

Postgraduate Diploma  
Different Therapeutic Yoga  
Techniques for Nursing





## Postgraduate Diploma Different Therapeutic Yoga Techniques for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-different-therapeutic-yoga-techniques-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-different-therapeutic-yoga-techniques-nursing)

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# 01

# Introduction

In every moment of life, physical activity is essential, since it allows us to maintain the well-being of individuals and, therefore, Therapeutic Yoga has positioned itself as an alternative, not only of activation, but also of rehabilitation for different injuries or pathologies. For this reason, professionals in this field must keep up to date in the field of meditation, respiratory and relaxation techniques, knowing the benefits they offer to stages such as menstruation and pregnancy. Therefore, studying this program will be an effective investment that will allow the nurse to be qualified in this area in a 100% online way, a benefit that will allow them to organize their study schedules at their convenience and without interfering with the rest of their daily activities.







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*Thanks to this Postgraduate Diploma you will know which respiratory and meditation techniques to use in the treatment of each patient. Enroll now"*

Currently there are a lot of physical illnesses that generate chronic pain that must be treated in a specialized way with strong painkillers that can cause other collateral damage. For this reason, Therapeutic Yoga has positioned itself as a dynamic and beneficial alternative treatment for this type of pathologies. In addition, its Pranayama and meditation techniques prove to be effective methods for rehabilitation processes.

With this scenario in mind, specialists in the sector must keep up to date with the most recent and innovative treatment strategies in this field. So studying this TECH Postgraduate Diploma is the best opportunity to keep your knowledge up to date and strengthen competencies that are of great importance within a multidisciplinary area such as Therapeutic Yoga.

This will be achieved through a comprehensive syllabus, which will allow the student to review the proper way to plan a session according to the capabilities of each person and the problem they want to treat. In addition, you will be able to analyze the most effective protocols to improve the physical condition of users with muscular or lumbar pain and delve into the neurophysiological bases of meditation and relaxation techniques.

To make the learning process enriching, the professional will have the possibility of relying on *Relearning*, a 100% online methodology designed by TECH to expand their practical skills in the fastest and most flexible way. On the other hand, the student will have expert teachers in this field, who have a distinguished experience in the field of Therapeutic Yoga. Likewise, graduates will have videos, infographics and other multimedia materials that will facilitate their understanding of the most complex concepts of this area.

This **Postgraduate Diploma in Different Therapeutic Yoga Techniques for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Different Therapeutic Yoga Techniques for Nursing
- ♦ 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



*Don't wait any longer to update all your skills in the management of Therapeutic Yoga in old age patients"*

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*Yoga has proven to be a very effective alternative to treat body aches and pains, and within the health field, its implementation is even greater. Start this program now and master this activity in a short period of time"*

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized 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.

*The academic itinerary will allow you to strengthen the most advanced relaxation techniques such as Pranayama breathing and Kokyuhoo meditation.*

*You will guide sessions of Therapeutic Yoga for people with Down Syndrome in order to stimulate their physical activation.*



# 02 Objectives

The main objective of this program is to provide the professional with advanced qualification on the techniques that are currently used in the field of Therapeutic Yoga. This will be done through innovative content that will allow them to broaden their understanding of the subject and guide rehabilitation plans that fit the needs of patients. In addition, each participant will acquire practical skills on these subjects through didactic resources such as *Relearning* and simulation of real cases.







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*A Postgraduate Diploma made up of the most innovative contents that will bring you closer to the latest developments in Therapeutic Yoga in a 100% online way"*



## 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 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



*With the help of TECH, position yourself as an expert with a high mastery of the most advanced techniques of Therapeutic Yoga"*





## Specific Objectives

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### Module 1. Yoga in the Different Evolutionary Moments

- ♦ Delve into the different needs of the body and yoga practice at different times of life, such as childhood, adulthood and old age
- ♦ Explore how yoga practice can help women during their 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 women's needs at these times
- ♦ Identify the suitability of yoga practice for people with special physical and/or sensory needs, and how to adapt the practice to meet their needs
- ♦ Learn how to create yoga sequences specific to the human life cycle and individual need
- ♦ Identify and apply best practices to ensure safety and well-being during yoga practice in the human life cycle and special situations

