

# Postgraduate Diploma

Pathologies Treated  
with Therapeutic Yoga





## Postgraduate Diploma Pathologies Treated with 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-pathologies-treated-therapeutic-yoga](http://www.techtute.com/us/physiotherapy/postgraduate-diploma/postgraduate-diploma-pathologies-treated-therapeutic-yoga)

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Certificate

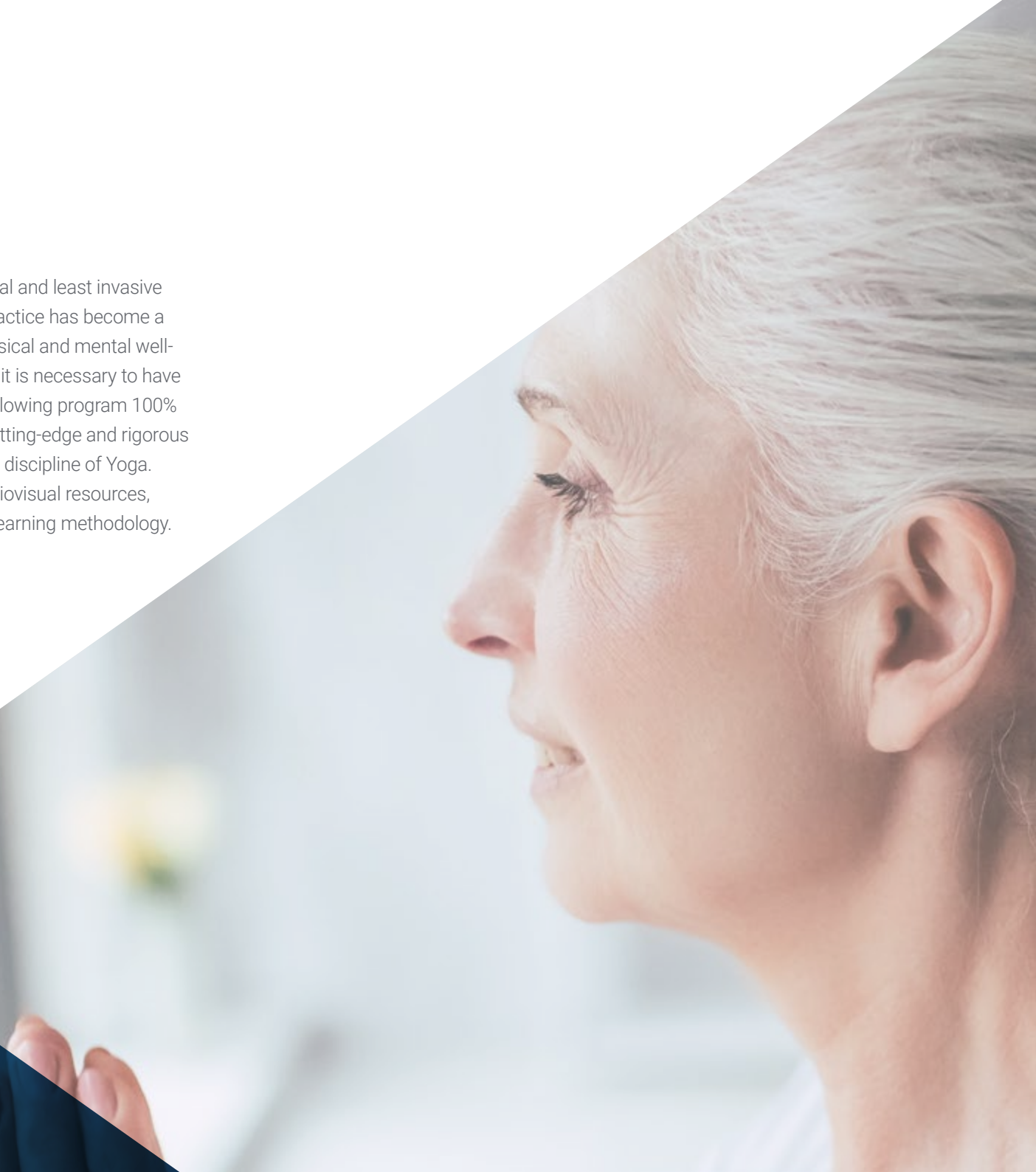
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# 01

