

# Professional Master's Degree

## Therapeutic Yoga





## Professional Master's Degree Therapeutic Yoga

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physiotherapy/professional-master-degree/master-therapeutic-yoga](http://www.techtute.com/us/physiotherapy/professional-master-degree/master-therapeutic-yoga)

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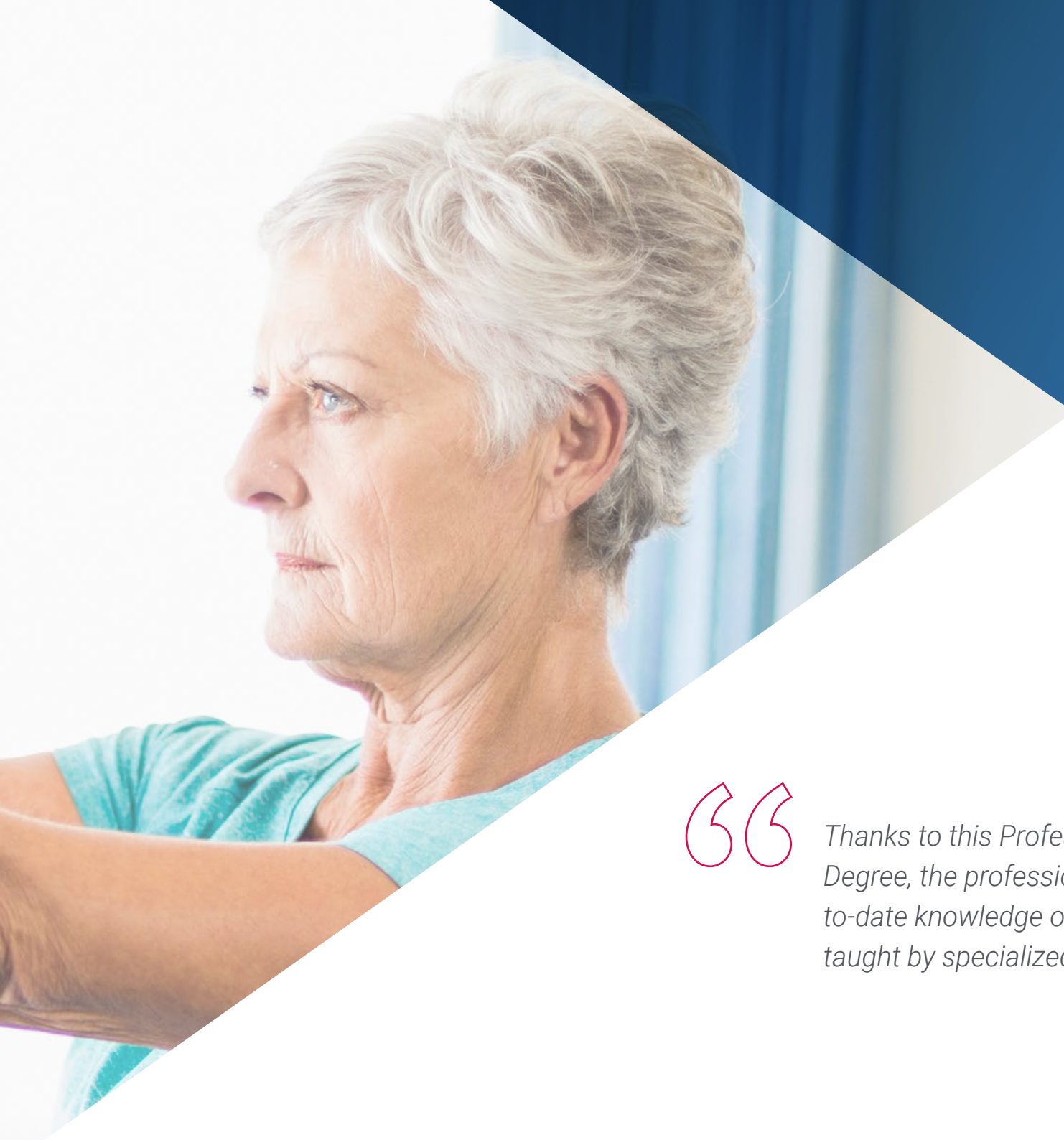
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# 01

# Introduction

Beyond the boom that yoga has experienced in recent years, this activity has been able to go a step further in the daily routines of people, enhancing a therapeutic line with a professional approach. Scientific studies in this field have boosted it by finding multiple effective techniques for the clinical approach of patients with anxiety or bowel problems. In this way, the physiotherapy professional has discovered an effective way of individualized care in this practice, which requires constant updating in the cases susceptible to intervention through yoga. As a result of this need, this 100% online program was created, which provides the latest knowledge on asanas, the neurophysiological bases of relaxation, meditation or the integration of the patient with health problems.





