

Postgraduate Certificate

Neurological Principles of Meditation and Relaxation Techniques





Postgraduate Certificate Neurological Principles of Meditation and Relaxation Techniques

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

Website: www.techtute.com/us/physiotherapy/postgraduate-certificate/neurological-principles-meditation-relaxation-techniques

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01

Introduction

Neuroimaging studies have revealed that meditation can have positive effects on the brain, increasing gray matter density in areas associated with attention and emotional control, while reducing activity in areas related to anxiety and stress. This understanding has led physical therapists to incorporate meditative practices into their clinical work, improving patient therapeutic outcomes. It is essential for physical therapists to keep up to date with scientific advances in neuroscience and meditation, as this allows them to effectively incorporate these practices into their treatments. For this reason, TECH has developed an online Postgraduate Certificate that provides students with the most up-to-date information on Relaxation and Meditation Techniques, supported by neurological bases.



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

The extensive scientific literature demonstrates the significant influence that Yoga has on the physical and mental health of patients from diverse populations, including pregnant women, patients with chronic pain, anxiety, diabetes, and even cancer. These benefits have led more and more physiotherapy professionals to recommend this physical activity in their therapeutic treatments.

These benefits are based on the different asanas, variations and breathing techniques used in the different Yoga sessions. From there arises this Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques of 150 hours, fully online and directed by real experts in this field.

The program offers the graduate an up to date academic journey on Mantras, the internal aspects of Yoga, meditation, brain waves during meditation, Yoga Nidra and Mindfulness. The syllabus is distinguished by the quality of the didactic materials and by including a Masterclass given by one of the most prestigious instructors in this field at an international level.

These resources are complemented by the effective Relearning method used by this university in all its programs. With this system, the graduate will focus on the most important concepts, which will reduce the long hours of study and memorization.

This up to date process is compatible with professional and personal responsibilities, as this degree provides the flexibility that physiotherapists need. Therefore, to access the content, only an electronic device with an Internet connection is required.

This **Postgraduate Certificate in Neurological Principles of Meditation and Relaxation Techniques** contains the most complete and up-to-date scientific program on the market. The most important features of the 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



Identify the importance of yoga in the improvement of human neurophysiology"

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Through a 100% online Postgraduate Certificate you will learn to decipher how the body responds to the appropriate Therapeutic Yoga techniques for each case”

You will delve into the different techniques of Meditation and Relaxation thanks to the multimedia didactic material hosted in the largest virtual library in the world.

You will integrate the advances in Therapeutic Yoga into your daily life by applying them to patients with anxiety.

The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.



02 Objectives

The purpose of this degree is to provide students with a complete knowledge, throughout 150 hours of study, of the different Relaxation and Meditation Techniques practiced in Yoga. In addition, the syllabus has been designed to allow an effective updating on the neurological principles, using a theoretical-practical perspective and aimed at professionals who wish to implement this new procedure in their therapeutic sessions.





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Be part of an educational journey that will allow you to achieve excellence thanks to a program focused on new Physiotherapist needs”



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 design and based on scientific evidence
- ◆ Delve into the most appropriate asanas according to the characteristics of the person and the injuries that they present
- ◆ 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

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You will achieve a complete deepening in the Neurophysiological principles of the meditative and Relaxation techniques”





Specific Objectives

- ◆ Describe the Neurophysiological principles of meditation 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 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 quality of the faculty that teaches this Diploma ensures that students have access to a high quality program with the most complete information presented by the best specialists. This is a unique opportunity for professional development, thanks to a program that includes an advanced syllabus and a Masterclass given by a renowned Therapeutic Yoga teacher of international stature. All this, gathered in didactic materials that can be accessed at any time and place thanks to its great flexibility.





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A program that stands out for having expert teachers with a great international trajectory in the field of Yoga and Meditation"

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. 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 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

- 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

Mr. Ferrer, Ricardo

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



04

Structure and Content

The purpose of this Postgraduate Certificate is to provide students, in a period of only 6 weeks, with the most updated knowledge about the Neurological Principles of Meditation and Relaxation Techniques. This process will focus on the most accurate and recent data on the benefits of Mantras, the inner aspects of Yoga, Meditation and the differences with Mindfulness. All of this, in addition to innovative multimedia content that can be accessed 24 hours a day and from any Digital device with an Internet connection.





