

Postgraduate Certificate

Application of Asana
Techniques and their
Integration for Nursing



Postgraduate Certificate

Application of Asana Techniques and their Integration for Nursing

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

Website: www.techtute.com/us/nursing/postgraduate-certificate/application-asana-techniques-their-integration-nursing

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01

Introduction

The implementation of Asanas in medicine is an approach increasingly used to complement the treatment of various ailments and pathologies. Its physical and mental benefits have prompted both doctors and nurses to incorporate these techniques into their clinical practice. Therefore, TECH has created a program in Asana Techniques and their Integration for Nursing, which will allow the student to delve into everything related to the technique of Asanas, its function, its foundations and different positions to perform them. All of this in a completely online format, free of face-to-face classes and fixed schedules, giving the nurse maximum flexibility to make it compatible with their daily responsibilities.





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Get up to date on how Yoga and Asanas can be useful in the management of chronic pain and the reduction of anxiety”

Currently, there are several studies that support the effectiveness of Yoga and Asanas in the field of Nursing. In general, it has been demonstrated that the regular practice of Yoga and the application of Asanas can be beneficial for patients' physical and mental health, contributing to improve the treatment of various ailments and diseases such as cardiovascular, respiratory, musculoskeletal and neurological.

Evidently, these new methods lead nursing professionals to constantly keep their knowledge up to date, and to put into practice new and effective therapeutic treatment techniques as a complement to medicine. For this reason TECH has created this Postgraduate Certificate in Asana Techniques and their Integration for Nursing, aimed at making the professional aware of the specific techniques of Asanas and their implementation in daily clinical practice.

In addition, an internationally renowned figure in the field of Yoga has participated in the development of the contents of this program. Through a distinctive and unique Masterclass, the nurse will be able to delve into the experience of one of the most renowned instructors and therapists in the world.

An academic alternative that adapts to the specific demands of nurses and that, in addition, does not require them to comply with a fixed schedule. This is possible thanks to the flexibility of the online format, allowing the student to access the Virtual Campus from any electronic device with access to the network, being able to download all the available contents of this Postgraduate Certificate.

This **Postgraduate Certificate in Application of Asana Techniques and Their Integration for Nursing** 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



Delve into the various practices of Yoga and Asanas and their benefits in patients with different diseases with a unique Masterclass in this area”

“*Delve into how to improve pain and cardiovascular diseases by implementing Asanas as a complement to medical treatment*”

An online Postgraduate Certificate that will allow you to delve into the correct Application of Asana Techniques in the field of Nursing.

TECH gives you a flexible option for you to keep up to date professionally without neglecting your daily activities.

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.



02 Objectives

The purpose of this academic program is to provide nursing professionals with an up-to-date knowledge of the techniques used by Yoga as a therapeutic method, and to put into practice Asana Methods and their Fusion. Therefore, upon completion of this program, students will achieve a general understanding of the body, its mechanics and the correct development and application of Asanas. All this, at the forefront and gathered in a didactic and 100% digital material, which facilitates constant updating and without being subject to fixed schedules.





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*Get up to date on biomechanics
and its relation to Therapeutic Yoga”*



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 their injuries
- Delve into studies on biomechanics and its application to the asanas of Therapeutic Yoga
- Describe the adaptation of Yoga asanas to the pathologies of each person
- Delve into the Neurophysiological bases of the existing meditative and relaxation techniques





Specific Objectives

- ◆ Delve into the philosophical and physiological contribution of the different asanas
- ◆ Identify the principles of minimal action: sthira, sukham and asanam
- ◆ Delve into the concept of standing asanas
- ◆ Describe the benefits and contraindications of stretching asanas
- ◆ Point out the benefits and contraindications of asanas in rotation and lateral bending
- ◆ Describe counter postures and when to use them
- ◆ Delve into the bandhas and their application in Therapeutic Yoga



Apply the most effective meditation and relaxation techniques to provide the patient with better physical and mental stability”

03

Course Management

For the perfect development of this Postgraduate Certificate in Application of Asana Techniques and their Integration for Nursing, TECH has made a careful selection of teachers who will be responsible for teaching this program. In this way, the student will have the confidence of participating in one of the most complete programs, with the support of professionals of great experience and, of course, all the necessary experience to be able to guide the theoretical and practical techniques that are included in the program. A program that also includes the presence of an international guest expert, who will bring their deepest knowledge in the implementation of Yoga and Asanas for therapeutic use.



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TECH has made available to you the presence of an international renowned professional in the field of Yoga and the use of Asanas”

International Guest Director

As the Director of Teachers and Head of Instructor Education 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 mainly **therapeutic yoga**, with more than 6,000 documented hours of teaching and continuing education.

