

# Postgraduate Diploma

Asanas, Alignments  
and Variants for use in  
Therapeutic Yoga





## Postgraduate Diploma

### Asanas, Alignments and Variants for use in Therapeutic Yoga

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-asanas-alignments-variations-use-therapeutic-yoga](http://www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-asanas-alignments-variations-use-therapeutic-yoga)

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# 01

# Introduction

Yoga has become a very effective therapeutic option to improve people's physical health due to the different benefits it offers, which has made more and more people join the practice of this discipline. Health professionals focused on physiotherapy must have a broad knowledge of the subject that allows them to incorporate different Asana techniques, alignments and variations for the performance of postures. In response to this need, TECH offers a 100% online program with the objective of providing physiotherapists with the most rigorous and cutting-edge knowledge in this field. All this, presented through audiovisual resources, additional readings and practical exercises proposed with the Relearning methodology, focused on learning by repetition and experience.





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*Thanks to this Postgraduate Diploma  
you will specialize in the latest Asana  
techniques and alignments used in  
Therapeutic Yoga”*

The professionals responsible for applying Therapeutic Yoga must adapt the Asanas to the specific needs and limitations of each patient, mainly taking into account the pathology to be treated. Several investigations have shown that these postures can alleviate the symptoms of diseases such as anxiety, high blood pressure, multiple sclerosis and back or headaches. Therefore, physiotherapists specializing in this field must keep up to date on the variations that can be carried out in Yoga.

With this in mind, TECH has created this Postgraduate Diploma to provide physiotherapists with an up-to-date understanding of the use of Asanas as effective treatment strategies for patients with chronic pain. This program also addresses the most modern techniques to reduce muscle discomfort and promote proper mobility in patients.

The syllabus examines in detail the different Asanas and alignments that contribute to pain reduction. It also addresses counterpositions and delves into the biomechanics of the human body, as well as different supports and adaptations that can be performed. In addition, the program has the participation of a teaching staff specialized in this field, guaranteeing the professional an exclusive and high-impact training.

With the *Relearning* methodology, students will strengthen their practical skills as they learn in a dynamic way. In addition, the program includes multimedia resources designed with the latest technology, which facilitates the consolidation of the knowledge presented in this program.

As an outstanding element of this top-level academic proposal, an internationally renowned guest director joins the program's outstanding teaching staff. In this way, students will have the opportunity to enjoy several *Masterclasses* in audiovisual format given by her, in which she will share the most outstanding aspects of the specialization.

This **Postgraduate Diploma in Asanas, Alignments and Variants for use in Therapeutic Yoga** 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 Asanas, Alignments and Variants for use in Therapeutic Yoga
- ♦ 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



*A 100% online program that you can develop from the comfort of your home, without having to attend classes in person"*

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*With this Postgraduate Diploma you will be aware of the supports used in Restorative Yoga adaptations”*

