

# Postgraduate Diploma

## Different Therapeutic Yoga Techniques





## Postgraduate Diploma Different Therapeutic Yoga Techniques

- » 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-different-therapeutic-yoga-techniques](http://www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-different-therapeutic-yoga-techniques)

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# 01

# Introduction

Throughout life, the human being requires physical activity to maintain people's physical and mental well-being. Studies reveal that Therapeutic Yoga has established itself as a complement not only for activation, but also for the rehabilitation of various injuries and pathologies. For this reason, physiotherapists must remain at the forefront of meditation, respiratory and relaxation techniques, knowing the benefits they offer in situations of stress, depression and chronic pain. Therefore, this 100% online academic program is presented as an opportunity for the professional who wishes to delve into aspects of Yoga and its different intervention techniques. All this, through audiovisual resources and the *Relearning* learning methodology.





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*You will learn the benefits of Yoga in the different evolutionary moments of life”*

Nowadays, there are several physical diseases that can generate chronic pain that require specialized treatment with strong painkillers that can cause opposite effects. For this reason, Therapeutic Yoga has positioned itself as a dynamic and beneficial alternative to treat these pathologies. In addition, its Pranayama and meditation techniques are effective in rehabilitation processes.

In view of this situation, experts in this area must be up to date in the most innovative treatment strategies. Therefore, taking the TECH Postgraduate Diploma program is the best opportunity to update knowledge and strengthen competencies of great importance within the broad field of Therapeutic Yoga.

This program offers a comprehensive syllabus that will allow the physiotherapist to plan more comprehensive sessions, prioritizing the capabilities of each person and the problem they wish to treat. Likewise, the professional will be able to analyze the most effective protocols to improve the physical condition of patients with muscular or lumbar pain and delve into the neurophysiological bases of meditation and relaxation techniques.

To enrich the learning process, the professional will find the Relearning methodology, focused on the presentation of real cases and simulation for a practical exercise. In addition, the program has state-of-the-art multimedia resources, such as videos, infographics and interactive summaries, thereby facilitating the understanding of the topics.

As a distinctive part of this high-level academic offering, an internationally recognized guest director is included in the outstanding teaching staff of this program.

This provides graduates with the opportunity to participate in several Masterclasses in audiovisual format given by her, where she will share the most outstanding aspects of the specialization.

This **Postgraduate Diploma in Different Therapeutic Yoga Techniques** 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 Different Therapeutic Yoga Techniques
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*An academic program developed by experienced professionals in Therapeutic Yoga and the techniques used”*

“

*Incorporate into your work practice the most up-to-date meditation techniques of Therapeutic Yoga for the emotional well-being of the patient”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this program, in addition to 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.

*You will be able to delve into the Savasana and its benefits from any device with an Internet connection.*

*Through this program you will be able to lead Therapeutic Yoga sessions for people with Down Syndrome, in order to promote physical activity and body stimulation.*



# 02 Objectives

The main objective of this program is to provide physiotherapy professionals with an advanced and updated vision of Therapeutic Yoga techniques. This will be achieved through the presentation of academic content that will allow them to delve into aspects of this discipline, in order to design rehabilitation plans tailored to the needs of each patient. In addition, it is intended that each participant acquires practical skills in this area through didactic resources and exercises based on real cases and simulation.





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*In addition to its broad informative content, it offers the most innovative technological tools available in the academic market. Don't wait any longer and enroll now”*



## 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



*Thanks to this program you will become a professional specialized in the different techniques of Therapeutic Yoga"*





## Specific Objectives

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### Module 1. Yoga in the Different Evolutionary Moments

- ♦ Delve into the different needs of the body and yoga practice 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 suitability 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 the human life cycle and individual need
- ♦ Identify and apply best practices to ensure safety and well-being during yoga practice in the human life cycle and special situations

### Module 2. Respiratory Techniques

- ♦ Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- ♦ Delve into the different types of breathing and how they affect the respiratory system and the body as a whole
- ♦ Identify the different components of breathing, such as inhalation, exhalation, and retentions, and how each affects the body's physiology
- ♦ Delve into the concepts of the energy channels, or nadis, and how they relate to the physiology of breathing and the practice of pranayama

