

# Postgraduate Certificate

## Biomechanics of Standing Asanas





## Postgraduate Certificate

### Biomechanics of Standing Asanas

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

Website: [www.techtitute.com/in/physiotherapy/postgraduate-certificate/biomechanics-standing-asanas](http://www.techtitute.com/in/physiotherapy/postgraduate-certificate/biomechanics-standing-asanas)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Yoga has evolved over time to become a comprehensive discipline suitable for patients suffering from muscular ailments, stress or anxiety. The adaptability of its sessions to individual needs, physical abilities and pathologies has led many physiotherapists to incorporate this physical activity in their treatments. For this reason, TECH has created this program that allows the specialist to delve into the benefits, contraindications and scientific basis of the Standing Asanas. This format offers high-quality teaching resources and flexibility in accessing the content, allowing students to combine their daily responsibilities with their academic modernization.





“

*A plan that will teach you all about the Sun Salutation, all its variations and benefits for your body's well-being”*

In many cases, musculoskeletal and cardiovascular diseases and respiratory problems are the result of bad habits that directly affect the human body through improper working postures or the natural aging process itself. Considering these pathological tendencies, Yoga has become an important reinforcement to improve musculature, flexibility and reduce anxiety.

Due to its multiple therapeutic benefits, many physiotherapy professionals seek to delve into this discipline and its specialties, such as Biomechanics of Standing Asanas. For this reason, the Postgraduate Certificate has been created to provide professionals with advanced content on this doctrine. The program addresses topics such as the Sun Salutation, Balance Asanas and the biomechanical fundamentals of the main spinal flexion Asanas.

In addition, the student will have access to a *Masterclass* taught by a leading international figure in the field of Yoga and with extensive experience in the field. In this way, the physiotherapist will delve into the most relevant and current Biomechanics of Standing Asanas.

This course is an opportunity to acquire new techniques through an adaptable and comfortable academic instruction which does not require fixed schedules. With TECH, you will have more freedom to manage your study time and balance your obligations, including downloading the full syllabus available in the university's comprehensive virtual library.

This **Postgraduate Certificate in Biomechanics of Standing Asanas** 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



*An academic program that contains the most demanding material about the advantages of standing postures”*



“*You have a unique academic opportunity before you, adaptable and with total availability of the didactic material at any time of the day, from any device connected to the network”*

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.

*The multimedia capsules provide high-quality images on the Biomechanics of the hip through the practice of Asanas in Therapeutic Yoga.*

*A Postgraduate Certificate that will allow you to get up to date in Biomechanics of Standing Asanas in a short period of 6 weeks.*



# 02 Objectives

The main purpose of this program is to offer the most complete and up-to-date information on the Biomechanics of Standing Asanas, using the best didactic material available in the current academic field. In this way, the physiotherapist who decides to take the course will be able to integrate this technique in the therapeutic procedures in order to improve flexibility, strengthen the muscles of the lower limbs and increase balance. In addition, thanks to the availability and proximity of the teaching staff, any doubts that may arise regarding the content of the program can be resolved.





“

*A syllabus that gives you the opportunity to easily delve into the Biomechanics and the development of the Standing Asanas”*



## 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



*A 100% online academic program taught by the most outstanding professionals in the discipline of yoga"*





## Specific Objectives

---

- ◆ Delve into the biomechanical fundamentals of Tadasana and its importance as a base posture for other standing asanas
- ◆ Identify the different variations of sun salutations and their modifications, and how they affect the biomechanics of standing asanas
- ◆ Point out the main standing asanas, their variations and how to correctly apply biomechanics to maximize their benefits
- ◆ Update knowledge on the biomechanical fundamentals of the main spinal flexion and lateral bending asanas, and how to perform them safely and effectively
- ◆ Point out the main balancing asanas and how to use biomechanics to maintain stability and balance during these postures
- ◆ Identify the main prone position extensions and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the main twists and hip poses, and how to use biomechanics to perform them safely and effectively

03

# Course Management

To ensure excellence in the education of its students, TECH has made a rigorous selection of the staff that teaches this Postgraduate Certificate. This guarantees that the topics, the syllabus and the knowledge acquired throughout the program will be of high quality and useful in the student's field of work. In addition, it has the presence of an international expert in the area of Therapeutic Yoga, who will bring all their skills in the Biomechanics of Standing Asanas through an exclusive Masterclass.







“

*This program is centered on Standing Asanas and focuses on benefits such as improved blood circulation, stress and anxiety reduction”*



## 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 mainly **therapeutic yoga**, with more than 6,000 documented hours of teaching and continuing education.