### Module 2. Respiratory Techniques

- ♦ Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- ♦ Delve into the different types of breathing and how they affect the respiratory system and the body as a whole
- ♦ Identify the different components of breathing, such as inhalation, exhalation, and retentions, and how each affects the body's physiology
- ♦ Delve into the concepts of the energy channels, or nadis, and how they relate to the physiology of breathing and the practice of pranayama
- ♦ Describe the different types of pranayama and how they affect the physiology of the body and mind
- ♦ Identify the basic concepts of mudras and how they relate to the physiology of breathing and the practice of pranayama
- ♦ Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and well-being

### Module 3. Meditation and Relaxation Techniques

- ♦ Describe the neurophysiological bases of meditation and relaxation techniques in yoga practice
- ♦ Delve into the definition of mantra, its application and benefits in the practice of meditation
- ♦ 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 yoga practice
- ♦ 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

The teaching staff of this program is made up of a group of professionals with extensive experience in the field of Therapeutic Yoga. In this way, the professional will receive comprehensive education on the most modern techniques used in this discipline and that serve as treatment for people with chronic pain. In addition, this teaching staff has a broad vision of the current demands of this sector, so you will get a high quality pedagogical guide.







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*Learn from the best working professionals  
in the field and receive innovative learning  
about the latest meditation techniques”*

## 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.

Thus, 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 a 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

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- 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

### Mr. Ferrer, Ricardo

- ◆ Director of the European Yoga Institute
- ◆ Director of the Centro de Luz School
- ◆ Director of the National School of Evolutionary Reiki
- ◆ Hot Yoga Instructor at Centro de Luz
- ◆ Trainer of Power Yoga Instructors
- ◆ Trainer of Yoga Instructors
- ◆ Ashtanga Yoga and Progressive Yoga Trainer
- ◆ Tai Chi and Chi Kung Instructor
- ◆ Body Intelligence Yoga Instructor
- ◆ Sup Yoga Instructor

### Ms. Salvador Crespo, Inmaculada

- ◆ Coordinator of the European Yoga Institute
- ◆ Yoga and Meditation Teacher at IEY
- ◆ Specialist in Integral Yoga and Meditation
- ◆ Specialist in Vinyasa Yoga and Power Yoga
- ◆ Specialist in Therapeutic Yoga

