

Postgraduate Diploma

Anatomy and Physiology in Therapeutic Yoga



Postgraduate Diploma Anatomy and Physiology in Therapeutic Yoga

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

Website: www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-anatomy-physiology-therapeutic-yoga

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01

Introduction

The benefits of practicing Yoga for the physical and mental health of people of all ages have expanded its practice and recommendations by healthcare professionals. From children to pregnant women and to older individuals who may have difficulties with agility or muscular issues, they include this activity for their well-being. In this regard, TECH has designed a program that allows medical professionals to stay updated on the fascial and musculoskeletal system, as well as the application of different exercises based on the individual's stage of development. Moreover, this is provided in a 100% online pedagogical format with the most innovative didactic materials in the current academic landscape.





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A Postgraduate Diploma that will allow you to update your knowledge on Therapeutic Yoga and its impact on Physiology and Anatomy”

The various existing scientific studies on Therapeutic Yoga and its effects on the human body underscore its positive impact on certain musculoskeletal and nervous system conditions. This way, this practice is becoming increasingly common among elderly patients, with a growing trend among pregnant patients and minors.

For this reason, medical professionals are incorporating the recommendation of practicing Yoga into their treatments, taking into account the pathology and characteristics of each individual. This is the reason behind the creation of this Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga, which offers health professionals an excellent opportunity to update their knowledge with a theoretical-practical approach that is highly useful for their daily practice.

This program is based on the latest evidence about this physical activity, as well as how its asanas and variations affect the human body. Students will have access to multimedia content, video summaries of each topic, specialized readings, and clinical case simulations, all created by an excellent teaching team with extensive experience in this field.

Furthermore, thanks to the Relearning method, graduates will not need to invest long hours of study, as continuous repetition throughout the academic journey will help solidify the covered concepts.

In addition, an international specialist in Therapeutic Yoga, with distinguished and highly respected experience in the field, will be present in this program. The masterclasses will provide students with a unique opportunity to delve into the latest advances in the discipline, including a detailed analysis of Anatomy and Physiology in this area.

You may also achieve a comprehensive update in just 6 months, in a flexible and convenient manner. All you need is a digital device with an Internet connection to access the syllabus posted on the virtual platform. This academic option is ideal for balancing with daily work and personal activities.

This **Postgraduate Diploma in Anatomy and Physiology 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



*A Certificate that adapts
to the updating needs
of health specialists”*

“

It delves into the concept of tensegrity and the use of this technique to improve people's mobility and flexibility”

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.

Delve into the benefits of the practice of Yoga in children and its effects on their anatomy.

If you have a digital device with Internet connection you can comfortably access the practice of postpartum Yoga.



02 Objectives

Throughout this academic program, the medical professional will accumulate comprehensive and practically useful information for their daily practice. Thanks to this Postgraduate Diploma, they will be able to integrate Therapeutic Yoga into pregnant patients, older individuals, or those with functional and cognitive diversity. This update will be possible not only because of the most innovative educational tools available but also due to the exceptional curriculum designed by leading specialists in this field.



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A university program that provides you with numerous clinical case studies so that you can incorporate the latest advances in Yoga into your clinical practice”



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 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



Raise your competences on the practice of Yoga in patients with menopause or pain during the menstruation process"





Specific Objectives

Module 1. Structure of the Locomotor System

- ♦ Delve into the anatomy and physiology of the skeletal, muscular, and articular system of the human body
- ♦ Identify the different structures and functions of the musculoskeletal system and how they interrelate
- ♦ Explore the different postures and movements of the human body and understand how they affect the structure of the musculoskeletal system
- ♦ Deepen your understanding of common musculoskeletal system injuries and how to prevent them

Module 2. Fascial System

- ♦ Delve into the history and concept of fascia, and its importance in yoga practice
- ♦ Delve into different types of mechanoreceptors in fascia and how to apply them in different styles of yoga
- ♦ Point out the need to incorporate the term "fascia" into yoga classes for a more effective and mindful practice
- ♦ Examine the origin and development of the term "tensegrity" and its application in yoga practice
- ♦ Identify the different myofascial pathways and the specific postures for each of these chains
- ♦ Apply fascial biomechanics in yoga practice to enhance mobility, strength, and flexibility
- ♦ Recognize the main postural imbalances and how to correct them through yoga practice and fascial biomechanics

Module 3. Yoga in The Human Life Cycle

- ♦ Delve into the different needs of the body and yoga practice at various stages of life, such as childhood, adulthood, and the old age
- ♦ Explore how yoga practice can assist women during the menstrual cycle and menopause and how to adapt the practice to meet their needs
- ♦ Delve into the care and yoga practice during pregnancy and postpartum, and how to adapt the practice to meet the needs of women during these times
- ♦ Identify the suitability of yoga practice for individuals 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 life stage and individual need
- ♦ Identify and apply best practices to ensure safety and well-being during yoga practice at different life stages and special situations

03

Course Management

One of the distinguishing features of the university programs created by TECH is its excellent teaching team composed of high-level professionals in their respective fields. In this way, students can be assured of gaining access to a program developed by established specialists in Therapeutic Yoga with a proven track record. Their extensive knowledge of this physical activity is evident in this syllabus, which is accessible 24 hours a day from any digital device with an Internet connection.