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*Thanks to this Professional Master's Degree, the professional will obtain an up-to-date knowledge of Therapeutic Yoga taught by specialized professionals”*

Scientific research has revealed the importance of the practice of Therapeutic Yoga for the reduction of cortisol, stress generator, or the segregation of endorphins that benefits the patient with anxiety. Likewise, the improvement of body posture produces positive effects in patients with diseases that especially affect the locomotor system.

The advances that have been achieved with the practice of Yoga have led to more and more professionals who are committed to its application in certain patients achieving improvements in their pathologies and creating healthy habits. In this scenario, it is the physiotherapists themselves who demand a continuous updating of their knowledge in order to achieve optimal results in their therapies. This Professional Master's Degree provides the physiotherapist with extensive knowledge in this field thanks to the didactic material developed by a specialized teaching team.

Therefore, the professional can benefit from a program that presents a theoretical approach, but gives great relevance to practice. For this reason, a complete module is dedicated to the clinical approach through case studies in patients with frequent pathologies and incorporates *Masterclasses* of an internationally renowned teacher in this sector, which will lead you to integrate the main advances, techniques, exercise programs and developments in this discipline.

In addition, this Professional Master's Degree also includes the participation of an internationally renowned teacher in the field of Therapeutic Yoga. Through a series of exclusive *Masterclasses*, physiotherapists will have the opportunity to access the latest developments in topics such as the neurophysiological bases of meditative techniques, the application of asana techniques and their integration, and the most common pathologies treated in Therapeutic Yoga. All this, taught by one of the most prominent figures in this field, which guarantees a learning experience of international quality.

TECH offers an excellent opportunity for those who wish to keep up to date with Therapeutic Yoga through a flexible university program that is compatible with the most demanding responsibilities. Students only need an electronic device to connect to the Virtual Campus. In this way, without on-site attendance or classes with fixed schedules, the graduate will be able to distribute the teaching load according to their needs.

This **Professional Master's Degree in Therapeutic Yoga** 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 have a series of distinguished Masterclasses taught by an internationally renowned Therapeutic Yoga professional"*

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*A university program that gives you the opportunity to keep up to date with the studies that address respiratory techniques and their benefits”*

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.

*This is a 100% online program that is flexible and compatible with your professional and personal work.*

*With innovative didactic resources, it delves into the theoretical and practical knowledge necessary for postural evaluation and articular and myofascial chains.*



# 02 Objectives

The main goal of this Professional Master's Degree in Therapeutic Yoga is that the physiotherapy professional is up to date with the progress and new techniques used for the improvement of patients with diseases that affect them physically and psychologically. All this, with a specialized teaching team with extensive experience, which will guide you to achieve these goals and design an individualized program with successful results.







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*Delve whenever you wish into the various concepts of Yoga applied to children and the elderly”*



## 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



*This program provides you with 100 clinical cases where Therapeutic Yoga is effective in patients with Autism, Cerebral Palsy and physical disabilities”*





## Specific Objectives

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### Module 1. Structure of the Locomotor System

- ◆ Delve into the anatomy and physiology of the skeletal, muscular and articular systems of the human body
- ◆ Identify the different structures and functions of the locomotor system and how they interrelate with one another
- ◆ Explore the different postures and movements of the human body, and understand how they affect the structure of the locomotor system
- ◆ Delve into common injuries of the musculoskeletal system and how to prevent them

### Module 2. 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 3. 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 4. 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 5. Breakdown of the Main Floor Asanas and Adaptations with Supports

- ◆ 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

#### Module 6. 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 7. 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 to 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

**Module 8. 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 9. 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 10. 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 Skills

TECH has designed a university program that seeks to enhance the competencies and technical skills of the physiotherapist in their way to update their knowledge of Therapeutic Yoga. This will allow the professional to apply the asanas, prescribe exercises and adapt them according to the physical characteristics of the patient. The case studies included in this program will allow the professional to approach situations that they will be able to apply directly in their daily practice.





