

Postgraduate Certificate

Neurological Principles of
Meditation and Relaxation
Techniques for Nursing



Postgraduate Certificate

Neurological Principles of Meditation and Relaxation Techniques for Nursing

- » Modality: Online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtitute.com/us/nursing/postgraduate-certificate/neurological-bases-meditation-relaxation-techniques-nursing

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01

Introduction

Neuroscience and the practices of meditation and relaxation have gained great relevance in the field of health and well-being. Therefore, there has been an increased interest in the scientific field for the studies of neurological alterations produced by meditation. For this reason, TECH has created an online program that provides the student with the most updated and rigorous information on relaxation and meditation techniques, as well as the Neurological Bases that support them. It is worth noting that the program is adapted to current demands by being offered in a 100% online format, allowing professionals to access the content from anywhere and at any time.





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You will delve into the Yoga Nidra sessions and their benefits in patients with stress and lack of concentration"

The extensive scientific documentation available demonstrates how Yoga has an important influence on the physical and mental health of patients from diverse populations, such as those who are healthy, pregnant women, with chronic pain, anxiety, diabetes or cancer. These benefits have led more and more nursing professionals to include this physical activity in their therapeutic treatments.

These benefits are based on the different asanas, variants and breathing techniques used in the different sessions of this discipline. Hence this Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques for Nursing

It is a program that offers the graduate an updated academic journey on mantras, the internal aspects of yoga, meditation, brain waves during meditation, yoga nidra and *Mindfulness*. In this sense, the syllabus has been prepared by renowned experts and includes a large amount of didactic materials in different audiovisual supports to guarantee a fast, effective and natural integration of the concepts.

In addition, participants who embark on this educational process of updating will be able to make it compatible with their professional and personal responsibilities, as it is taught 100% online. In this way, you will only need an electronic device with an Internet connection to access the most updated program in Neurological Bases in Meditative and Relaxation Techniques for Nursing in the current academic panorama.

This **Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques** for Nursing contains the most complete and up to date scientific program on the market. Its most notable features are:

- ♦ 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



You are in front of an academic course elaborated by authentic specialists in the world of Yoga"

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You will master the internal techniques of Yoga, including Pratyahara, Dharana, Dhyana and Samadhi, thus enhancing your patients' concentration and mental balance"

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.

You will experience the Relearning methodology, an interactive and participative form of learning that will allow you to effectively integrate knowledge into your professional practice.

Upgrade yourself with the flexibility of studying this program online, without time or travel restrictions, adapting it to your needs and lifestyle.



02

Objectives

The graduate of this program will acquire the necessary knowledge to effectively apply meditative and relaxation practices in their professional practice. In this way, they will explore the internal aspects of Yoga, such as Pratyahara, Dharana, Dhyana and Samadhi which will allow them to cultivate concentration, introspection and deep connection with themselves. All this, through the best contents condensed in 6 weeks of completely virtual training.



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A Postgraduate Certificate that adapts to your need for updating, through a 100% online methodology”



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 present
- ♦ Delve into the studies on biomechanics and its application to asanas of Therapeutic Yoga
- ♦ Describe the adaptation of Yoga asanas to the pathologies of each person
- ♦ Delve into the Neurophysiological basis of existing meditation and relaxation techniques



Update your skills to improve your professional future and the quality of the service you offer to your patients thanks to this program"





Specific Objectives

- ◆ Describe the neurophysiological basis of meditative and relaxation techniques in the practice of yoga
- ◆ Delve into the definition of mantra, its application and benefits in meditation practice
- ◆ Identify the inner aspects of yoga philosophy, including Pratyahara, Dharana, Dhyana, and Samadhi, and how they relate to meditation
- ◆ Inquire about the different types of brain waves and how they occur in the brain during meditation
- ◆ Identify the different types of meditation and guided meditation techniques and how they are applied in the practice of yoga
- ◆ Delve into the concept of Mindfulness, its methods and differences with meditation
- ◆ Delve into Savasana, how to guide a relaxation, the different types and adaptations
- ◆ Identify the first steps in Yoga Nidra and its application in yoga practice



03

Course Management

With the firm purpose of providing nursing professionals with exceptional teaching, the program has a team of outstanding professionals in the field that TECH has carefully selected. These experienced teachers will share their deep knowledge and experience in each point of the syllabus, from the understanding of mantras and their benefits, to the mastery of meditation techniques, Mindfulness and Yoga Nidra. Therefore, the adhered professionals will be able to learn based on their extensive work experience.