# Introduction

Therapeutic Yoga has positioned itself as one of the most beneficial and least invasive options to address chronic conditions and muscle injuries. This practice has become a very popular alternative for patients who wish to improve their physical and mental well-being. To perform a correct session to alleviate those pathologies, it is necessary to have a trained professional, a reason that has led TECH to create the following program 100% online. It is an academic program that brings together the most cutting-edge and rigorous information on the management of physical problems through the discipline of Yoga. All this conglomerate of information will be presented through audiovisual resources, additional readings and practical exercises developed with the Relearning methodology.





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*Delve into the different Yoga positions  
to treat fascia and muscular dysfunctions”*

Currently, there is a tendency among physiotherapists to use Yoga as an option for the treatment of chronic diseases or muscular injuries, which has generated several benefits for the patient, being less invasive treatments. However, this discipline has undergone recent updates, so TECH presents them in the following academic program of professional qualification.

In that sense, this Postgraduate Diploma aims to provide a quality update on the most common pathologies that can be treated through physical exercise offered by this discipline. It also seeks to provide students with practices used in this field.

This will be achieved through a syllabus consisting of 3 modules with multimedia resources and precise definitions of the most frequent diseases. In addition, technical aspects of the structure of the spine, limbs and fascial system will be addressed.

All this informative content will be hosted in the Virtual Campus, easily accessible from any device with an Internet connection. The program has the Relearning methodology, so it involves practical exercises based on real cases and simulation, thereby providing a more immersive process and greater use.

In addition, as a relevant component of this higher level academic proposal, an internationally renowned guest director joins the prestigious teaching staff of this program. As a result, graduates will have the opportunity to participate in several Masterclasses in audiovisual format taught by her, which will address the most outstanding elements of the specialization.

This **Postgraduate Diploma in Pathologies Treated with 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 Pathologies Treated with 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



*Get up to date with the benefits of Yoga for the management of degenerative diseases”*

“

*This Postgraduate Diploma will allow you to delve into all the therapeutic techniques to treat conditions such as arthritis and osteoarthritis”*

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.

*TECH adjusts to your needs and that is why it has created a flexible, convenient and adaptable syllabus to your daily activities.*

*This program will provide you with the necessary knowledge to carry out the treatment of diseases through Therapeutic Yoga.*



# 02 Objectives

Through this Postgraduate Diploma, the physiotherapy professional will be able to update their knowledge in the main pathologies treated with Therapeutic Yoga in just 6 months. This updating process will give you the opportunity to integrate into your daily practice the advances in this field, as well as to customize treatments according to the particular needs of each patient.







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*This program gives you a broad overview of muscle diseases that can be treated with 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





## Specific Objectives

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### Module 1. Spine and Limbs

- ◆ Describe the muscular, nervous and skeletal system
- ◆ Delve into the anatomy and functions of the spine
- ◆ Delve into hip physiology
- ◆ Describe the morphology of the upper and lower limbs
- ◆ Delve into the Diaphragm and core

### Module 2. Most Common Pathologies

- ◆ Identify the most common spinal pathologies and how to adapt the practice of yoga to avoid injury
- ◆ Delve into degenerative diseases and how yoga practice can help in their management and symptom reduction
- ◆ Delve into lumbago and sciatica and how to apply therapeutic yoga to relieve pain and improve mobility
- ◆ Identify scoliosis and how to adapt yoga practice to improve posture and reduce discomfort
- ◆ Recognize knee malalignments and injuries and how to adapt the yoga practice to prevent them and improve recovery
- ◆ Identify shoulder injuries and how to adapt yoga practice to reduce pain and improve mobility
- ◆ Delve into wrist and shoulder pathologies and how to adapt yoga practice to prevent injury and reduce discomfort
- ◆ Delve into postural basics and how to apply biomechanics to improve posture and prevent injury
- ◆ Identify autoimmune diseases and how yoga practice can help in their management and symptom reduction

