

Postgraduate Certificate

Yoga in the Different
Evolutionary Moments



Postgraduate Certificate Yoga in the Different Evolutionary Moments

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.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”

“

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

- ◆ 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

- ◆ 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

- 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. Bermejo Busto, Aránzazu

- ◆ Translator of the Yoga for Children with Autism and Special Needs Module with Louise Goldberg
- ◆ Online Yogaespecial Yoga Teacher Trainer
- ◆ Collaborator and Yoga trainer for the Spanish Yogaespecial Association, Modern Teachings Company, Om Shree Om School, SatNam Center, the Cercedilla Sports Center, among others
- ◆ Yoga and Meditation Teacher and Coordinator of Wellness courses
- ◆ Yoga classes in individual sessions to children with disabilities and special needs through the Respirávila Association
- ◆ Organizer and creator of yogic trips to India
- ◆ Former director of the Yamunadeva Center
- ◆ Gestalt and Systemic Therapist at the Yamunadeva Center
- ◆ Master's Degree in Conscious Breathing at the IRC
- ◆ Nada Yoga Course with the Nada Yoga Brazil School, in collaboration with Nada Yoga School of Rishikesh
- ◆ Course of the Playtherapy Method, of therapeutic accompaniment with Playmobil
- ◆ Online Yoga course with Louise Goldberg from the Yoga Center of Deerfield Beach, Florida

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

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



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TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

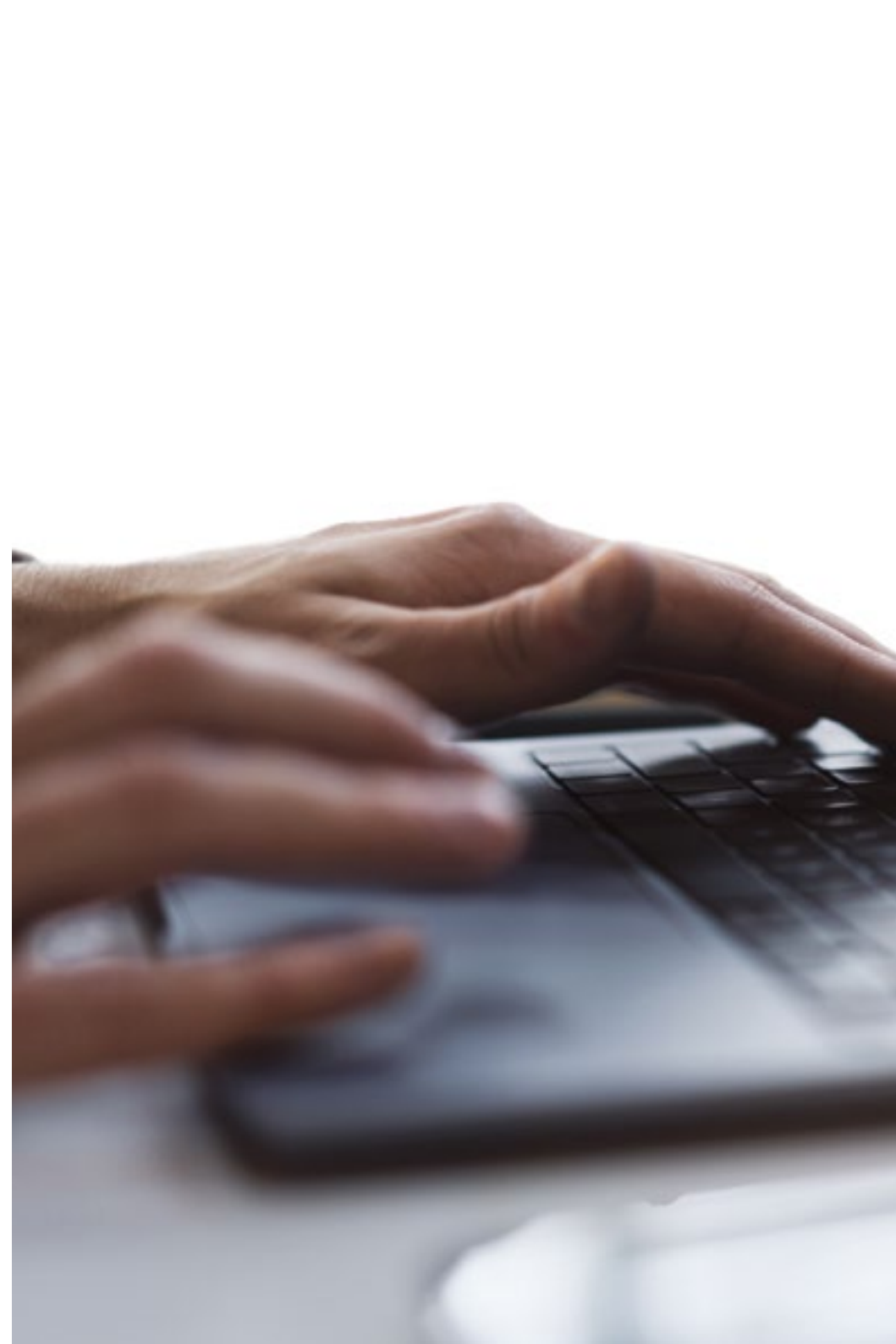
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