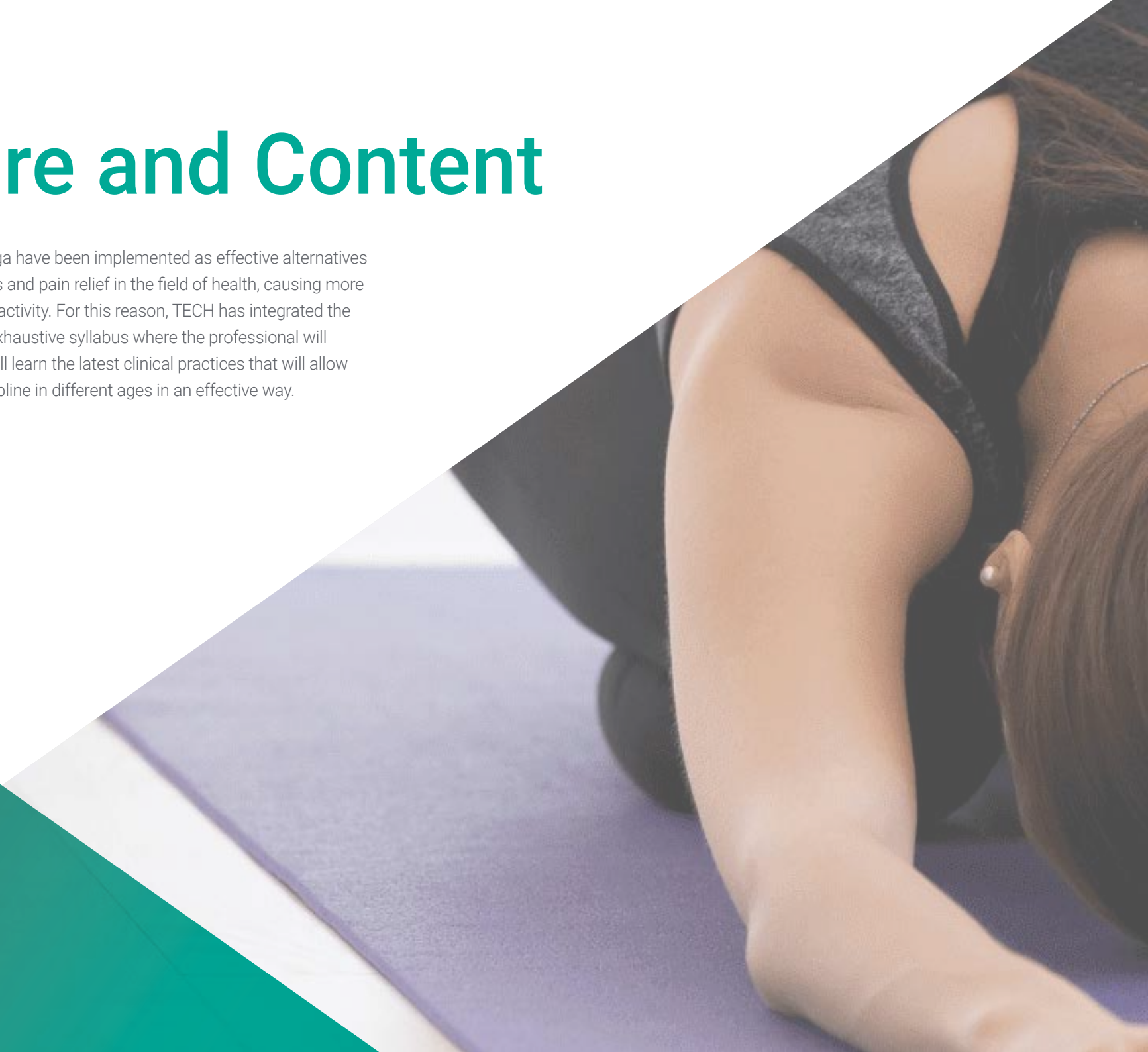
### Ms. García, Mar

- ◆ 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 most modern techniques of Yoga have been implemented as effective alternatives in the field of rehabilitation of injuries and pain relief in the field of health, causing more and more patients interested in this activity. For this reason, TECH has integrated the main innovations in this field in an exhaustive syllabus where the professional will acquire advanced knowledge and will learn the latest clinical practices that will allow them to assist sessions of this discipline in different ages in an effective way.



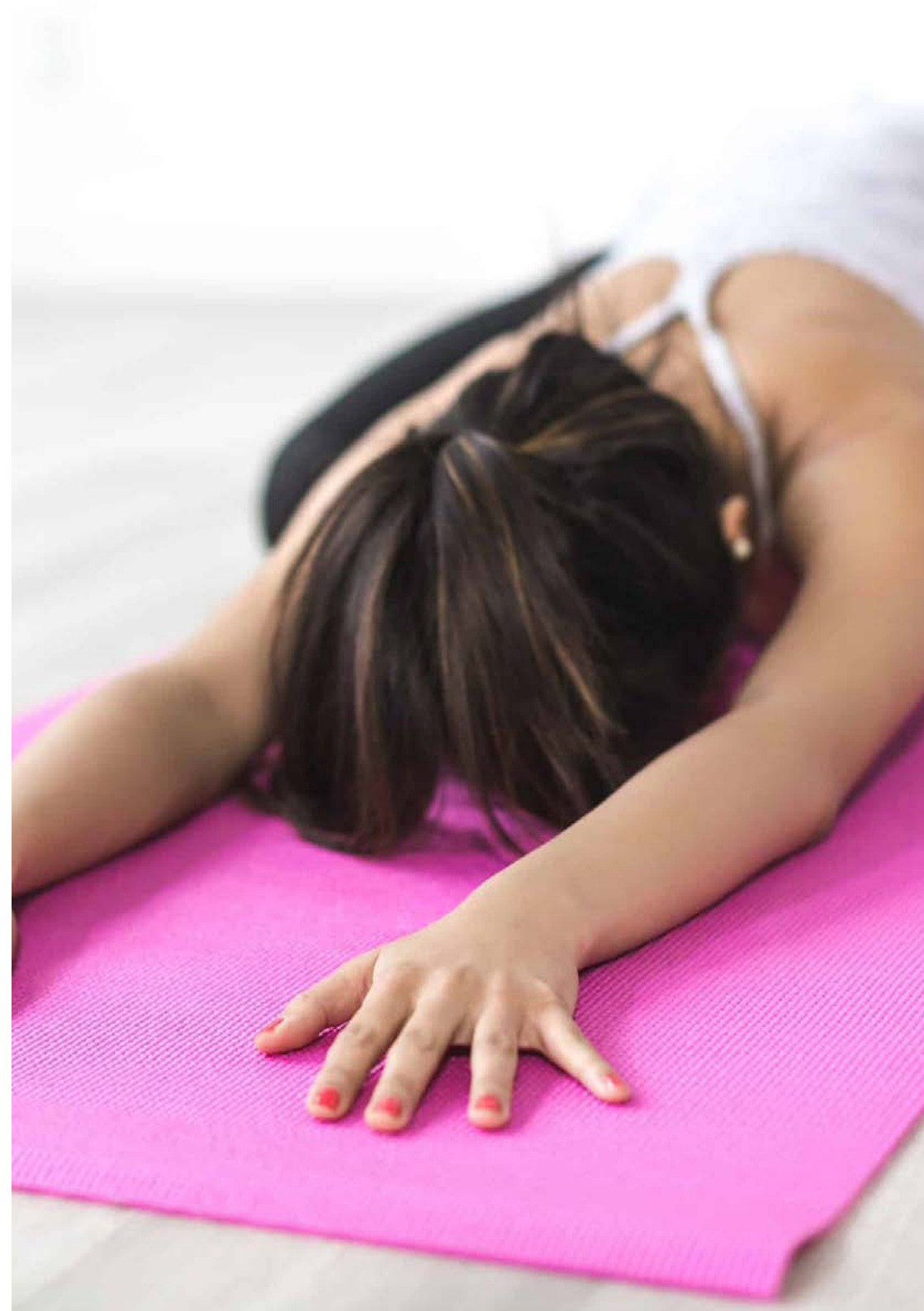
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*It structures a specialized understanding on the implementation of Yoga during pregnancy and helps to maintain the mother's physical activity at this stage"*



