

# Postgraduate Certificate

Yoga in the Different  
Evolutionary Moments



## Postgraduate Certificate Yoga in the Different Evolutionary Moments

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

Website: [www.techtitute.com/us/physiotherapy/postgraduate-certificate/yoga-different-evolutionary-moments](http://www.techtitute.com/us/physiotherapy/postgraduate-certificate/yoga-different-evolutionary-moments)

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# 01

# Introduction

Yoga is increasingly recommended to treat various conditions, improve the well-being of pregnant women and other ailments, as well as provide benefits such as balance, strength and flexibility. The wide acceptance of this practice in the therapeutic field has led to a growing number of physiotherapy professionals to seek deeper knowledge in this doctrine, as a complement to conventional treatments. With this purpose, TECH has designed a 100% online program, with a theoretical-practical perspective that keeps students up to date on the advances of this discipline and its use in different stages of life.



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*A qualification in Therapeutic Yoga, 100% online and with a duration of only 6 weeks that will renew your knowledge in this discipline”*

Several scientific studies have proven that the practice of Yoga provides multiple health benefits, especially in patients with musculoskeletal pathologies, anxiety disorders, stress or pregnant women. In addition, the adaptation of asanas and their variations has allowed people of all ages to practice this physical activity.

Consequently, physical therapists are increasingly interested in this discipline and are adopting it as a complementary therapy to conventional treatments. With the aim of providing an up to date and complete training in the area, TECH has created a Postgraduate Certificate in Yoga in the Different Evolutionary Moments, designed specifically for these professionals who wish to delve into the techniques and benefits of this discipline.

The curriculum has been developed by highly qualified specialists, who provide the most advanced knowledge on the practice of Yoga in different stages of life, such as childhood, menopause, menstrual cycle and in elderly or disabled people.

This Diploma offers high quality didactic materials, as well as the guidance of an internationally recognized instructor with extensive knowledge in the field of Yoga. Students will also have access to various multimedia resources, specialized readings and clinical case studies that have proven to be highly effective.

This academic proposal provides a unique opportunity with up to date knowledge, and can be done at any time and place, through a virtual platform accessible from any digital device with an Internet connection.

This **Postgraduate Certificate in Yoga in the Different Evolutionary Moments** 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



*You will broaden your knowledge of the proper Asanas during the stages of pregnancy and their health benefits”*



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*A Diploma that will give you the flexibility to adjust your schedule to complete a rigorous process of development in Therapeutic Yoga”*

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.

*A method that will allow you to be up to date on the most appropriate recommendations in the postpartum stage.*

*With the quick action guides you will have the right perspective so you can incorporate Yoga in your daily therapeutic routine.*



# 02 Objectives

The wide diversity of yoga postures available and their various adaptations make them accessible to people of all ages. Therefore, its advantages can be extended to patients in infant stages, pregnant women or people with functional and cognitive limitations. In this sense, this degree specifically addresses this discipline in the Different Evolutionary Moments, providing professionals with an effective up to date in just 6 weeks.







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*You will discover from the comfort of your homestudies that address the practice of Yoga and its effectiveness in reducing ailments in women going through the Menopausal stage”*



## 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 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 principles of the existing meditative and Relaxation techniques



*You will delve into Therapeutic Yoga thanks to the Masterclass given by the director of teachers of the Integral Yoga Institute of New York"*







## Specific Objectives

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- ◆ Delve into the different needs of the body and the practice of yoga at different times of life, such as childhood, adulthood and old age
- ◆ Explore how yoga practice can help women during the 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 appropriateness 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 each developmental stage and individual need
- ◆ Identify and apply best practices to ensure safety and well-being during yoga practice at different developmental stages and special situations

03

# Course Management

This degree will add value to the curriculum of professional physiotherapists, thanks to the teaching and support of specialists in the area of Therapeutic Yoga, including the participation of an internationally renowned expert. Therefore, it is one of the most comprehensive programs, which will ensure a high quality professional development, and will allow students to effectively delve into this discipline, for its application throughout the different stages of the human life cycle.





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*"This program will allow you to be up to date on the most outstanding advances in the approach to patients with autism through the practice of Yoga"*



## 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

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- 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

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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 Therapeutic Yoga Association
- ◆ 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
- ◆ Course in Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer
- ◆ Course in Floor Pilates Monitor
- ◆ Course in Phytotherapy and nutrition
- ◆ Course in Meditation Professor

## Professors

### 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

This academic course includes a curriculum developed by a faculty specialized in Yoga Therapy. The extensive experience of these teachers in this discipline is reflected in the curriculum, which offers the student a complete up to date of this physical practice in the different stages of human development. To facilitate access to specialized readings or interactive summaries, a Virtual Library is available 24 hours a day.