- ♦ Describe the different types of pranayama and how they affect the physiology of the body and mind
- ♦ Identify the basic concepts of mudras and how they relate to the physiology of breathing and the practice of pranayama
- ♦ Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and well-being

### Module 3. Meditation and Relaxation Techniques

- ♦ Describe the neurophysiological bases of meditation and relaxation techniques in yoga practice
- ♦ Delve into the definition of mantra, its application and benefits in the practice of meditation
- ♦ 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 teaching staff of this program is made up of a team of experts with extensive experience in the field of Therapeutic Yoga. In this way, students will receive a very comprehensive learning about the latest techniques used in this discipline to treat people suffering from chronic pain. In addition, this group of teachers has a broad vision of the current demands in this sector, which guarantees a high-quality pedagogical guide.





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*Get up to date in Physiology of respiratory practices through the most cutting-edge contents that TECH has for you”*

## 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

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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. García, Mar

- ♦ Director and Instructor of the Satnam Yoga Center
- ♦ Vinyasa Yoga Teacher
- ♦ Special Yoga Instructor
- ♦ Yoga Instructor for Children and Families

### Ms. Salvador Crespo, Inmaculada

- ♦ Coordinator of the European Yoga Institute
- ♦ Yoga and Meditation Teacher at IEY
- ♦ Specialist in Integral Yoga and Meditation
- ♦ Specialist in Vinyasa Yoga and *Power Yoga*
- ♦ Specialist in Therapeutic Yoga