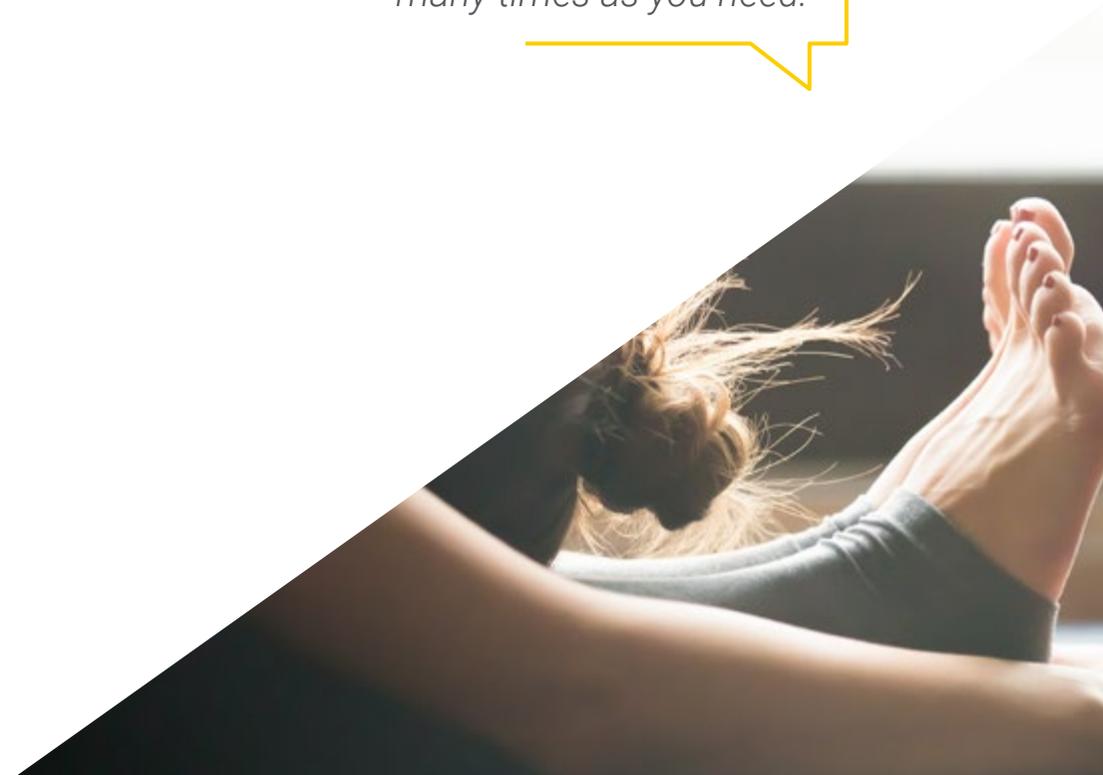
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*With the Relearning methodology, you will have to face real and simulation cases, acquiring a more immersive experience.*

*Download the content of this program to your preferred device and review it as many times as you need.*



# 02 Objectives

With this program, TECH seeks to update the knowledge of professionals regarding the correct performance of Asanas and Alignments in the field of Therapeutic Yoga. In this way, the physiotherapist will acquire an advanced understanding of postures that can alleviate ailments in the locomotor system and promote physical well-being in patients. In addition, the syllabus offers a detailed exploration of the biomechanics of various parts of the human body and how to treat the diseases associated with them through Yoga.



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*Control in a specialized way the biomechanics of the most used asanas in the field of Yoga”*



## 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



*A program that delves into all the benefits of Therapeutic Yoga as a treatment option for pain or related diseases”*





## Specific Objectives

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### Module 1. Application of Asana Techniques and their Integration

- ♦ Delve into the philosophical and physiological contribution of the different asanas
- ♦ Identify the principles of minimal action: sthira, sukham and asanam
- ♦ Delve into the concept of standing asanas
- ♦ Describe the benefits and contraindications of stretching asanas
- ♦ Point out the benefits and contraindications of asanas in rotation and lateral bending
- ♦ Describe counter postures and when to use them
- ♦ Delve into the bandhas and their application in Therapeutic Yoga

### Module 2. Analysis of the Main Standing Asanas

- ♦ 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

### Module 3. Breakdown of the Main Floor Asanas and Supported Adaptations

- ♦ Identify the main floor asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- ♦ Delve into the biomechanical fundamentals of closing asanas and how to perform them safely and effectively
- ♦ Refresh knowledge of restorative asanas and how to apply biomechanics to relax and restore the body
- ♦ Identify the main inversions and how to use biomechanics to perform them safely and effectively
- ♦ Delve into the different types of supports (blocks, belt and chair) and how to apply them to improve the biomechanics of floor asanas
- ♦ Explore the use of supports to adapt asanas to different needs and physical abilities
- ♦ Delve into the first steps in Restorative Yoga and how to apply biomechanics to relax the body and mind

03

# Course Management

In order to offer quality education and provide immediate access to the most up-to-date knowledge in the sector, TECH has carried out a rigorous selection of the teaching staff for this program. In this way, students will be able to update their knowledge on the correct performance of postures, as well as the biomechanics that are carried out during their practice. In addition, the student will broaden their understanding of the context of this discipline, focusing on the benefits it brings in the field of health.