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With the Relearning method you can learn with less effort and more performance, thanks to its concept reiteration mechanics"

Module 1. Meditation and relaxation techniques

- 1.1. Mantras
- 1.2. Internal aspects of Yoga
- 1.3. Meditation
- 1.4. Brain Waves
- 1.5. Types of Meditations
- 1.6. Meditation Techniques I
- 1.7. Meditation Techniques II
- 1.8. Mindfulness
- 1.9. Relaxation/Savasana
- 1.10. Yoga Nidra





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You will be up to date in a field of continuous academic development such as spiritual and Buddhist meditation, thanks to the theoretical-practical modality that only TECH can offer you"

05 Methodology

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

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





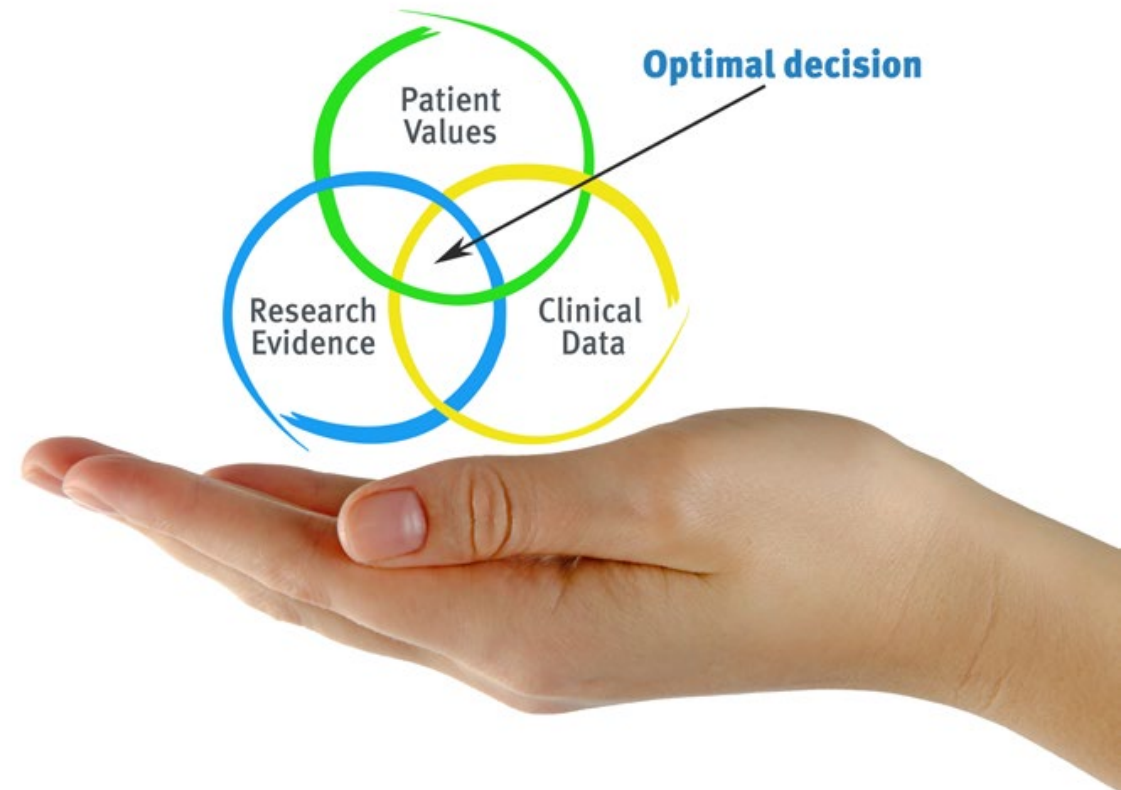
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

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

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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. 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 highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



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.



