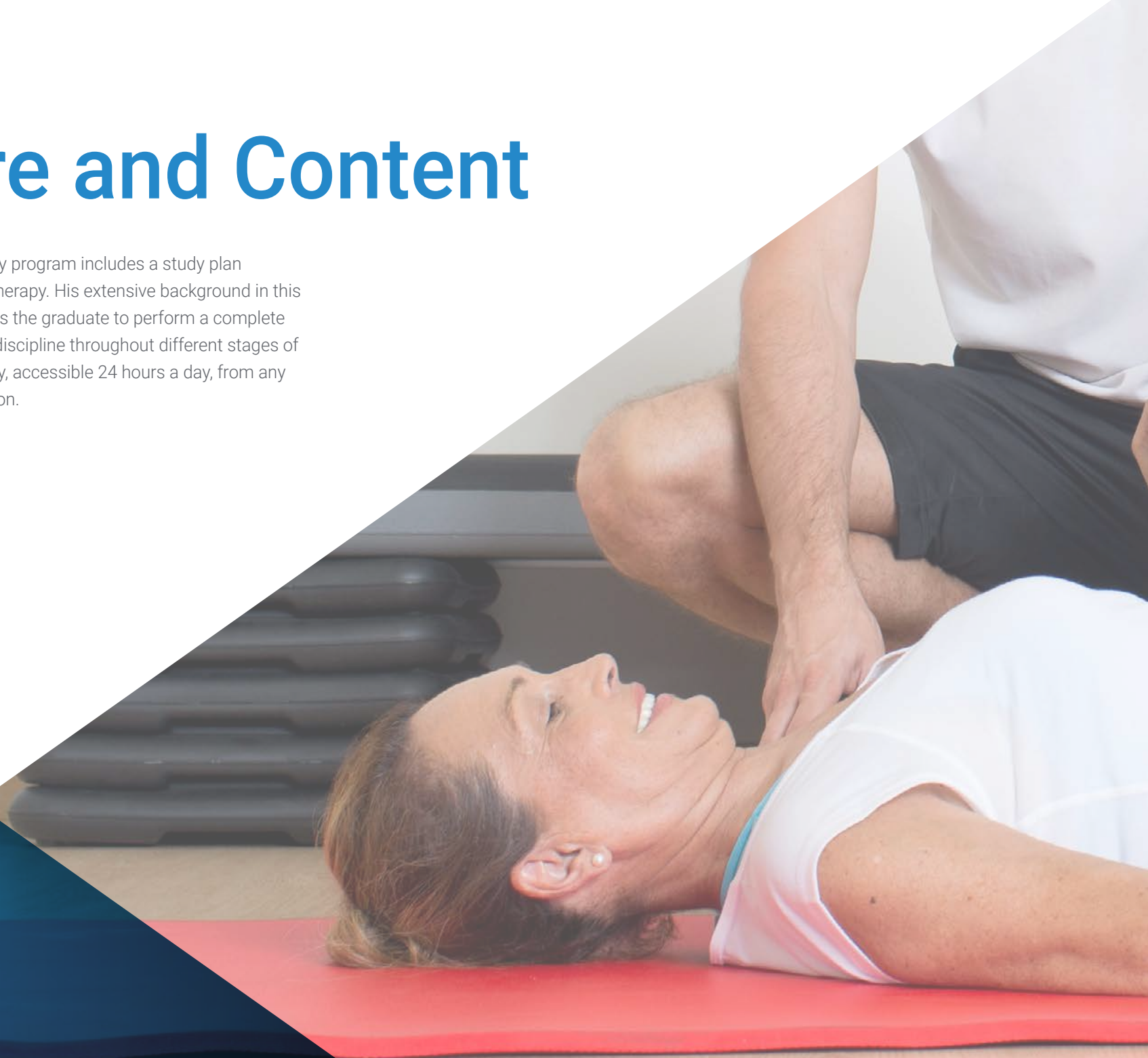




# 04

## Structure and Content

The academic itinerary of this university program includes a study plan designed by a faculty versed in Yoga Therapy. His extensive background in this field is evident in this syllabus that leads the graduate to perform a complete update of the practice of this physical discipline throughout different stages of growth. To do this, it has a virtual library, accessible 24 hours a day, from any digital device with an Internet connection.