### Module 3. Fascial System

- ◆ Delve into the history and concept of fascia, and its importance in yoga practice
- ◆ Delve into the different types of fascial mechanoreceptors and how to apply them in different styles of yoga
- ◆ Point out the need to apply the term fascia in yoga classes for a more effective and conscious practice
- ◆ Explore the origin and development of the term tensegrity, and its application in yoga practice
- ◆ Identify the different myofascial pathways and the specific postures for each of the chains
- ◆ Apply the biomechanics of fascia in yoga practice to improve mobility, strength and flexibility
- ◆ Identify the main postural imbalances and how to correct them through yoga practice and fascia biomechanics



*Once you have successfully completed this program, you will be one step closer to your professional goals”*

# 03

# Course Management

The teaching staff of this program has been selected in order to offer a quality update and ensure a constant modernization of the topics related to the field of Therapeutic Yoga. In this way, the student will be able to acquire the most up-to-date knowledge of the sector, presented by experts and specialists with several years of professional experience. Therefore, the students will receive an exclusive qualification provided by the teachers in charge of the course.





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*TECH brings together for you the best academic content developed by experts and specialists”*

## 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

### Mr. Losada, Óscar

- ◆ Vinyasa Yoga and Power Yoga Teacher and Osteopath at El árbol de la vida center.
- ◆ Vinyasa Yoga Instructor and Yoga Coach at the European Institute of Yoga (IEY), Madrid
- ◆ Yin Yoga Trainer at IEY in Barcelona
- ◆ Vinyasa Yoga and Power Yoga Teacher at Gimnasio Fitness , Madrid
- ◆ Osteopath and Sports Massage Therapist at Gimnasio Fitness, Madrid
- ◆ Specialist in Rocket Yoga at IEY Huelva
- ◆ Specialist in Therapeutic Yoga, Yin Yoga and Fascias at IEY Huelva
- ◆ Specialist in Yoga for Children at IEY Alicante
- ◆ Structural Osteopath II at Kabat
- ◆ Sports Massage and Chiromassage at Orthos