**Mr. Ferrer, Ricardo**

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

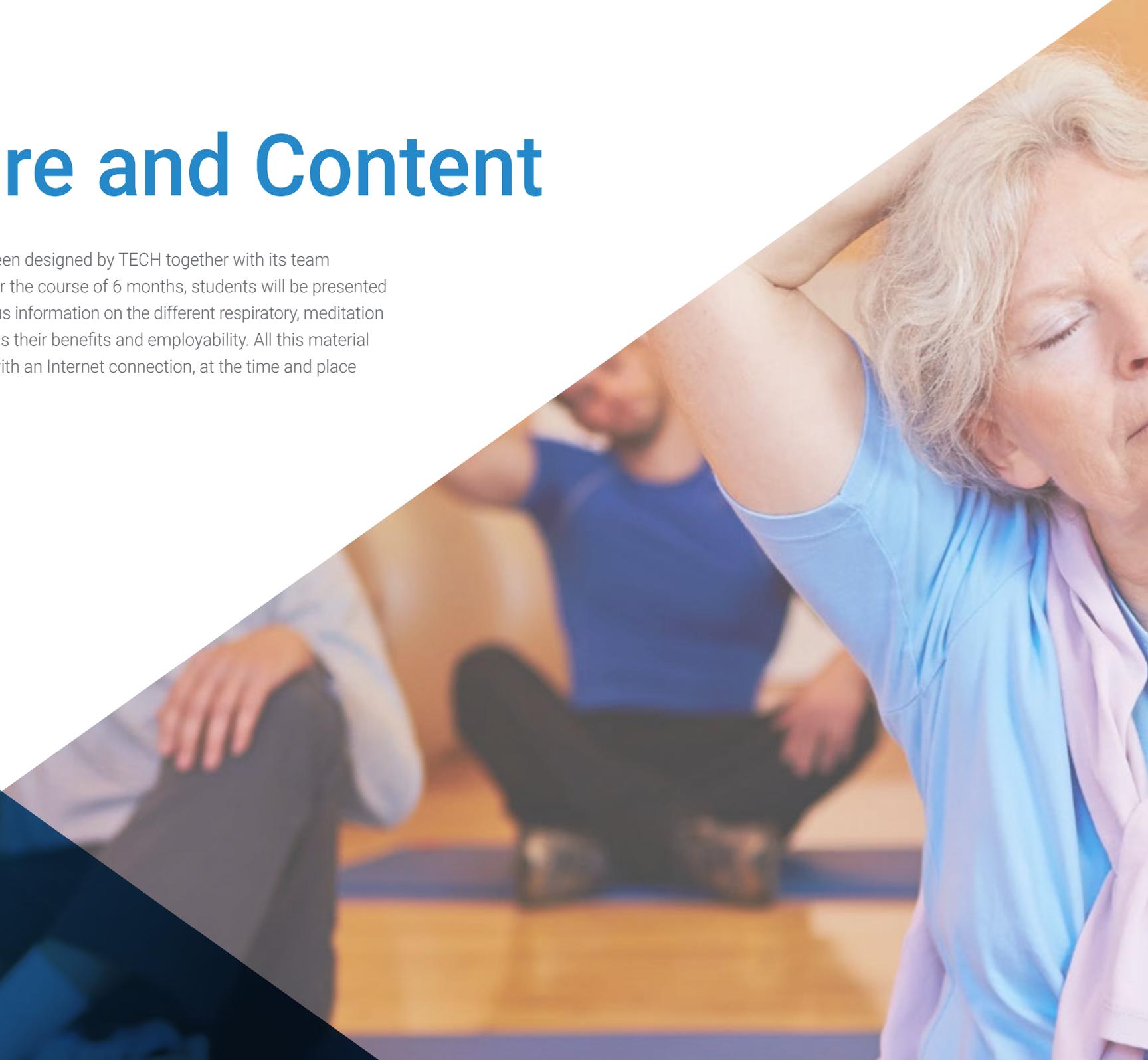


*A unique, key, and decisive educational experience to boost your professional development"*

# 04

## Structure and Content

The syllabus of this program has been designed by TECH together with its team of experts in Therapeutic Yoga. Over the course of 6 months, students will be presented with the most up-to-date and rigorous information on the different respiratory, meditation and alignment techniques, as well as their benefits and employability. All this material can be accessed from any device with an Internet connection, at the time and place of your choice.





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*This program allows you to download all multimedia material to your everyday device for review even offline”*

## Module 1. Yoga in the Different Evolutionary Moments

- 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. Example of adapted sun salutation
- 1.2. Women and Menstrual Cycle
  - 1.2.1. Menstrual phase
  - 1.2.2. Follicular phase
  - 1.2.3. Ovulatory phase
  - 1.2.4. Luteal phase
- 1.3. Yoga and Menstrual Cycle
  - 1.3.1. Follicular phase sequence
  - 1.3.2. Ovulatory phase sequence
  - 1.3.3. Luteal phase sequence
  - 1.3.4. Sequence during menstruation
- 1.4. Menopause
  - 1.4.1. General considerations
  - 1.4.2. Physical and hormonal changes
  - 1.4.3. Benefits of the practice
  - 1.4.4. Recommended asanas
- 1.5. Pregnancy
  - 1.5.1. Why practice it
  - 1.5.2. First quarter asanas
  - 1.5.3. Second quarter asanas
  - 1.5.4. Third quarter asanaa
- 1.6. Postpartum
  - 1.6.1. Physical benefits
  - 1.6.2. Mental benefits
  - 1.6.3. General recommendations
  - 1.6.4. Practice with the baby

- 1.7. Old Age
  - 1.7.1. Main pathologies that we will encounter
  - 1.7.2. Benefits
  - 1.7.3. General considerations
  - 1.7.4. Contraindications
- 1.8. Physical Disability
  - 1.8.1. Brain damage
  - 1.8.2. Spinal cord damage
  - 1.8.3. Muscle damage
  - 1.8.4. How to design a class
- 1.9. Sensory Disability
  - 1.9.1. Hearing
  - 1.9.2. Visual
  - 1.9.3. Sensory
  - 1.9.4. How to design a sequence
- 1.10. General considerations of the most frequent disabilities that we will encounter
  - 1.10.1. Down syndrome
  - 1.10.2. Autism
  - 1.10.3. Cerebral palsy
  - 1.10.4. Intellectual development disorder

## Module 2. Respiratory Techniques

- 2.1. Pranayama
- 2.2. Types of breathing
- 2.3. Purification of the pranic energy conduits or nadis
- 2.4. Inhalation: Puraka
- 2.5. Exhalation: Rechaka
- 2.6. Retentions: Kumbakha
- 2.7. Purifying Pranayamas:
- 2.8. Stimulating and Refreshing Pranayamas
- 2.9. Regenerative Pranayamas
- 2.10. Mudras



### Module 3. Meditation and Relaxation Techniques

- 3.1. Mantras
- 3.2. Internal aspects of Yoga
- 3.3. Meditation
- 3.4. Brain Waves
- 3.5. Types of meditation
- 3.6. Meditation techniques 1
- 3.7. Meditation techniques 2
- 3.8. Mindfulness
- 3.9. Relaxation/ Savasana
- 3.10. Yoga Nidra