## Module 1. Yoga in the Different Evolutionary Moments

- 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 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 of the practice
  - 1.4.4. Recommended asanas
- 1.5. Pregnancy
  - 1.5.1. Why practice it
  - 1.5.2. First quarter asanas
  - 1.5.3. Second quarter asanas
  - 1.5.4. Third quarter asanaa
- 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 to design a class
- 1.9. Sensory Disability
  - 1.9.1. Hearing
  - 1.9.2. Visual
  - 1.9.3. Sensory
  - 1.9.4. How to design a sequence
- 1.10. General considerations of the most frequent 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

## Module 2. Respiratory Techniques

- 2.1. Pranayama
- 2.2. Types of breathing
- 2.3. Purification of the pranic energy conduits or nadis
- 2.4. Inhalation: *Puraka*
- 2.5. Exhalation: *Rechaka*
- 2.6. Retentions: *Kumbakha*
- 2.7. Purifying Pranayamas:
- 2.8. Stimulating and Refreshing Pranayamas
- 2.9. Regenerative Pranayamas
- 2.10. Mudras

## Module 3. Meditation and Relaxation Techniques

- 3.1. Mantras
- 3.2. Internal aspects of Yoga
- 3.3. Meditation
- 3.4. Brain Waves
- 3.5. Types of meditation
- 3.6. Meditation techniques 1
- 3.7. Meditation techniques 2
- 3.8. *Mindfulness*
- 3.9. Relaxation/ Savasana
- 3.10. Yoga Nidra



*The Relearning methodology will make your educational experience unique and didactic, allowing you to study from the comfort of your home, avoiding fixed study schedules"*