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*Strengthen your skills to detect those problems of the Locomotor System in which Yoga-based exercises have the greatest impact”*



## General Skills

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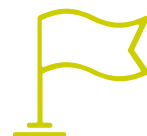
- ◆ Apply Therapeutic Yoga from a clinical point of view in patient care
- ◆ Create specific programs for each patient according to their ailments and characteristics
- ◆ Encourage communication skills with patients
- ◆ Address the most common pathologies of the spine, joints and muscular system
- ◆ Perform relaxation techniques
- ◆ Apply the fundamentals of Therapeutic Yoga



*Enroll in a 100% online program that provides you with the necessary didactic tools to delve into biomechanics applied to Yoga asanas”*







## Specific Skills

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- ◆ Improve patients' psychomotor coordination
- ◆ Apply the benefits of Therapeutic Yoga to treatments
- ◆ Inform healthy patients about the most appropriate postural techniques to avoid pathologies
- ◆ Apply yoga techniques according to the age of the patients
- ◆ Apply Therapeutic Yoga as a complementary tool to certain treatments
- ◆ Encourage the adequate practice of yoga techniques to prevent possible injuries

# 04

## Course Management

To offer a quality university education, TECH carefully selects each of the teachers who are part of their programs. Therefore, in this Professional Master's Degree, students will find a management and teaching staff specialized in Therapeutic Yoga, with extensive experience in reference centers. In addition, their professional background has led them to care for patients with different pathologies and cognitive diversity. All this knowledge will be reflected in the syllabus that students will have access to at any time of the day.





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*You will be able to solve any doubts you may have about the syllabus with a teaching team specialized in Physiotherapy and with experience in Therapeutic Yoga”*

## 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. Throughout her career she has worked 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. 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

### Ms. García, Mar

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

**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

**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

**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 Dumbell Instructor at Aerobic and Fitness Association
- ◆ Chiromassage Therapist at Quirotema at Escuela Superior de Quiromasaje y Terapias
- ◆ Lymphatic Drainage Training at PRAXIS in Seville



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

# 05

## Structure and Content

The *Relearning* system, used by this academic institution in all its programs, will lead students to advance in a much more natural way through the syllabus of this program. In this way, and with innovative teaching resources, the professional will delve into new trends in Therapeutic Yoga, biomechanics or the dynamization of individual and group sessions. All this, conveniently throughout the 12 months of duration of this Professional Master's Degree.







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*Update your knowledge about  
Therapeutic Yoga and design a  
therapeutic session adapted to  
pregnant patients”*

## Module 1. Structure of the Locomotor System

- 1.1. Anatomical Position, Axes and Planes
  - 1.1.1. Basic anatomy and physiology of the human body
  - 1.1.2. Anatomic position
  - 1.1.3. Body axes
  - 1.1.4. Anatomical planes
- 1.2. Bone
  - 1.2.1. Bone anatomy of the human body
  - 1.2.2. Bone structure and function
  - 1.2.3. Different types of bones and their relationship to posture and movement
  - 1.2.4. The relationship between the skeletal system and the muscular system
- 1.3. Joints
  - 1.3.1. Anatomy and physiology of the joints of the human body
  - 1.3.2. Different Types of Joints
  - 1.3.3. The role of joints in posture and movement
  - 1.3.4. The most common joint injuries and how to prevent them
- 1.4. Cartilage
  - 1.4.1. Anatomy and physiology of the cartilage of the human body
  - 1.4.2. Different types of cartilage and their function in the body
  - 1.4.3. The role of cartilage in joints and mobility
  - 1.4.4. The most common cartilage injuries and their prevention
- 1.5. Tendons and Ligaments
  - 1.5.1. Anatomy and physiology of tendons and ligaments of the human body
  - 1.5.2. Different types of tendons and ligaments and their function in the body
  - 1.5.3. The role of tendons and ligaments in posture and movement
  - 1.5.4. Most common tendon and ligament injuries and how to prevent them
- 1.6. Skeletal Muscle
  - 1.6.1. Anatomy and physiology of the musculoskeletal system of the human body
  - 1.6.2. The relationship between muscles and bones in posture and movement
  - 1.6.3. The role of fascia in the musculoskeletal system and its relationship to the practice of therapeutic yoga
  - 1.6.4. The most common muscle injuries and how to prevent them
- 1.7. Development of the Musculoskeletal System
  - 1.7.1. Embryonic and fetal development of the musculoskeletal system
  - 1.7.2. Growth and development of the musculoskeletal system in childhood and adolescence
  - 1.7.3. Musculoskeletal changes associated with aging
  - 1.7.4. Development and adaptation of the musculoskeletal system to physical activity and training
- 1.8. Components of the Musculoskeletal System
  - 1.8.1. Anatomy and physiology of skeletal muscles and their relationship to the practice of therapeutic yoga
  - 1.8.2. The role of bones in the musculoskeletal system and their relationship to posture and movement
  - 1.8.3. The function of the joints in the musculoskeletal system and how to take care of them during the practice of therapeutic yoga
  - 1.8.4. The role of fascia and other connective tissues in the musculoskeletal system and their relationship to the practice of therapeutic yoga
- 1.9. Nervous Control of Skeletal Muscles
  - 1.9.1. Anatomy and physiology of the nervous system and its relationship to the practice of therapeutic yoga
  - 1.9.2. The role of the nervous system in muscle contraction and movement control
  - 1.9.3. The relationship between the nervous system and the musculoskeletal system in posture and movement during the practice of therapeutic yoga
  - 1.9.4. The importance of neuromuscular control for injury prevention and performance enhancement during the practice of therapeutic yoga
- 1.10. Muscle Contraction
  - 1.10.1. Anatomy and physiology of muscle contraction and its relationship to the practice of therapeutic yoga
  - 1.10.2. The different types of muscle contraction and their application during the practice of therapeutic yoga
  - 1.10.3. The role of neuromuscular activation in muscle contraction and its relationship to the practice of therapeutic yoga
  - 1.10.4. The importance of stretching and muscle strengthening in injury prevention and performance enhancement during the practice of therapeutic yoga