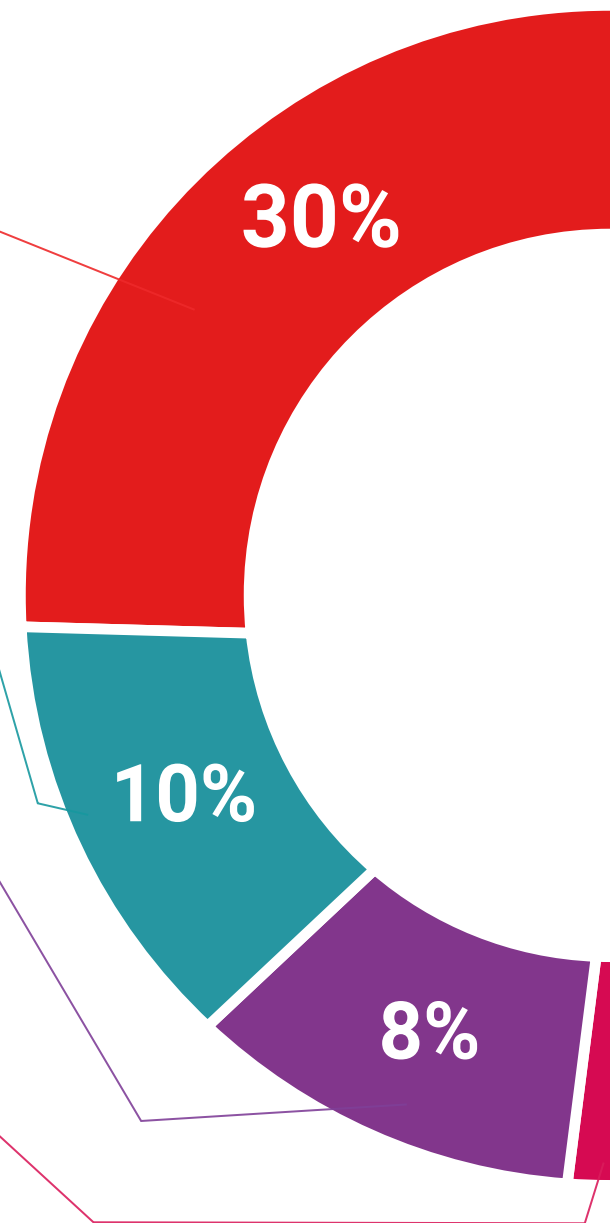
Practising Skills and Abilities

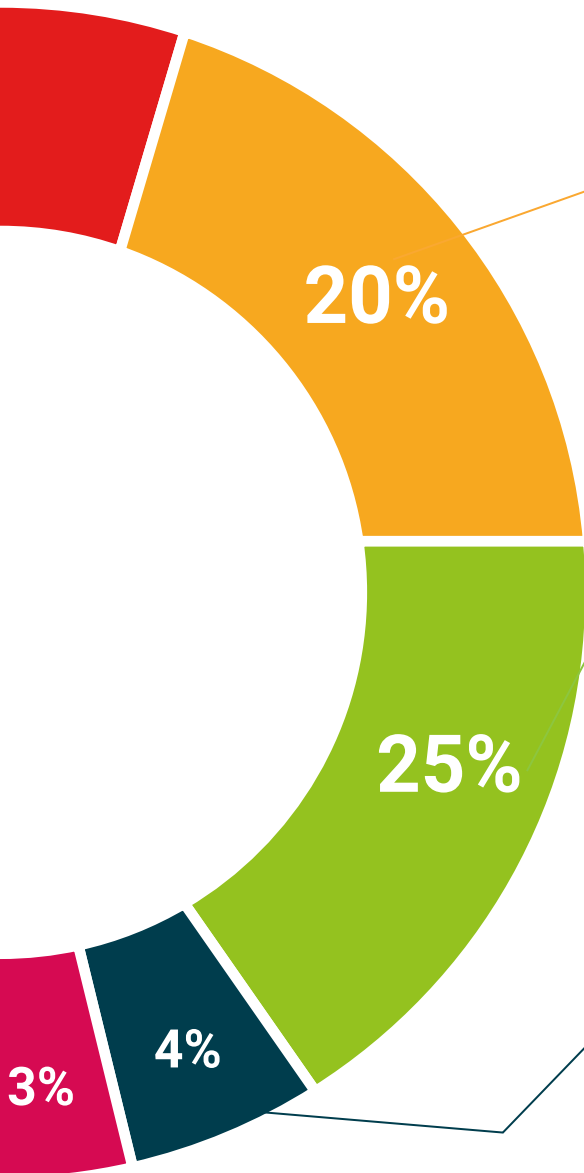
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



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".



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.



06

Certificate

The Postgraduate Certificate in Meditative and Relaxation Techniques guarantees students, in addition to the most rigorous and up-to-date scientific, 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 Neurological Principles of Meditation and Relaxation Techniques** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate 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 Neurological Principles of Meditation and Relaxation Techniques**

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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