*Enroll now and keep all your skills up to date in the application of Therapeutic Yoga in the elderly”*

# 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.





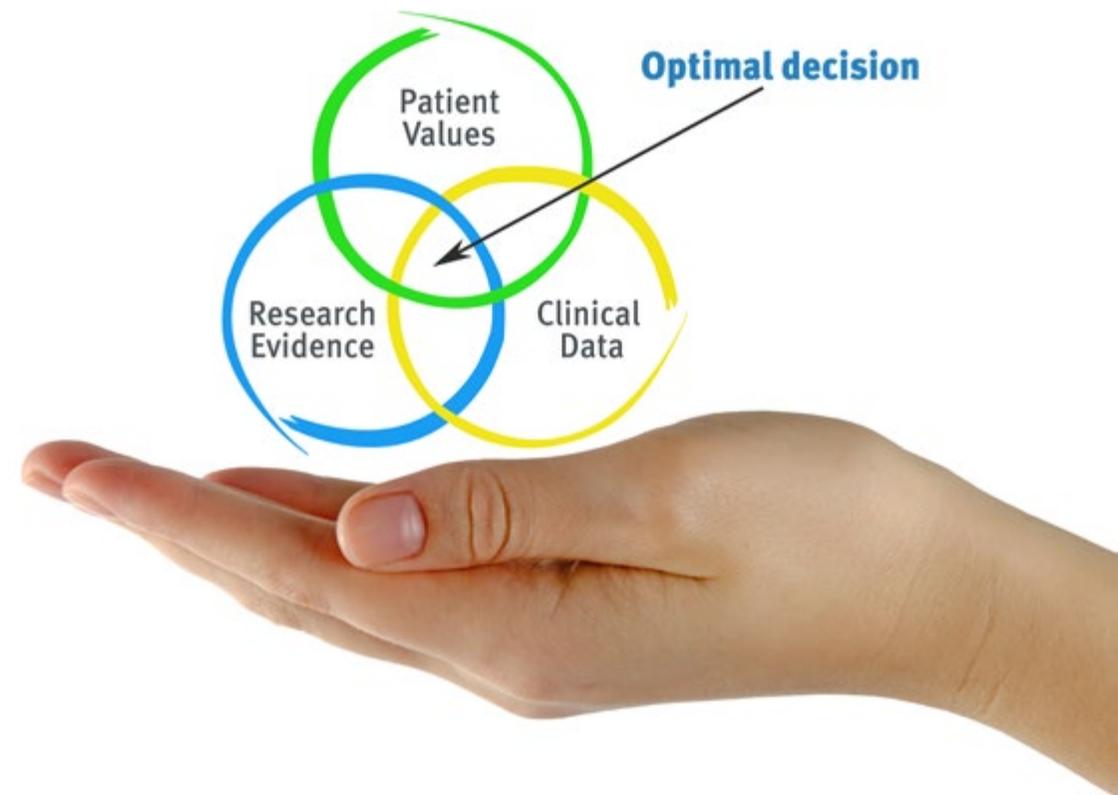
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

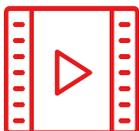
*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

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.