## Module 2. Spine and Limbs

- 2.1. The Muscular System
  - 2.1.1. Muscle: Functional unit
  - 2.1.2. Types of muscles
  - 2.1.3. Tonic and phasic muscles
  - 2.1.4. Isometric and isotonic contraction and its relevance in the styles of Yoga
- 2.2. Nervous system
  - 2.2.1. Neurons: Functional unit
  - 2.2.2. Central Nervous System: Brain and Spinal Cord
  - 2.2.3. Somatic peripheral nervous system: Nerves
  - 2.2.4. Autonomic peripheral nervous system: Sympathetic and Parasympathetic
- 2.3. Skeletal System
  - 2.3.1. Osteocyte: Functional unit
  - 2.3.2. Axial and appendicular skeleton
  - 2.3.3. Tendons
  - 2.3.4. Ligaments
- 2.4. Spine
  - 2.4.1. Evolution of the spine and functions
  - 2.4.2. Structure
  - 2.4.3. Vertebra type
  - 2.4.4. Spine movements
- 2.5. Cervical and Dorsal Region
  - 2.5.1. Cervical vertebrae: typical and atypical
  - 2.5.2. Dorsal vertebrae
  - 2.5.3. Major muscles of the cervical region
  - 2.5.4. Major muscles of the dorsal region
- 2.6. Lumbar Region
  - 2.6.1. Lumbar vertebrae
  - 2.6.2. Sacrum
  - 2.6.3. Coccyx
  - 2.6.4. Major muscles

- 2.7. Pelvis
  - 2.7.1. Anatomy: Difference between male and female pelvis
  - 2.7.2. Two key concepts: Anteversion and retroversion
  - 2.7.3. Major muscles
  - 2.7.4. Pelvic floor
- 2.8. Upper Limbs
  - 2.8.1. Shoulder joint
  - 2.8.2. Rotator cuff muscles
  - 2.8.3. Arm, elbow and forearm
  - 2.8.4. Major muscles
- 2.9. Lower Limbs
  - 2.9.1. Coxofemoral joint
  - 2.9.2. Knee: Tibiofemoral and patellofemoral joint
  - 2.9.3. Knee ligaments and meniscus
  - 2.9.4. Major muscles of the leg
- 2.10. Diaphragm and core
  - 2.10.1. Anatomy of the diaphragm
  - 2.10.2. Diaphragm and breathing
  - 2.10.3. Core muscles
  - 2.10.4. Core and its importance in Yoga