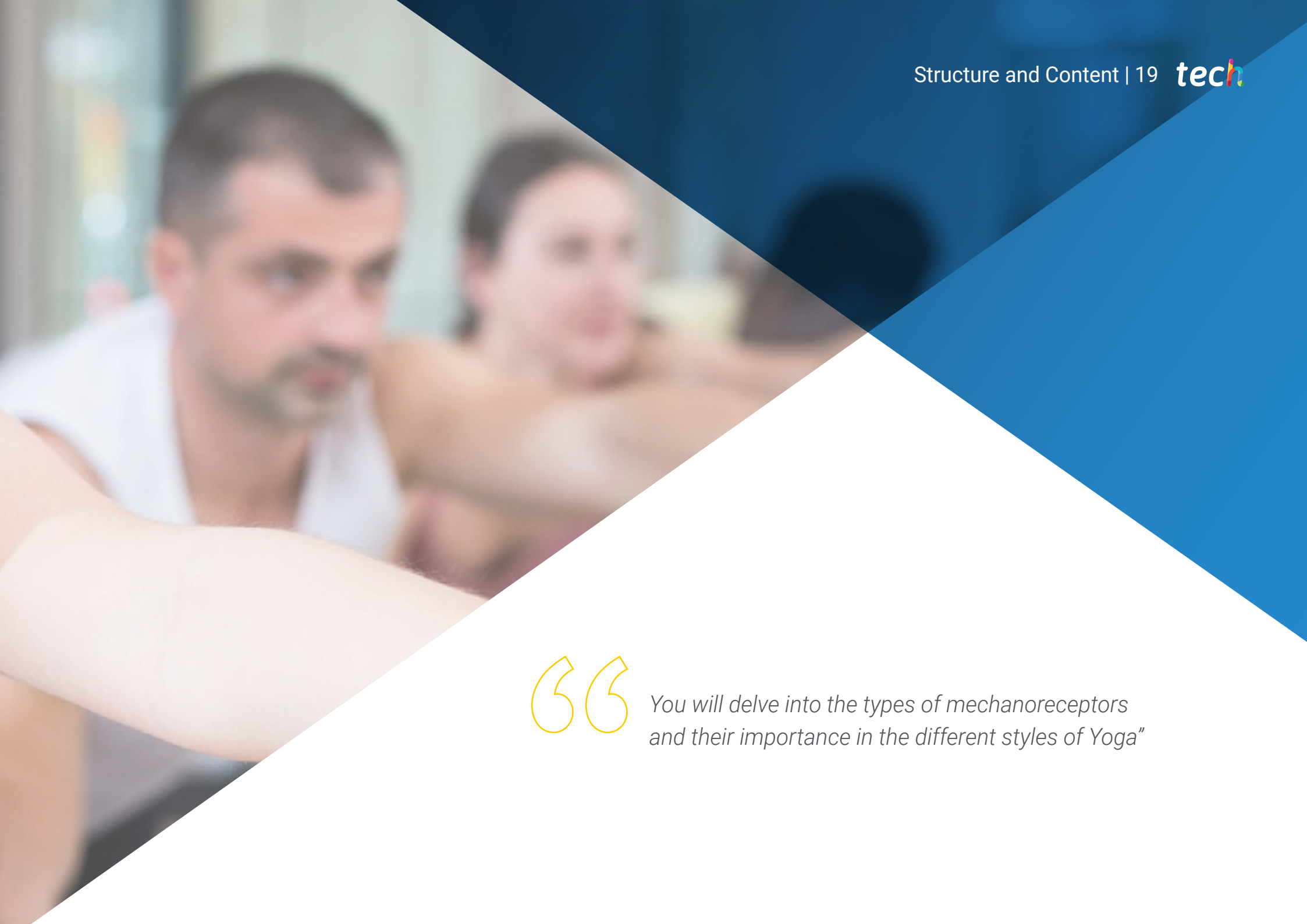


# 04

## Structure and Content

TECH offers a very comprehensive syllabus that allows physiotherapists to structure more comprehensive sessions to address the conditions of each patient. The Postgraduate Diploma in Pathologies Treated with Therapeutic Yoga gives the student the opportunity to delve into topics such as the spine, scoliosis and the fascial system. All this brought together in a Virtual Campus and a convenient 100% online format easily accessible from any device with an Internet connection.