In this way, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines this work with her role as a therapist and instructor at 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 assessing the challenges that may arise. Throughout her career she has worked with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.

For each of them she performs careful and customized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, most notably the E-RYT 500 from Yoga Alliance, Basic Life Support (BLS) from American Health Training and Certified Exercise Instructor from the Somatic Movement Center.



Ms. Galliano, Dianne

- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa - New York
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary 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 Therapeutic Yoga
- Founder of the Air Core method (classes that combine TRX and Functional Training with Yoga)
- Therapeutic Yoga Trainer
- Degree in Biological Sciences from the Autonomous University of Madrid
- Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- Floor Pilates Instructor Course
- Phytotherapy and Nutrition Course
- Meditation Teaching Course



Professors

Ms. Villalba, Vanessa

- ◆ Instructor at Gimnasios Villalba
- ◆ Vinyasa Yoga and Power Yoga Instructor 2017 at IEY Sevilla
- ◆ Aerial Yoga Instructor 2017 in Seville
- ◆ Integral Yoga Instructor at IEY Sevilla
- ◆ Body Intelligence TM Yoga. Level at IEY Huelva
- ◆ Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- ◆ Yoga Nidra, Therapeutic Yoga and Shamanic Yoga Instructor
- ◆ Basic Pilates Instructor at FEDA
- ◆ Floor Pilates Instructor with Equipment
- ◆ FEDA Advanced Technician in Fitness and Personal Training
- ◆ Spinning Start I Instructor at Federación Española de Spinning
- ◆ Power Dumbbell Instructor at Aerobic and Fitness Association
- ◆ Chiromassage Therapist at Quirotema at Escuela Superior de Quiromasaje y Terapias
- ◆ Lymphatic Drainage Training at PRAXIS in Seville

04

Structure and Content

The program has a comprehensive syllabus that will enable the Nursing professional to be at the forefront in the field of Therapeutic Yoga and the proper implementation of Asanas. In this way, it will provide a detailed approach to the postures of Asana, including its concept, its main purpose, alignment and the principles of minimum action. A syllabus that, in addition, is complemented with audiovisual material, additional readings, detailed videos and self-knowledge exercises.





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Delve into the field of the Bandhas and everything necessary for you to apply this technique used by experts”

Module 1. Application of Asana Techniques and their Integration

- 1.1. Asana
 - 1.1.1. Definition of asana
 - 1.1.2. Asana in Yoga sutras
 - 1.1.3. Deeper purpose of asanas
 - 1.1.4. Asanas and alignment
- 1.2. Principle of minimum action
 - 1.2.1. Sthira Sukham Asanam
 - 1.2.2. How to apply this concept in practice?
 - 1.2.3. Theory of the gunas
 - 1.2.4. Influence of the gunas in practice
- 1.3. Standing asanas
 - 1.3.1. The importance of standing asanas
 - 1.3.2. How to practice them
 - 1.3.3. Benefits
 - 1.3.4. Contraindications and considerations
- 1.4. Sitting and supine asanas
 - 1.4.1. Importance of sitting asanas
 - 1.4.2. Sitting asanas for meditation
 - 1.4.3. Supine asanas: Definition
 - 1.4.4. Benefits of supine postures
- 1.5. Stretching asanas
 - 1.5.1. Why is stretching important?
 - 1.5.2. How to practice them safely
 - 1.5.3. Benefits
 - 1.5.4. Contraindications
- 1.6. Flexion asanas
 - 1.6.1. Importance of spinal flexion
 - 1.6.2. Implementation
 - 1.6.3. Benefits
 - 1.6.4. Most frequent errors and how to avoid them





- 1.7. Twisting asanas: Twists
 - 1.7.1. Mechanics of twisting
 - 1.7.2. How to perform them correctly
 - 1.7.3. Physiological benefits
 - 1.7.4. Contraindications
- 1.8. Asanas in lateral bending
 - 1.8.1. Importance
 - 1.8.2. Benefits
 - 1.8.3. Most common mistakes
 - 1.8.4. Contraindications
- 1.9. Importance of counterposes
 - 1.9.1. What are they?
 - 1.9.2. When to perform them
 - 1.9.3. Benefits during practice
 - 1.9.4. Most commonly used counterpostures
- 1.10. Bandhas
 - 1.10.1. Definition
 - 1.10.2. Main bandhas
 - 1.10.3. When to use them
 - 1.10.4. Bandhas and therapeutic yoga



Attend an Asana therapy being up to date on the latest techniques used by professionals”

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 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

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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



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 trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



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

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 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 Application of Asana Techniques and Their Integration for Nursing 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 Application of Asana Techniques and Their Integration for Nursing** 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 Application of Asana Techniques and their Integration for Nursing**

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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