## Module 3. Application of Asana Techniques and their Integration

- 3.1. Asana
  - 3.1.1. Definition of asana
  - 3.1.2. Asana in Yoga sutras
  - 3.1.3. Deeper purpose of asanas
  - 3.1.4. Asanas and alignment
- 3.2. Principle of minimum action
  - 3.2.1. Sthira Sukham Asanam
  - 3.2.2. How to apply this concept in practice?
  - 3.2.3. Theory of the gunas
  - 3.2.4. Influence of the gunas in practice

- 3.3. Standing asanas
  - 3.3.1. The importance of standing asanas
  - 3.3.2. How to practice them
  - 3.3.3. Benefits
  - 3.3.4. Contraindications and considerations
- 3.4. Sitting and supine asanas
  - 3.4.1. Importance of sitting asanas
  - 3.4.2. Sitting asanas for meditation
  - 3.4.3. Supine asanas: Definition
  - 3.4.4. Benefits of supine postures
- 3.5. Stretching asanas
  - 3.5.1. Why is stretching important?
  - 3.5.2. How to practice them safely
  - 3.5.3. Benefits
  - 3.5.4. Contraindications
- 3.6. Flexion asanas
  - 3.6.1. Importance of spinal flexion
  - 3.6.2. Implementation
  - 3.6.3. Benefits
  - 3.6.4. Most frequent errors and how to avoid them
- 3.7. Twisting asanas: Twists
  - 3.7.1. Mechanics of twisting
  - 3.7.2. How to perform them correctly
  - 3.7.3. Physiological benefits
  - 3.7.4. Contraindications
- 3.8. Asanas in lateral bending
  - 3.8.1. Importance
  - 3.8.2. Benefits
  - 3.8.3. Most common mistakes
  - 3.8.4. Contraindications
- 3.9. Importance of counterpostures
  - 3.9.1. What are they?
  - 3.9.2. When to perform them
  - 3.9.3. Benefits during practice
  - 3.9.4. Most commonly used counterpostures



- 3.10. Bandhas
  - 3.10.1. Definition
  - 3.10.2. Main bandhas
  - 3.10.3. When to use them
  - 3.10.4. Bandhas and therapeutic yoga

#### **Module 4.** Analysis of the Main Standing Asanas

- 4.1. Tadasana
- 4.2. Sun Salutation
- 4.3. Standing Asanas
- 4.4. Spinal Flexion Standing Asanas
- 4.5. Lateral Flexion Asanas
- 4.6. Balance Asanas
- 4.7. Prone Position Extensions
- 4.8. Extensions
- 4.9. Twists
- 4.10. Hips

#### **Module 5.** Breakdown of the Main Floor Asanas and Adaptations with Supports

- 5.1. Main Floor Asanas
- 5.2. Supine Push-ups
- 5.3. Twists and Lateral Bends
- 5.4. Closing Asanas
- 5.5. Inverted
- 5.6. Blocks
- 5.7. Belt
- 5.8. Asanas in Chair
- 5.9. Yoga in Chair
- 5.10. Restorative Asanas



## Module 6. Most Common Pathologies

- 6.1. Spine Pathologies
  - 6.1.1. Protusions
  - 6.1.2. Hernias
  - 6.1.3. Hyperlordosis
  - 6.1.4. Rectifications
- 6.2. Degenerative Diseases
  - 6.2.1. Arthrosis
  - 6.2.2. Muscular dystrophy
  - 6.2.3. Osteoporosis
  - 6.2.4. Spondylosis
- 6.3. Lumbago and Sciatica
  - 6.3.1. Low back pain
  - 6.3.2. Sciatica
  - 6.3.3. Pyramidal syndrome
  - 6.3.4. Trochanteritis
- 6.4. Scoliosis
  - 6.4.1. Understanding scoliosis
  - 6.4.2. Types
  - 6.4.3. What to do
  - 6.4.4. Things to avoid
- 6.5. Knee malalignment
  - 6.5.1. Genu Valgum
  - 6.5.2. Genu Varum
  - 6.5.3. Genu Flexum
  - 6.5.4. Genu Recurvatum
- 6.6. Shoulder and Elbow
  - 6.6.1. Bursitis
  - 6.6.2. Subacromial syndrome
  - 6.6.3. Epicondylitis
  - 6.6.4. Golfer's elbow