As such, she has been tutoring, developing protocols and training criteria and providing continuing education to the instructors of the Integral Yoga Institute. She balances 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 evaluating the 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 war veterans with a range of physical and mental health issues.

For each of them she performs careful and personalized 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, highlighting the E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by the American Health Training and Certified Exercise Instructor by the Somatic Movement Center.



## Ms. Galliano, Dianne

---

- Yoga Therapy 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
- B.A. in Elementary Education from the State University of New York
- Master's Degree in Yoga Therapy from the University of Maryland

“

*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 at the European Institute of Yoga (IEY), Seville
- ◆ Aerial Yoga Instructor, 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
- ◆ Advanced Technician in Fitness and Personal Training at FEDA
- ◆ 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

In order to provide the physiotherapist with an up-to-date methodology on Biomechanics of Standing Asanas, its advantages and disadvantages, TECH has designed a program that delves into this discipline. In this sense, the student will have access to the latest trends in the posture of Tadasana, Sun Salutation and various Standing and Flexion Asanas. In addition, the virtual library has numerous additional materials, explanatory videos and analysis of real cases so that the student can delve into the topics that most interest them.







“

*You will have the latest developments  
on the application of Standing Asanas  
in the field of physiotherapy”*

## Module 1. Analysis of the Main Standing Asanas

- 1.1. Tadasana
- 1.2. Sun Salutation
- 1.3. Standing Asanas
- 1.4. Spinal Flexion Standing Asanas
- 1.5. Lateral Flexion Asanas
- 1.6. Balance Asanas
- 1.7. Prone Position Extensions
- 1.8. Extensions
- 1.9. Twists
- 1.10. Hips





“

*With TECH's Relearning method  
you will be able to reduce the time  
required to study and memorize”*

# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







“

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



## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists 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 of professional physiotherapy practice.

“

*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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist 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.



*The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. 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.

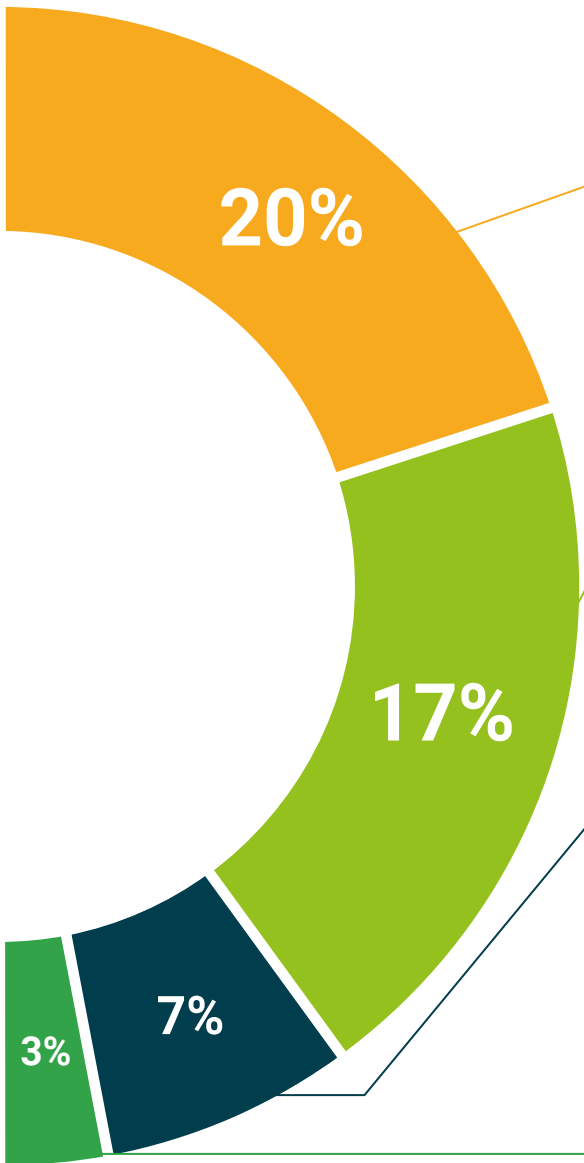
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

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



# 06 Certificate

The Postgraduate Certificate in Biomechanics of Standing Asanas guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

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



This **Postgraduate Certificate in Biomechanics of Standing Asanas** 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 certificate 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 Biomechanics of Standing Asanas**

Official N° of Hours: **150 h.**



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

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



## Postgraduate Certificate

### Biomechanics of Standing Asanas

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

# Postgraduate Certificate

## Biomechanics of Standing Asanas