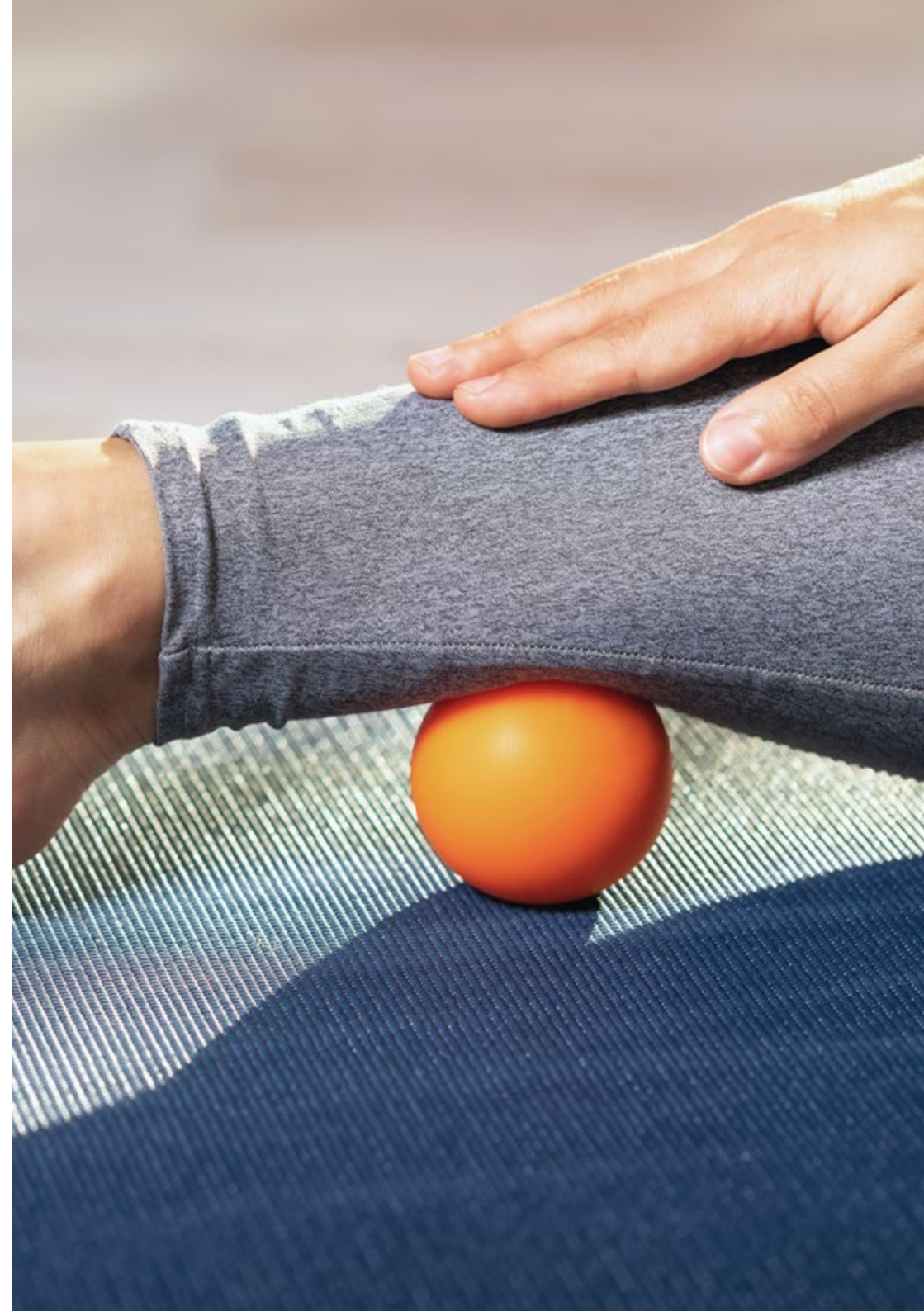


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*You will delve into the types of mechanoreceptors and their importance in the different styles of Yoga”*

## Module 1. Spine and Limbs

- 1.1. The Muscular System
  - 1.1.1. Muscle: Functional unit
  - 1.1.2. Types of muscles
  - 1.1.3. Tonic and phasic muscles
  - 1.1.4. Isometric and isotonic contraction and its relevance in the styles of Yoga
- 1.2. Nervous system
  - 1.2.1. Neurons: Functional unit
  - 1.2.2. Central Nervous System: Brain and Spinal Cord
  - 1.2.3. Somatic peripheral nervous system: Nerves
  - 1.2.4. Autonomic peripheral nervous system: Sympathetic and Parasympathetic
- 1.3. Skeletal System
  - 1.3.1. Osteocyte: Functional unit
  - 1.3.2. Axial and appendicular skeleton
  - 1.3.3. Tendons
  - 1.3.4. Ligaments
- 1.4. Spine
  - 1.4.1. Evolution of the spine and functions
  - 1.4.2. Structure
  - 1.4.3. Vertebra type
  - 1.4.4. Spine movements
- 1.5. Cervical and Dorsal Region
  - 1.5.1. Cervical vertebrae: typical and atypical
  - 1.5.2. Dorsal vertebrae
  - 1.5.3. Major muscles of the cervical region
  - 1.5.4. Major muscles of the dorsal region
- 1.6. Lumbar Region
  - 1.6.1. Lumbar vertebrae
  - 1.6.2. Sacrum
  - 1.6.3. Coccyx
  - 1.6.4. Major muscles