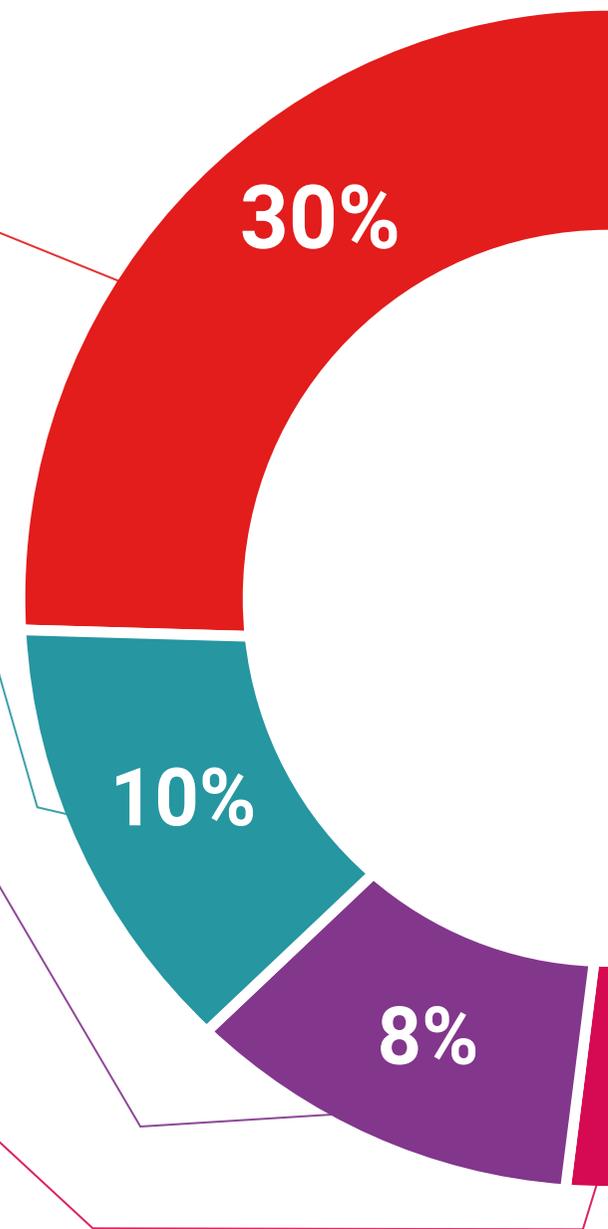
### Practising Skills and Abilities

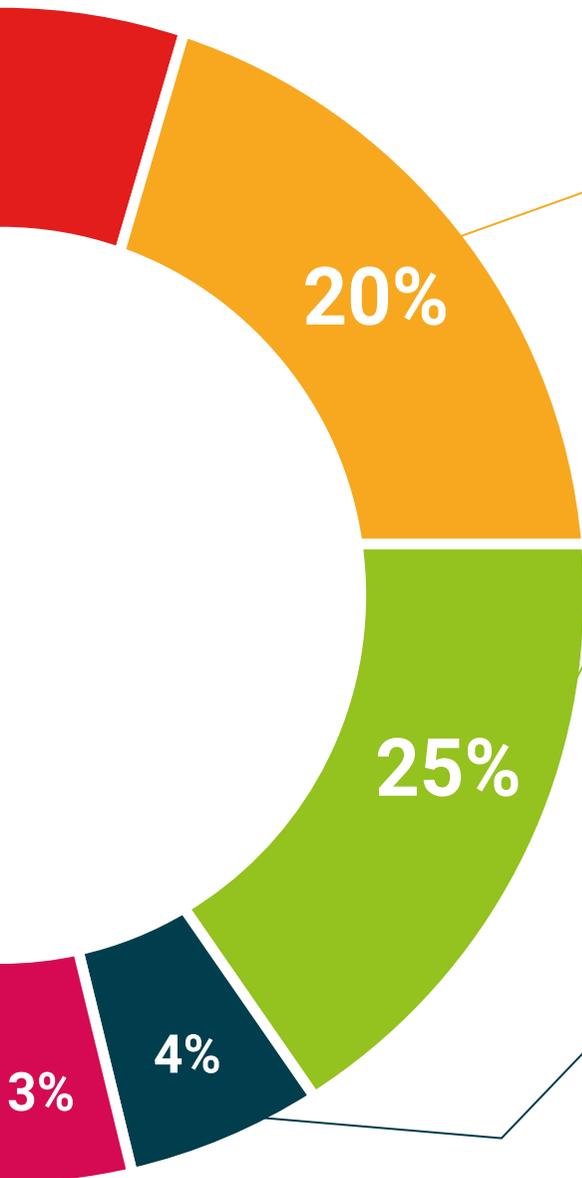
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### 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

This Postgraduate Diploma in Different Therapeutic Yoga Techniques guarantees students, in addition to the most rigorous and up-to-date scientific, 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 Different Therapeutic Yoga Techniques** 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 Different Therapeutic Yoga Techniques**

Modality: **online**

Duration: **6 months**

Accreditation: **18 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  
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community commitment  
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knowledge present  
development language  
virtual classroom

**tech** global  
university

## Postgraduate Diploma

Different Therapeutic  
Yoga Techniques

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

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## Different Therapeutic Yoga Techniques