- 6.7. Knees
  - 6.7.1. Patellofemoral pain
  - 6.7.2. Chondropathy
  - 6.7.3. Meniscus tears
  - 6.7.4. Goosefoot tendinitis
- 6.8. Wrists and Ankles
  - 6.8.1. Carpal Tunnel
  - 6.8.2. Sprains
  - 6.8.3. Bunions
  - 6.8.4. Flat foot and cavus foot
- 6.9. Postural bases
  - 6.9.1. Different planes
  - 6.9.2. Plumb technique
  - 6.9.3. Upper crossed syndrome
  - 6.9.4. Lower crossed syndrome
- 6.10. Autoimmune Diseases
  - 6.10.1. Definition
  - 6.10.2. Lupus
  - 6.10.3. Crohn's Disease
  - 6.10.4. Arthritis

## Module 7. Fascial System

- 7.1. Fascia
  - 7.1.1. History
  - 7.1.2. Fascia vs. Aponeurosis
  - 7.1.3. Types
  - 7.1.4. Functions
- 7.2. Types of mechanoreceptors and their importance in the different styles of Yoga
  - 7.2.1. Importance
  - 7.2.2. Golgi
  - 7.2.3. Paccini
  - 7.2.4. Ruffini

- 7.3. Myofascial Chains
  - 7.3.1. Definition
  - 7.3.2. Importance in Yoga
  - 7.3.3. Concept of tensegrity
  - 7.3.4. The three diaphragms
- 7.4. SBL: Superficial Back Line
  - 7.4.1. Definition
  - 7.4.2. Anatomical pathways
  - 7.4.3. Passive postures
  - 7.4.4. Active postures
- 7.5. SFL: Superficial Front Line
  - 7.5.1. Definition
  - 7.5.2. Anatomical pathways
  - 7.5.3. Passive postures
  - 7.5.4. Active postures
- 7.6. LL: Lateral Line
  - 7.6.1. Definition
  - 7.6.2. Anatomical pathways
  - 7.6.3. Passive postures
  - 7.6.4. Active postures
- 7.7. SL: Spiral Line
  - 7.7.1. Definition
  - 7.7.2. Anatomical pathways
  - 7.7.3. Passive postures
  - 7.7.4. Active postures
- 7.8. Functional Lines
  - 7.8.1. Definition
  - 7.8.2. Anatomical pathways
  - 7.8.3. Passive postures
  - 7.8.4. Active postures

- 7.9. Arm Lines
  - 7.9.1. Definition
  - 7.9.2. Anatomical pathways
  - 7.9.3. Passive postures
  - 7.9.4. Active postures
- 7.10. Main Imbalances
  - 7.10.1. Ideal pattern
  - 7.10.2. Flexion and stretching group
  - 7.10.3. Opening and closing group
  - 7.10.4. Inspiratory and expiratory pattern

## Module 8. Yoga in the Different Evolutionary Moments

- 8.1. Childhood
  - 8.1.1. Why is it important?
  - 8.1.2. Benefits
  - 8.1.3. What is a class like?
  - 8.1.4. Example of adapted sun salutation
- 8.2. Women and Menstrual Cycle
  - 8.2.1. Menstrual phase
  - 8.2.2. Follicular phase
  - 8.2.3. Ovulatory phase
  - 8.2.4. Luteal phase
- 8.3. Yoga and Menstrual Cycle
  - 8.3.1. Follicular phase sequence
  - 8.3.2. Ovulatory phase sequence
  - 8.3.3. Luteal phase sequence
  - 8.3.4. Sequence during menstruation
- 8.4. Menopause
  - 8.4.1. General considerations
  - 8.4.2. Physical and hormonal changes
  - 8.4.3. Benefits of the practice
  - 8.4.4. Recommended asanas

- 8.5. Pregnancy
  - 8.5.1. Why practice it
  - 8.5.2. First quarter asanas
  - 8.5.3. Second quarter asanas
  - 8.5.4. Third quarter asanaa
- 8.6. Postpartum
  - 8.6.1. Physical benefits
  - 8.6.2. Mental benefits
  - 8.6.3. General recommendations
  - 8.6.4. Practice with the baby
- 8.7. Old Age
  - 8.7.1. Main pathologies that we will encounter
  - 8.7.2. Benefits
  - 8.7.3. General considerations
  - 8.7.4. Contraindications
- 8.8. Physical Disability
  - 8.8.1. Brain damage
  - 8.8.2. Spinal cord damage
  - 8.8.3. Muscle damage
  - 8.8.4. How to design a class
- 8.9. Sensory Disability
  - 8.9.1. Hearing
  - 8.9.2. Visual
  - 8.9.3. Sensory
  - 8.9.4. How to design a sequence
- 8.10. General considerations of the most frequent disabilities that we will encounter
  - 8.10.1. Down syndrome
  - 8.10.2. Autism
  - 8.10.3. Cerebral palsy
  - 8.10.4. Intellectual development disorder