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*Improve your skills in the field of Therapeutic Yoga through a syllabus created by true experts in the field of Therapeutic 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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- 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

### 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

The syllabus of this program has been created by TECH together with its team of specialists in the application of Yoga as a clinical treatment. Thanks to this, the student will get an update on the latest trends in the practice of this activity, as well as the most contemporary methods to integrate the Asanas in a therapeutic routine. Likewise, students will delve into the positive effects that each posture has on the body and the biomechanics that are present when performing them.





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*This program will give you the opportunity to stay at the forefront of the latest trends in Asanas and their different forms”*

## Module 1. Application of Asana Techniques and their Integration

- 1.1. Asana
  - 1.1.1. Definition of asana
  - 1.1.2. Asana in Yoga sutras
  - 1.1.3. Deeper purpose of asanas
  - 1.1.4. Asanas and alignment
- 1.2. Principle of minimum action
  - 1.2.1. Sthira Sukham Asanam
  - 1.2.2. How to apply this concept in practice?
  - 1.2.3. Theory of the gunas
  - 1.2.4. Influence of the gunas in practice
- 1.3. Standing asanas
  - 1.3.1. The importance of standing asanas
  - 1.3.2. How to practice them
  - 1.3.3. Benefits
  - 1.3.4. Contraindications and considerations
- 1.4. Sitting and supine asanas
  - 1.4.1. Importance of sitting asanas
  - 1.4.2. Sitting asanas for meditation
  - 1.4.3. Supine asanas: Definition
  - 1.4.4. Benefits of supine postures
- 1.5. Stretching asanas
  - 1.5.1. Why is stretching important?
  - 1.5.2. How to practice them safely
  - 1.5.3. Benefits
  - 1.5.4. Contraindications
- 1.6. Flexion asanas
  - 1.6.1. Importance of spinal flexion
  - 1.6.2. Implementation
  - 1.6.3. Benefits
  - 1.6.4. Most frequent errors and how to avoid them

- 1.7. Twisting asanas: Twists
  - 1.7.1. Mechanics of twisting
  - 1.7.2. How to perform them correctly
  - 1.7.3. Physiological benefits
  - 1.7.4. Contraindications
- 1.8. Asanas in lateral bending
  - 1.8.1. Importance
  - 1.8.2. Benefits
  - 1.8.3. Most common mistakes
  - 1.8.4. Contraindications
- 1.9. Importance of counterpostures
  - 1.9.1. What are they?
  - 1.9.2. When to perform them
  - 1.9.3. Benefits during practice
  - 1.9.4. Most commonly used counterpostures
- 1.10. Bandhas
  - 1.10.1. Definition
  - 1.10.2. Main bandhas
  - 1.10.3. When to use them
  - 1.10.4. Bandhas and therapeutic yoga

## Module 2. Analysis of the Main Standing Asanas

- 2.1. Tadasana
- 2.2. Sun Salutation
- 2.3. Standing Asanas
- 2.4. Spinal Flexion Standing Asanas
- 2.5. Lateral Flexion Asanas
- 2.6. Balance Asanas
- 2.7. Prone Position Extensions
- 2.8. Extensions
- 2.9. Twists
- 2.10. Hips



### Module 3. Breakdown of the Main Floor Asanas and Supported Adaptations

- 3.1. Main Floor Asanas
- 3.2. Supine Push-ups
- 3.3. Twists and Lateral Bends
- 3.4. Closing Asanas
- 3.5. Inverted
- 3.6. Blocks
- 3.7. Belt
- 3.8. Asanas in Chair
- 3.9. Yoga in Chair
- 3.10. Restorative Asanas

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*Thanks to TECH you will be able to recognize the most appropriate postures to effectively treat each patient during the session”*