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*Thanks to the Relearning system, you will easily consolidate the concepts covered and reduce the long hours of study”*

## Module 1. Yoga in The Human Life Cycle

- 1.1. Childhood
  - 1.1.1. Why Is It Important?
  - 1.1.2. Benefits
  - 1.1.3. What is a Class Like?
  - 1.1.4. Example of an Adapted Sun Salutation
- 1.2. Women and Menstrual Cycle
  - 1.2.1. Menstrual Phase
  - 1.2.2. Follicular Phase
  - 1.2.3. Ovulatory Phase
  - 1.2.4. Luteal Phase
- 1.3. Yoga and Menstrual Cycle
  - 1.3.1. Follicular Phase Sequence
  - 1.3.2. Ovulatory Phase Sequence
  - 1.3.3. Luteal Phase Sequence
  - 1.3.4. Sequence during Menstruation
- 1.4. Menopause
  - 1.4.1. General Considerations
  - 1.4.2. Physical and Hormonal Changes
  - 1.4.3. Benefits from Practice
  - 1.4.4. Recommended Asanas
- 1.5. Pregnancy
  - 1.5.1. Why Practice It?
  - 1.5.2. Asanas in the First Trimester
  - 1.5.3. Asanas in the Second Trimester
  - 1.5.4. Asanas in the Third Trimester
- 1.6. Postpartum
  - 1.6.1. Physical Benefits
  - 1.6.2. Mental Benefits
  - 1.6.3. General Recommendations
  - 1.6.4. Practice with the Baby





- 1.7. Old Age
  - 1.7.1. Main Pathologies that We Will Encounter
  - 1.7.2. Benefits
  - 1.7.3. General Considerations
  - 1.7.4. Contraindications
- 1.8. Physical Disability
  - 1.8.1. Brain Damage
  - 1.8.2. Spinal Cord Damage
  - 1.8.3. Muscle Damage
  - 1.8.4. How Design a Class?
- 1.9. Sensory Disability
  - 1.9.1. Auditory
  - 1.9.2. Visual
  - 1.9.3. Sensory
  - 1.9.4. How to Design a Sequence?
- 1.10. General Considerations of the Most Common Disabilities that We Will Encounter
  - 1.10.1. Down Syndrome
  - 1.10.2. Autism
  - 1.10.3. Cerebral Palsy
  - 1.10.4. Intellectual Development Disorder

“With this program you will be up to date with the most notorious advances in the management of patients with Down Syndrome through Yoga”

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.



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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 Yoga in The Human Life Cycle 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”*

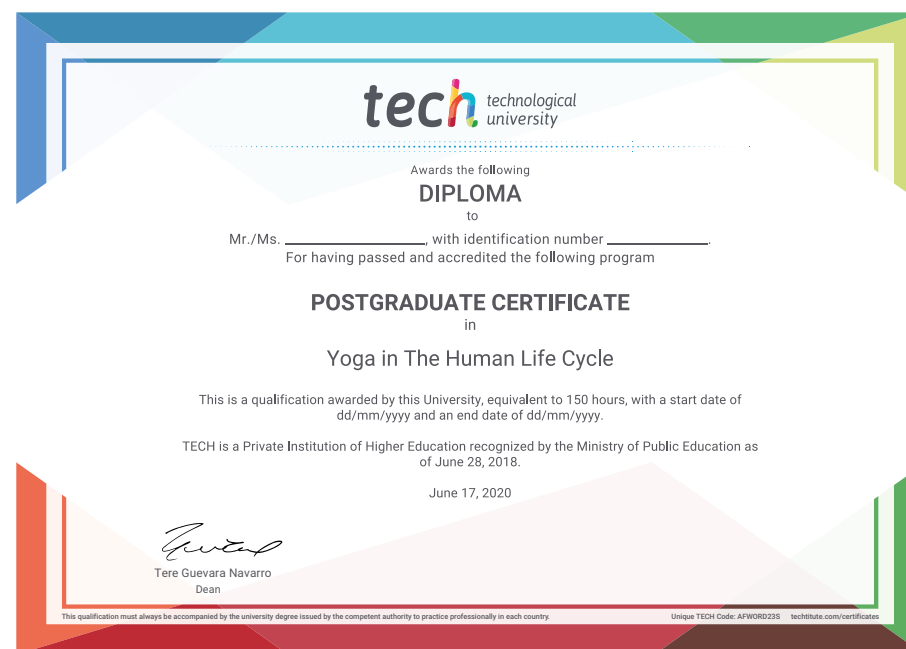
This **Postgraduate Certificate in Yoga in The Human Life Cycle** contains the most complete and up-to-date scientific on the market.

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

The 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 Yoga in The Human Life Cycle**

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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