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An academic qualification that will allow you to get up to date with the most recent studies on brain waves during meditation.”

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 combines 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 the Integral Yoga Institute, New York, U.S.A.
- 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.
- ◆ Teacher Courses: Course in Progressive Ashtanga Yoga, FisiomYoga, Yoga Myofascial and Yoga and Cancer Teacher
- ◆ Pilates Floor Pilates Instructor Course
- ◆ Course in Phytotherapy and Nutrition
- ◆ Meditation Teacher Course



Professors

Mr. Ferrer, Ricardo

- ◆ Director of the Center of Light School
- ◆ Director of the National School of Evolutionary Reiki
- ◆ Instructor of Hot Yoga at the Center of Light
- ◆ Power Yoga Instructor Trainer
- ◆ Yoga Instructor Trainer
- ◆ Ashtanga Yoga and Progressive Yoga Trainer
- ◆ Tai Chi and Chi Kung Instructor
- ◆ Body Intelligence Yoga Instructor
- ◆ Sup Yoga Instructor

04

Structure and Content

This university program offers the student a process of updating with cutting-edge information about the Neurological Bases of Meditation and Relaxation Techniques. The syllabus includes accurate and recent details on the benefits of mantras, the inner aspects of Yoga, meditation and the differences between meditation and Mindfulness. In addition, the program provides access to a virtual library available 24 hours a day, from any digital device with an Internet connection.





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With the most complete and dynamic audiovisual materials in the academic market, you will have at your fingertips the latest information on the Neurological Principles of Meditation and Relaxation Techniques”

Module 1. Meditation and Relaxation Techniques

- 1.1. Mantras
 - 1.1.1 What Are They?
 - 1.1.2 Benefits
 - 1.1.3 Opening Mantras
 - 1.1.4 Closing Mantras
- 1.2. Internal Aspects of Yoga
 - 1.2.1 Pratyahara
 - 1.2.2 Dharana
 - 1.2.3 Dhyana
 - 1.2.4 Samadhi
- 1.3. Meditation
 - 1.3.1 Definition
 - 1.3.2 Posture
 - 1.3.3 Benefits
 - 1.3.4 Contraindications
- 1.4. Brain Waves
 - 1.4.1 Definition
 - 1.4.2 Classification
 - 1.4.3 From Sleep to Wakefulness
 - 1.4.4 During Meditation
- 1.5. Meditation Types
 - 1.5.1 Spiritual
 - 1.5.2 Visualization
 - 1.5.3 Buddhist
 - 1.5.4 Movement
- 1.6. Meditation Techniques 1
 - 1.6.1 Meditation to Achieve Your Desire
 - 1.6.2 Heart Meditation
 - 1.6.3 Kokyuhoo Meditation
 - 1.6.4 Inner Smile Meditation
- 1.7. Meditation Techniques 2
 - 1.7.1 Chakra Cleansing Meditation





- 1.7.2 Loving Kindness Meditation
- 1.7.3 Meditation Gifts of the Present
- 1.7.4 Silent Meditation
- 1.8. Mindfulness
 - 1.8.1 Definition
 - 1.8.2 What does it Consist of?
 - 1.8.3 How to Apply It?
 - 1.8.4 Techniques
- 1.9. Relaxation/ Savasana
 - 1.9.1 Closing Position of the Classes
 - 1.9.2 How to Make It and Adjustments
 - 1.9.3 Benefits
 - 1.9.4 How to Guide a Relaxation
- 1.10. Nidra Yoga
 - 1.10.1 What is Nidra Yoga?
 - 1.10.2 What is a Session Like?
 - 1.10.3 Phases
 - 1.10.4 Session Example



Get updated in the latest techniques in spiritual and Buddhist meditation with the most complete syllabus and the most effective methodology, only at TECH"

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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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.

The nurse will learn through real cases and by solving 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 we have prepared more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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.