“

Get an effective update on Anatomy and Physiology in Therapeutic Yoga from true 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

- 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

Mr. Losada, Óscar

- ♦ Vinyasa Yoga and *Power Yoga* instructor and Osteopath at El Árbol de la Vida Center
- ♦ Vinyasa Yoga Trainer and Yoga Coach at IEY in Madrid
- ♦ Yin Yoga Trainer at IEY in Barcelona
- ♦ Vinyasa Yoga and *Power Yoga* Teacher at Fitness Madrid Gym
- ♦ Osteopath and Sports Masseur at Fitness Madrid Gym
- ♦ Specialist in Rocket Yoga from IEY Huelva
- ♦ Specialist in Therapeutic Yoga, Yin Yoga, and Fascias from IEY Huelva
- ♦ Specialist in Yoga for Children from IEY Alicante
- ♦ Structural Osteopath II from Kabat
- ♦ Sports Massage and Quiromassage from Orthos

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 graduate who completes this academic option will have access to an advanced curriculum that will allow them to update their knowledge in Anatomy and Physiology in Therapeutic Yoga. All of this is covered in 3 modules focusing on the Musculoskeletal System, the fascial system, and the practice of this physical activity in different developmental models. Furthermore, students can expand their knowledge with the numerous educational resources available in the Virtual Library.



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You have access to an extensive Virtual Library with the best pedagogical resources 24 hours a day, 7 days a week”

Module 1. Structure of Locomotor System

- 1.1. Anatomical Position, Axes and Planes
 - 1.1.1. Basic anatomy and physiology of the human body
 - 1.1.2. Anatomic position
 - 1.1.3. Body Axes
 - 1.1.4. Anatomical Planes
- 1.2. Bone
 - 1.2.1. Bone Anatomy of the Human Body
 - 1.2.2. Structure and Function of Bones
 - 1.2.3. Different Types of Bones and Their Relationship to Posture and Movement
 - 1.2.4. The Relationship Between the Skeletal System and the Muscular System
- 1.3. Joints
 - 1.3.1. Anatomy and Physiology of Human Body Joints
 - 1.3.2. Different Types of Joints
 - 1.3.3. The Role of Joints in Posture and Movement
 - 1.3.4. Common Joint Injuries and How to Prevent Them
- 1.4. Cartilage
 - 1.4.1. Anatomy and Physiology of Human Body Cartilage
 - 1.4.2. Different Types of Cartilage and Their Function in the Body
 - 1.4.3. The Role of Cartilage in Joint Function and Mobility
 - 1.4.4. Common Cartilage Injuries and Their Prevention
- 1.5. Tendons and Ligaments
 - 1.5.1. Anatomy and Physiology of Human Body Tendons and Ligaments
 - 1.5.2. Different Types of Tendons and Ligaments and Their Function in the Body
 - 1.5.3. The Role of Tendons and Ligaments in Posture and Movement
 - 1.5.4. Common Tendon and Ligament Injuries and How to Prevent Them
- 1.6. Skeletal Muscle
 - 1.6.1. Anatomy and Physiology of the Musculoskeletal System in the Human Body
 - 1.6.2. The Relationship Between Muscles and Bones in Posture and Movement
 - 1.6.3. The Role of Fascia in the Musculoskeletal System and Its Relationship to Therapeutic Yoga Practice
 - 1.6.4. Common Muscle Injuries and How to Prevent Them





- 1.7. Development of the Musculoskeletal System
 - 1.7.1. Embryonic and Fetal Development of the Musculoskeletal System
 - 1.7.2. Growth and Development of the Musculoskeletal System in Childhood and Adolescence
 - 1.7.3. Musculoskeletal Changes Associated with Aging
 - 1.7.4. Development and Adaptation of the Musculoskeletal System to Physical Activity and Training
- 1.8. Components of the Musculoskeletal System
 - 1.8.1. Anatomy and Physiology of Skeletal Muscles and Their Relationship to Therapeutic Yoga Practice
 - 1.8.2. The Role of Bones in the Musculoskeletal System and Their Relationship to Posture and Movement
 - 1.8.3. The Function of Joints in the Musculoskeletal System and How to Care for Them During Therapeutic Yoga Practice
 - 1.8.4. The Role of Fascia and Other Connective Tissues in the Musculoskeletal System and Their Relationship to Therapeutic Yoga Practice
- 1.9. Nervous Control of Skeletal Muscles
 - 1.9.1. Anatomy and Physiology of the Nervous System and Its Relationship to Therapeutic Yoga Practice
 - 1.9.2. The Role of the Nervous System in Muscle Contraction and Movement Control
 - 1.9.3. The Relationship Between the Nervous System and the Musculoskeletal System in Posture and Movement During Therapeutic Yoga Practice
 - 1.9.4. The Importance of Neuromuscular Control for Injury Prevention and Performance Improvement in Therapeutic Yoga Practice
- 1.10. Muscle Contraction
 - 1.10.1. Anatomy and Physiology of Muscle Contraction and Its Relationship to Therapeutic Yoga Practice
 - 1.10.2. Different Types of Muscle Contraction and Their Application in Therapeutic Yoga Practice
 - 1.10.3. The Role of Neuromuscular Activation in Muscle Contraction and Its Relationship to Therapeutic Yoga Practice
 - 1.10.4. The Importance of Muscle Stretching and Strengthening for Injury Prevention and Performance Improvement in Therapeutic Yoga Practice