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*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

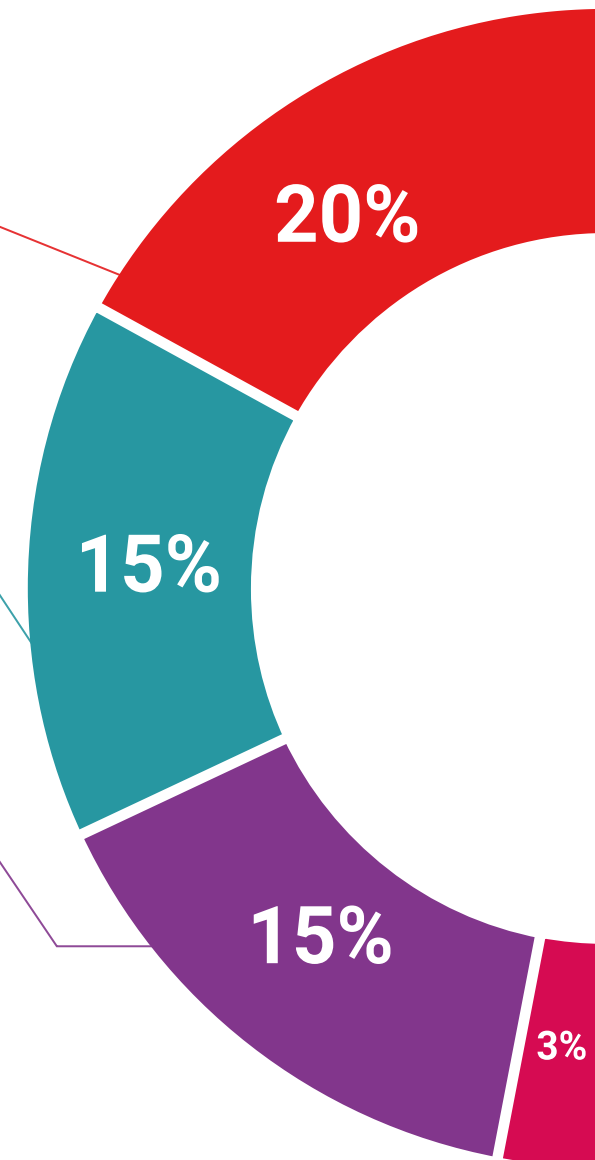
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

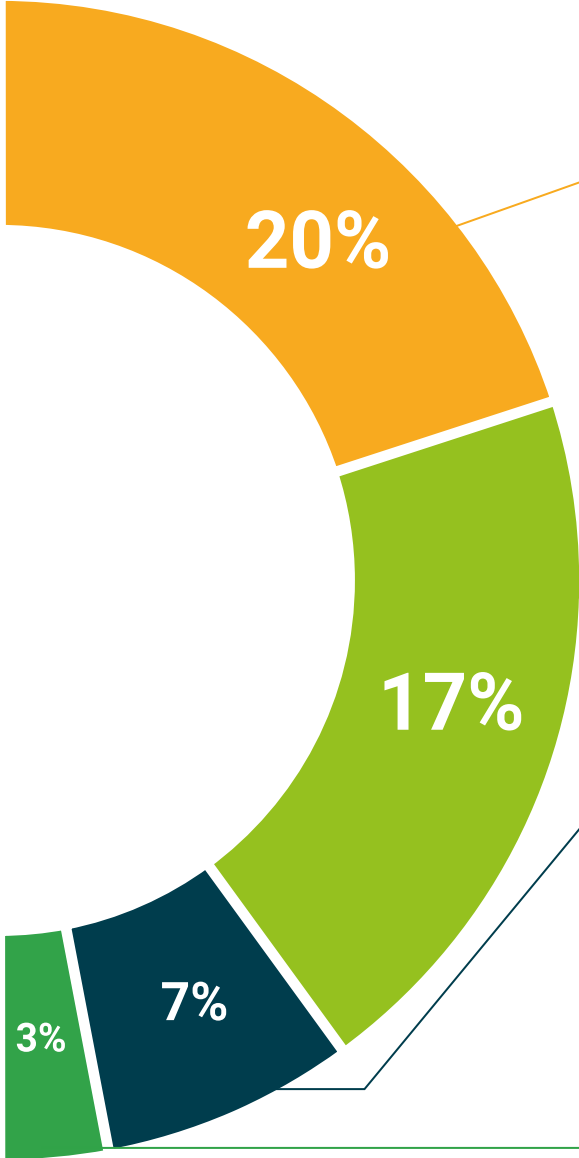
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



Testing & Retesting

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



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 for 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 Global University.



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

This private qualification will allow you to obtain a **Postgraduate Certificate in Yoga in the Different Evolutionary Moments**

endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Yoga in the Different Evolutionary Moments**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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 language
virtual classroom



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Yoga in the Different Evolutionary Moments