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*Reduce long hours of study and memorization thanks to the Relearning system used by TECH”*

## Module 1. Yoga in The Human Life Cycle

- 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. Examples of adapted salutations to the sun
- 1.2. Women and menstrual cycles
  - 1.2.1. Menstrual phase
  - 1.2.2. Follicular Phase
  - 1.2.3. Ovulation phase
  - 1.2.4. Luteal Phase
- 1.3. Yoga and menstrual cycles
  - 1.3.1. Follicular phase sequence
  - 1.3.2. Ovulation phase sequence
  - 1.3.3. Luteal phase sequence
  - 1.3.4. Sequence throughout menstruation
- 1.4. Menopause
  - 1.4.1. General Considerations
  - 1.4.2. Hormonal and physical changes
  - 1.4.3. Benefits of Yoga Practice
  - 1.4.4. Recommended Asanas
- 1.5. Pregnancy
  - 1.5.1. Why practice?
  - 1.5.2. Asanas: First Trimester
  - 1.5.3. Asanas for the Second Quarter
  - 1.5.4. Asanas for the Third Quarter
- 1.6. Postpartum
  - 1.6.1. Physical benefits
  - 1.6.2. Neurological Benefits
  - 1.6.3. General Recommendations
  - 1.6.4. Practice for babies





- 1.7. Old Age
  - 1.7.1. Main pathologies that we will find
  - 1.7.2. Benefits
  - 1.7.3. General Considerations
  - 1.7.4. Contraindications
- 1.8. Physical Disability
  - 1.8.1. Brain Injury
  - 1.8.2. Injury to the medulla
  - 1.8.3. Muscle Damage
  - 1.8.4. How to Design a class?
- 1.9. Sensory Disability
  - 1.9.1. Auditory
  - 1.9.2. Visual
  - 1.9.3. Sensory
  - 1.9.4. How to design a sequence
- 1.10. General considerations of the most common impediments that we will find
  - 1.10.1. Down Syndrome
  - 1.10.2. Autism
  - 1.10.3. Cerebral Palsy
  - 1.10.4. Intellectual Development Disorders (IDD)



*You'll have the flexibility you need to renew your professional skills while maintaining your work and personal responsibilities"*



# 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 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".

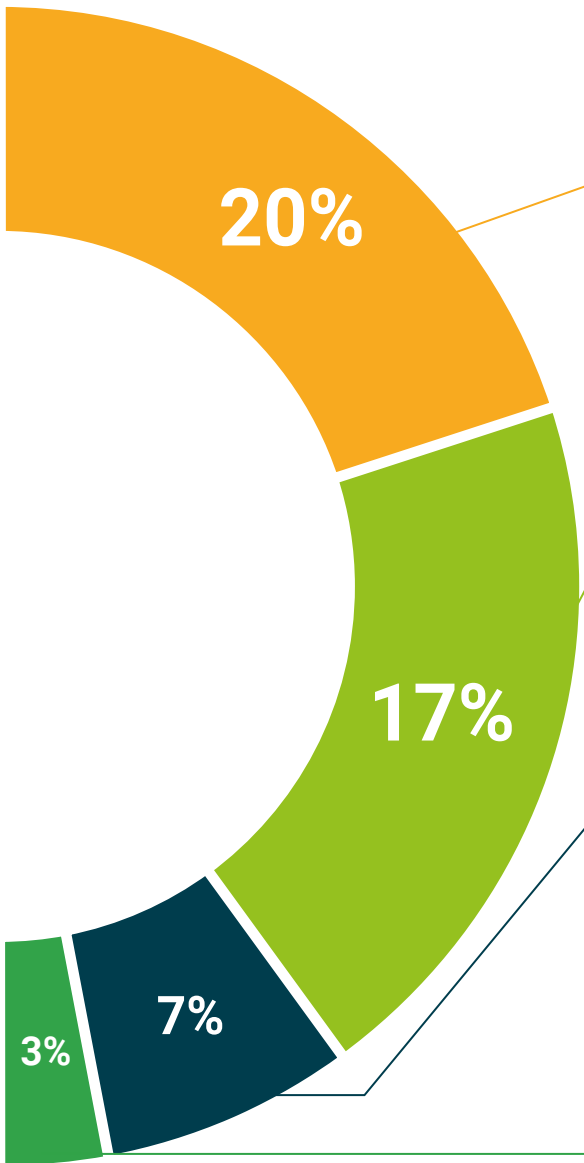


#### Additional Reading

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 Yoga in the Different Evolutionary Moments 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 Yoga in the Different Evolutionary Moments** 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 Yoga in the Different Evolutionary Moments**

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.



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



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