# 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.





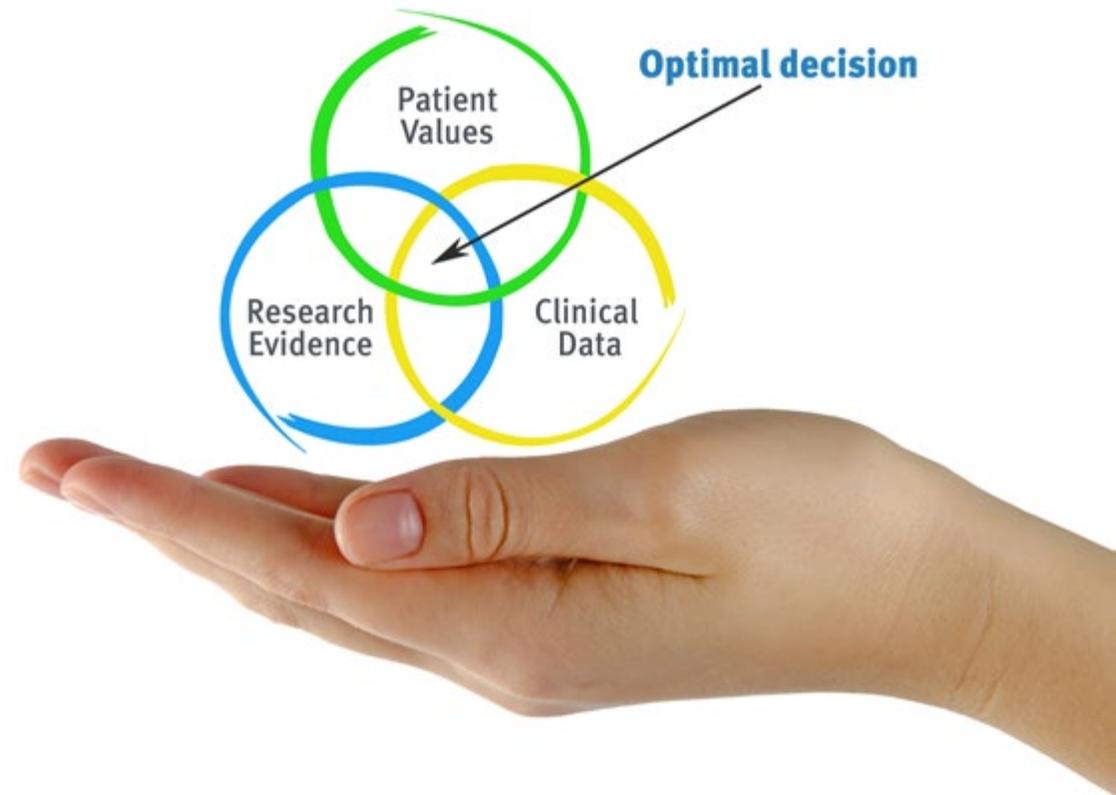
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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