# 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.



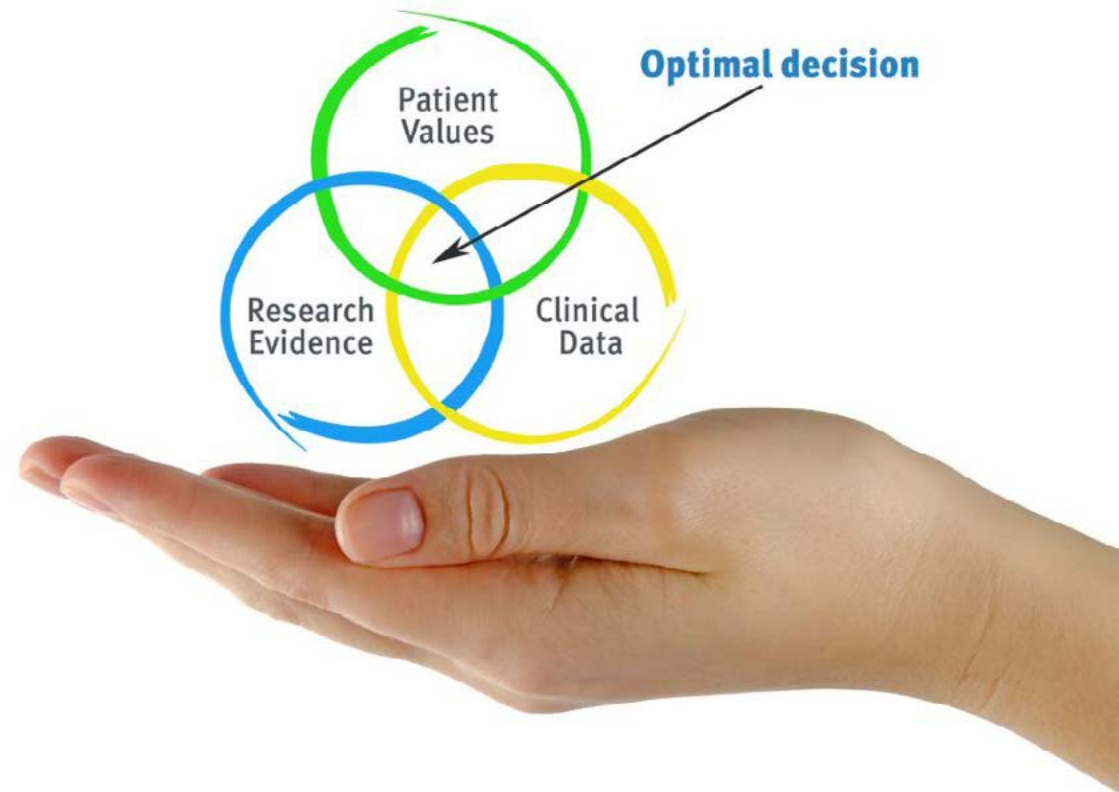
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Diploma in Different Therapeutic Yoga Techniques for Nursing 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”*

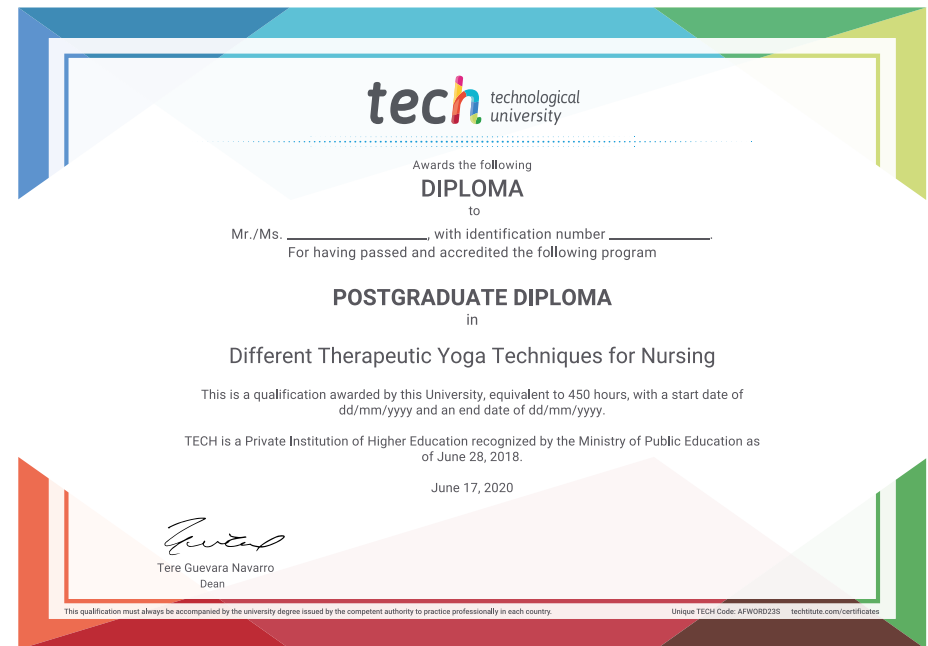
This **Postgraduate Diploma in Asanas, Alignments and Variants for use in Therapeutic Yoga for Nursing** contains the most complete and up-to-date program on the market.

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 Asanas, Alignments and Variations for Use in Therapeutic Yoga for Nursing**

Official N° of Hours: **450 h.**





future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



**Postgraduate Diploma**  
Different Therapeutic Yoga  
Techniques for Nursing

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

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