- 1.7. Pelvis
    - 1.7.1. Anatomy: Difference between male and female pelvis
    - 1.7.2. Two key concepts: Anteversion and retroversion
    - 1.7.3. Major muscles
    - 1.7.4. Pelvic floor
  - 1.8. Upper Limbs
    - 1.8.1. Shoulder joint
    - 1.8.2. Rotator cuff muscles
    - 1.8.3. Arm, elbow and forearm
    - 1.8.4. Major muscles
  - 1.9. Lower Limbs
    - 1.9.1. Coxofemoral joint
    - 1.9.2. Knee: Tibiofemoral and patellofemoral joint
    - 1.9.3. Knee ligaments and meniscus
    - 1.9.4. Major muscles of the leg
  - 1.10. Diaphragm and core
    - 1.10.1. Anatomy of the diaphragm
    - 1.10.2. Diaphragm and breathing
    - 1.10.3. Core muscles
    - 1.10.4. Core and its importance in Yoga
- ## Module 2. Most Common Pathologies
- 2.1. Spine Pathologies
    - 2.1.1. Protusions
    - 2.1.2. Hernias
    - 2.1.3. Hyperlordosis
    - 2.1.4. Rectifications
  - 2.2. Degenerative Diseases
    - 2.2.1. Arthrosis
    - 2.2.2. Muscular dystrophy
    - 2.2.3. Osteoporosis
    - 2.2.4. Spondylosis
  - 2.3. Lumbago and Sciatica
    - 2.3.1. Low back pain
    - 2.3.2. Sciatica
    - 2.3.3. Pyramidal syndrome
    - 2.3.4. Trochanteritis
  - 2.4. Scoliosis
    - 2.4.1. Understanding scoliosis
    - 2.4.2. Types
    - 2.4.3. What to do
    - 2.4.4. Things to avoid
  - 2.5. Knee malalignment
    - 2.5.1. *Genu Valgum*
    - 2.5.2. *Genu Varum*
    - 2.5.3. *Genu Flexum*
    - 2.5.4. *Genu Recurvatum*
  - 2.6. Shoulder and Elbow
    - 2.6.1. Bursitis
    - 2.6.2. Subacromial syndrome
    - 2.6.3. Epicondylitis
    - 2.6.4. Golfer's elbow
  - 2.7. Knees
    - 2.7.1. Patellofemoral pain
    - 2.7.2. Chondropathy
    - 2.7.3. Meniscus tears
    - 2.7.4. Goosefoot tendinitis
  - 2.8. Wrists and Ankles
    - 2.8.1. Carpal Tunnel
    - 2.8.2. Sprains
    - 2.8.3. Bunions
    - 2.8.4. Flat foot and cavus foot

- 2.9. Postural bases
  - 2.9.1. Different planes
  - 2.9.2. Plumb technique
  - 2.9.3. Upper crossed syndrome
  - 2.9.4. Lower crossed syndrome
- 2.10. Autoimmune Diseases
  - 2.10.1. Definition
  - 2.10.2. Lupus
  - 2.10.3. Crohn's Disease
  - 2.10.4. Arthritis

### Module 3. Fascial System

- 3.1. Fascia
  - 3.1.1. History
  - 3.1.2. Fascia vs. Aponeurosis
  - 3.1.3. Types
  - 3.1.4. Functions
- 3.2. Types of mechanoreceptors and their importance in the different styles of Yoga
  - 3.2.1. Importance
  - 3.2.2. Golgi
  - 3.2.3. Paccini
  - 3.2.4. Ruffini
- 3.3. Myofascial Chains
  - 3.3.1. Definition
  - 3.3.2. Importance in Yoga
  - 3.3.3. Concept of tensegrity
  - 3.3.4. The three diaphragms
- 3.4. SBL: Superficial Back Line
  - 3.4.1. Definition
  - 3.4.2. Anatomical pathways
  - 3.4.3. Passive postures
  - 3.4.4. Active postures