Module 2. Fascial System

- 2.1. Fascia
 - 2.1.1. History
 - 2.1.2. Fascia vs. Aponeurosis
 - 2.1.3. Types
 - 2.1.4. Functions
- 2.2. Types of mechanoreceptors and their significance in various styles of Yoga
 - 2.2.1. Importance
 - 2.2.2. Golgi
 - 2.2.3. Paccini
 - 2.2.4. Ruffini
- 2.3. Myofascial Chains
 - 2.3.1. Definition
 - 2.3.2. Importance in Yoga
 - 2.3.3. Concept of Tensegrity
 - 2.3.4. The Three Diaphragms
- 2.4. SPS: Superficial Posterior Line
 - 2.4.1. Definition
 - 2.4.2. Anatomical Pathways
 - 2.4.3. Passive Postures
 - 2.4.4. Active Postures
- 2.5. APS: Anterior Posterior Line
 - 2.5.1. Definition
 - 2.5.2. Anatomical Pathways
 - 2.5.3. Passive Postures
 - 2.5.4. Active Postures
- 2.6. LSL: Lateral Side Line
 - 2.6.1. Definition
 - 2.6.2. Anatomical Pathways
 - 2.6.3. Passive Postures
 - 2.6.4. Active Postures

- 2.7. LS: Spiral Line
 - 2.7.1. Definition
 - 2.7.2. Anatomical Pathways
 - 2.7.3. Passive Postures
 - 2.7.4. Active Postures
- 2.8. Functional lines
 - 2.8.1. Definition
 - 2.8.2. Anatomical Pathways
 - 2.8.3. Passive Postures
 - 2.8.4. Active Postures
- 2.9. Arm lines
 - 2.9.1. Definition
 - 2.9.2. Anatomical Pathways
 - 2.9.3. Passive Postures
 - 2.9.4. Active Postures
- 2.10. Main Imbalances
 - 2.10.1. Ideal Pattern
 - 2.10.2. Flexion and Extension Group
 - 2.10.3. Opening and Closing Group
 - 2.10.4. Inspiratory and Expiratory Pattern

Module 3. Yoga in The Human Life Cycle

- 3.1. Childhood
 - 3.1.1. Why Is It Important?
 - 3.1.2. Benefits
 - 3.1.3. What a class looks like
 - 3.1.4. Example of an adapted sun salutation
- 3.2. Women and the menstrual cycle
 - 3.2.1. Menstrual phase
 - 3.2.2. Follicular Phase
 - 3.2.3. Ovulatory phase
 - 3.2.4. Luteal Phase

- 3.3. Yoga and the menstrual cycle
 - 3.3.1. Follicular phase sequence
 - 3.3.2. Ovulatory phase sequence
 - 3.3.3. Luteal phase sequence
 - 3.3.4. Sequence during menstruation
- 3.4. Menopause
 - 3.4.1. General Considerations
 - 3.4.2. Physical and hormonal changes
 - 3.4.3. Benefits from practice
 - 3.4.4. Recommended asanas
- 3.5. Pregnancy
 - 3.5.1. Why practice it
 - 3.5.2. First-trimester Asanas
 - 3.5.3. Second-trimester Asanas
 - 3.5.4. Third-trimester Asanas
- 3.6. Postpartum
 - 3.6.1. Physical benefits
 - 3.6.2. Mental benefits
 - 3.6.3. General Recommendations
 - 3.6.4. Practice with the baby
- 3.7. Old Age
 - 3.7.1. Main pathologies we will encounter
 - 3.7.2. Benefits
 - 3.7.3. General Considerations
 - 3.7.4. Contraindications
- 3.8. Physical Disability
 - 3.8.1. Brain Injuries
 - 3.8.2. Spinal cord injuries
 - 3.8.3. Muscle Injuries
 - 3.8.4. How to design a class
- 3.9. Sensory Disability
 - 3.9.1. Auditory
 - 3.9.2. Visual
 - 3.9.3. Sensory
 - 3.9.4. How to design a sequence
- 3.10. General considerations for the most common disabilities we will encounter
 - 3.10.1. Down Syndrome
 - 3.10.2. Autism
 - 3.10.3. Cerebral Palsy
 - 3.10.4. Intellectual Development Disorder



Multimedia pills will take you to delve more dynamically into the most common pathologies in the elderly and their approach through Therapeutic 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.



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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 Diploma in Anatomy and Physiology in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Anatomy and Physiology in Therapeutic Yoga** 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 Diploma**, issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga**

Official N° of Hours: **450 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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