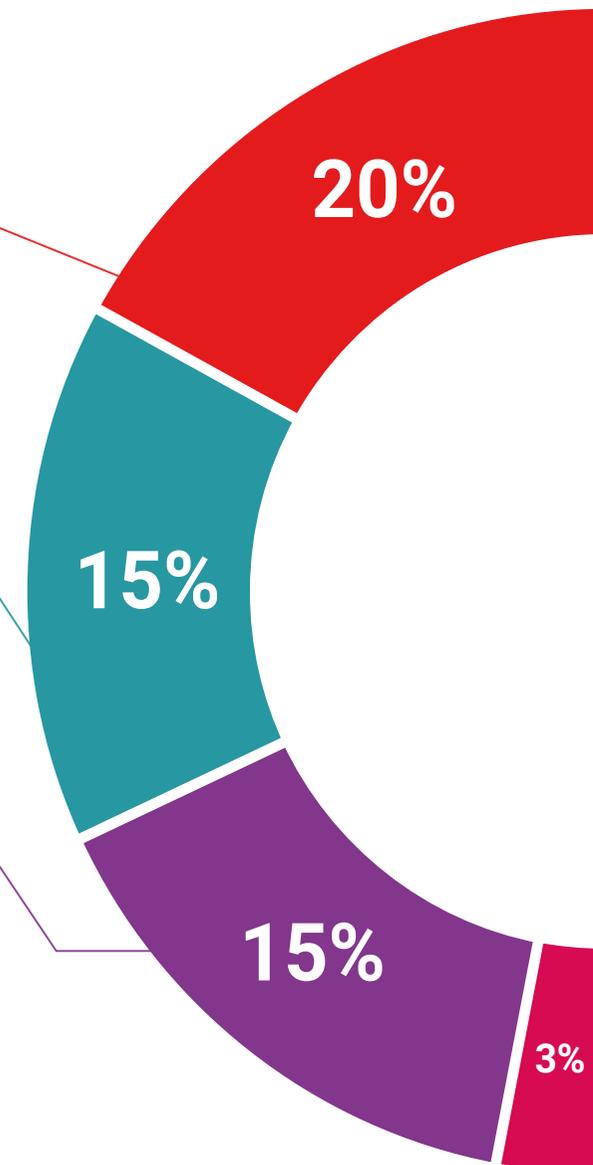
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

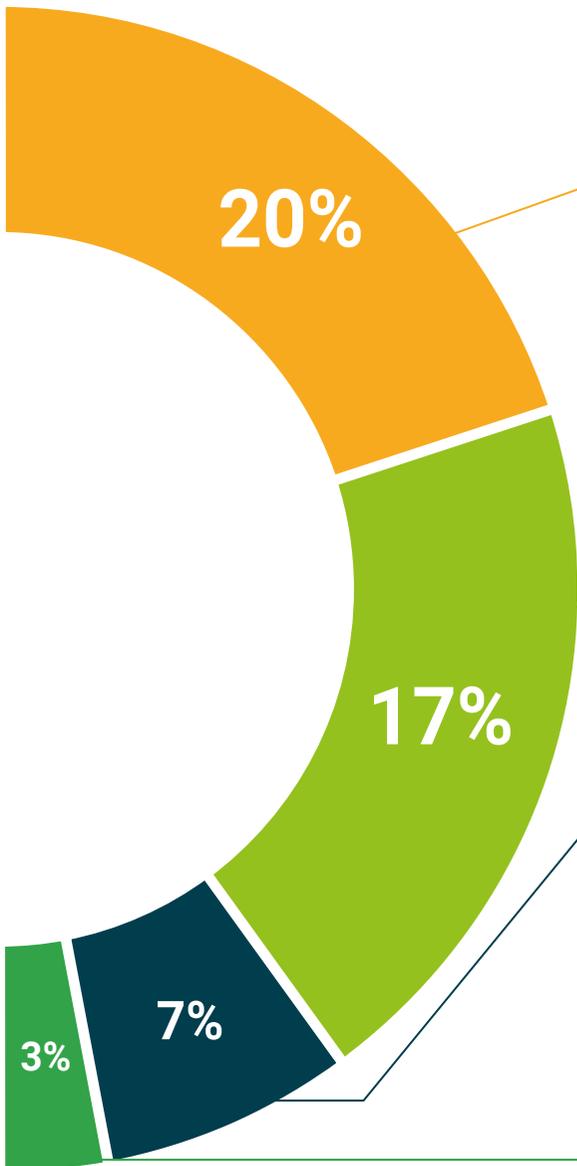
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Diploma in Asanas, Alignments and Variants for use in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 program will allow you to obtain your **Postgraduate Diploma in Asanas, Alignments and Variants for use in Therapeutic Yoga** 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** title 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 Diploma in Asanas, Alignments and Variants for use in Therapeutic Yoga**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**





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- » Modality: **online**
- » Duration: **6 months**
- » Certificate: **TECH Global University**
- » Credits: **18 ECTS**
- » Schedule: **at your own pace**
- » Exams: **online**

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