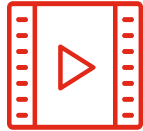
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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 really 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.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



Interactive Summaries

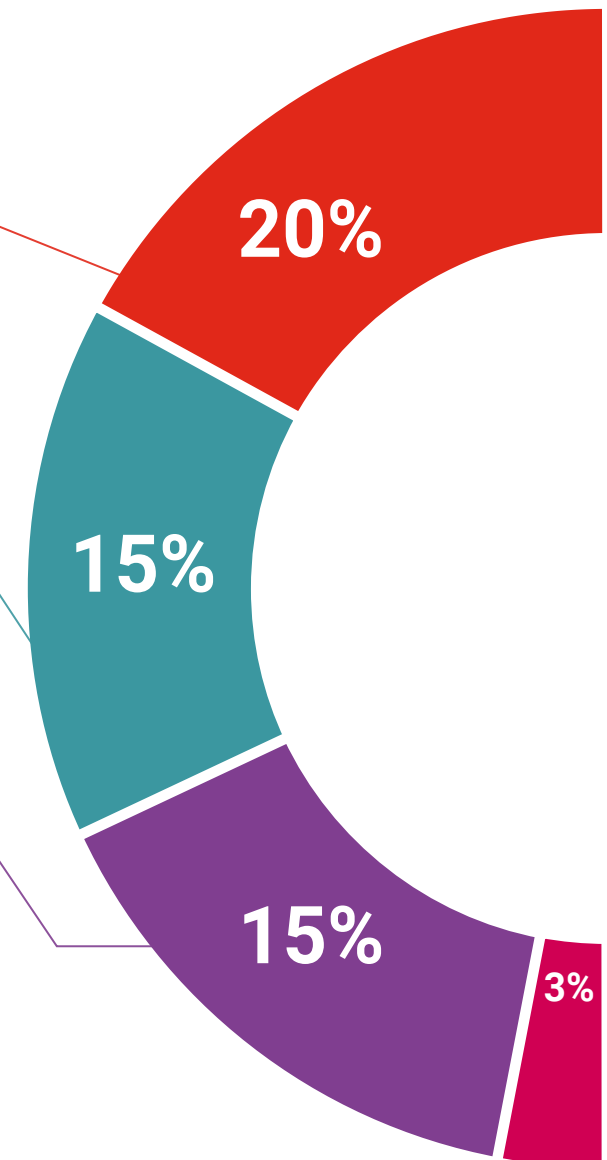
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

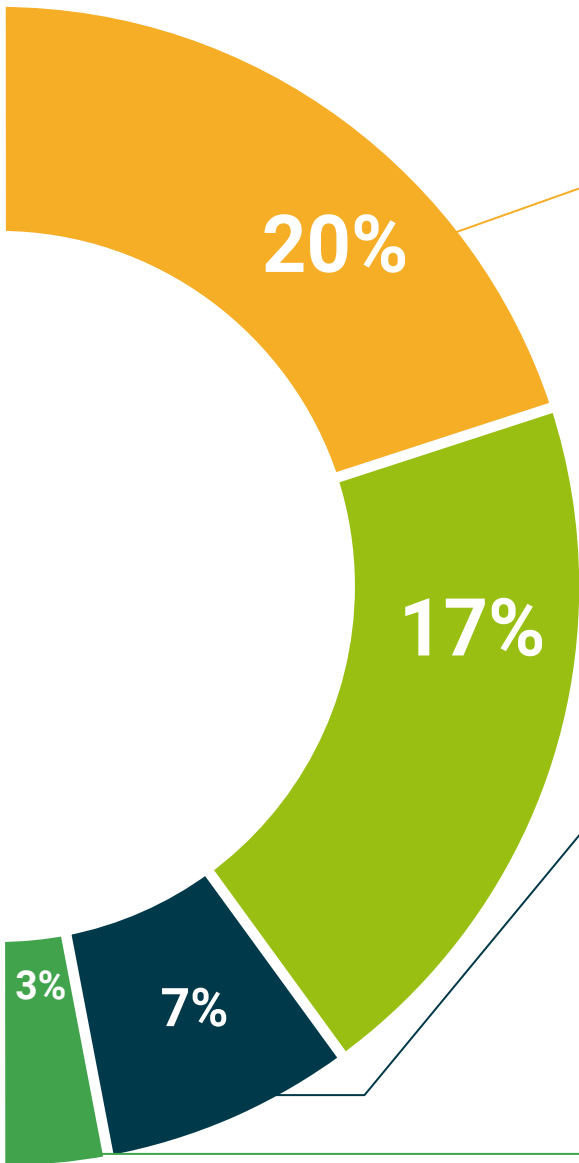
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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

The student's knowledge is periodically assessed and re-assessed throughout the program, through evaluative and self-evaluative activities and exercises: in this way, students can check how they are doing in terms of achieving their goals.



Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

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



06 Certificate

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



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

This program will allow you to obtain a **Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques** for Nursing endorsed by **TECH Global University**, the world's largest online university.

Tech Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **Tech Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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

future
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institutions technology learning
community commitment
personalized service innovation
knowledge present
development languages
virtual classroom



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