- 3.5. SFL: Superficial Front Line
  - 3.5.1. Definition
  - 3.5.2. Anatomical pathways
  - 3.5.3. Passive postures
  - 3.5.4. Active postures
- 3.6. LL: Lateral Line
  - 3.6.1. Definition
  - 3.6.2. Anatomical pathways
  - 3.6.3. Passive postures
  - 3.6.4. Active postures
- 3.7. SL: Spiral Line
  - 3.7.1. Definition
  - 3.7.2. Anatomical pathways
  - 3.7.3. Passive postures
  - 3.7.4. Active postures
- 3.8. Functional Lines
  - 3.8.1. Definition
  - 3.8.2. Anatomical pathways
  - 3.8.3. Passive postures
  - 3.8.4. Active postures
- 3.9. Arm Lines
  - 3.9.1. Definition
  - 3.9.2. Anatomical pathways
  - 3.9.3. Passive postures
  - 3.9.4. Active postures
- 3.10. Main Imbalances
  - 3.10.1. Ideal pattern
  - 3.10.2. Flexion and stretching group
  - 3.10.3. Opening and closing group
  - 3.10.4. Inspiratory and expiratory pattern

# 05

# Methodology

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

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







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

## At TECH we use the Case Method

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

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional physiotherapy practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

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

1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

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



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



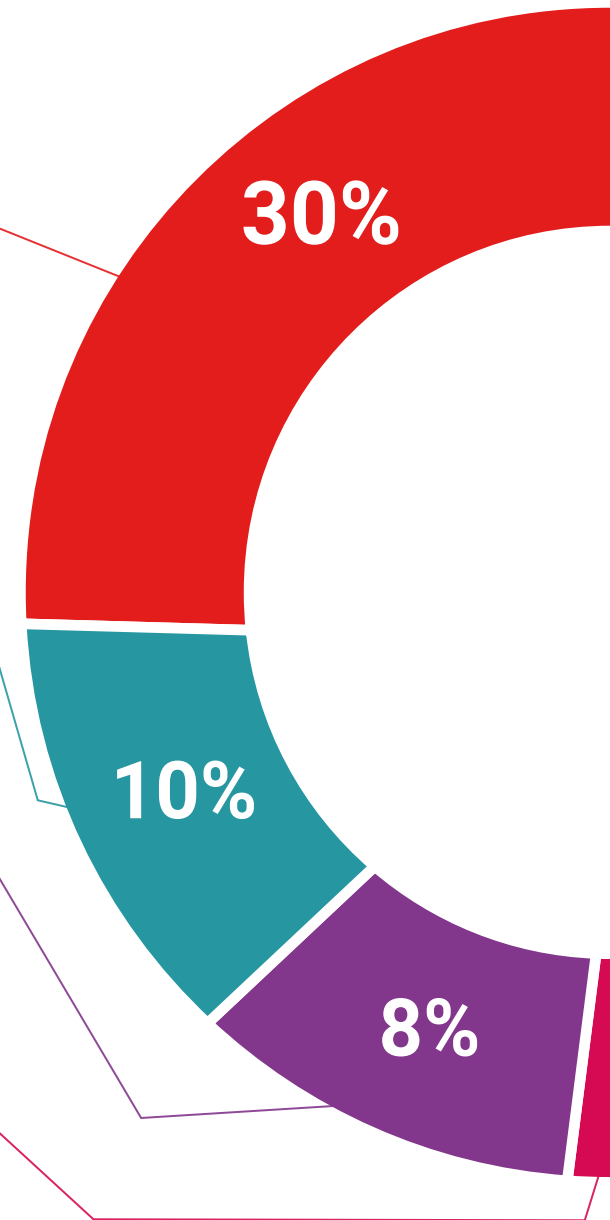
#### Practising Skills and Abilities

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



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

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



#### Interactive Summaries

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

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



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



# 06 Certificate

The Postgraduate Diploma in Pathologies Treated with Therapeutic Yoga 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 Pathologies Treated with 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 Pathologies Treated with Therapeutic Yoga**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**





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