### Module 9. Respiratory Techniques

- 9.1. Pranayama
- 9.2. Types of breathing
- 9.3. Purification of the pranic energy conduits or nadis
- 9.4. Inhalation: Puraka
- 9.5. Exhalation: Rechaka
- 9.6. Retentions: Kumbakha
- 9.7. Purifying Pranayamas:
- 9.8. Stimulating and Refreshing Pranayamas
- 9.9. Regenerative Pranayamas
- 9.10. Mudras

### Module 10. Meditation and Relaxation Techniques

- 10.1. Mantras
- 10.2. Internal aspects of Yoga
- 10.3. Meditation
- 10.4. Brain Waves
- 10.5. Types of meditation
- 10.6. Meditation techniques 1
- 10.7. Meditation techniques 2
- 10.8. Mindfulness
- 10.9. Relaxation/ Savasana
- 10.10. Yoga Nidra



*An itinerary that will allow you to delve into the most effective meditation techniques, from Mindfulness to Yoga Nidra"*

# 06

# 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.





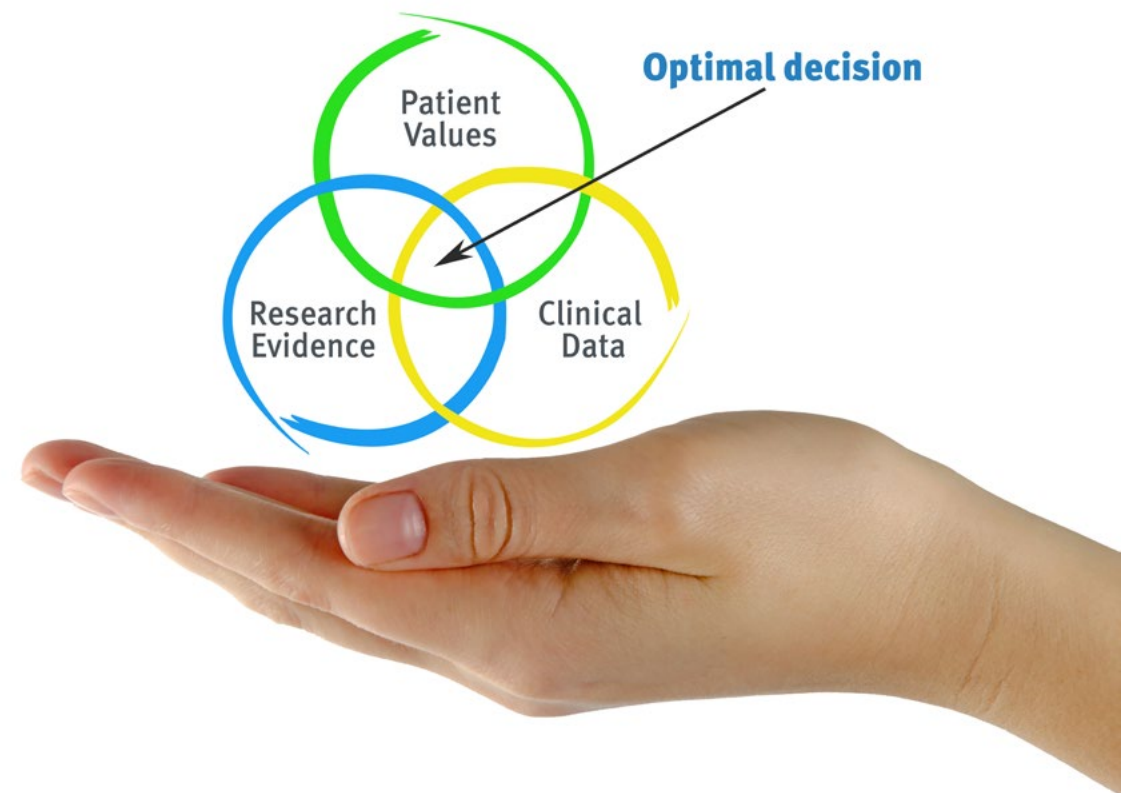
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

“

*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

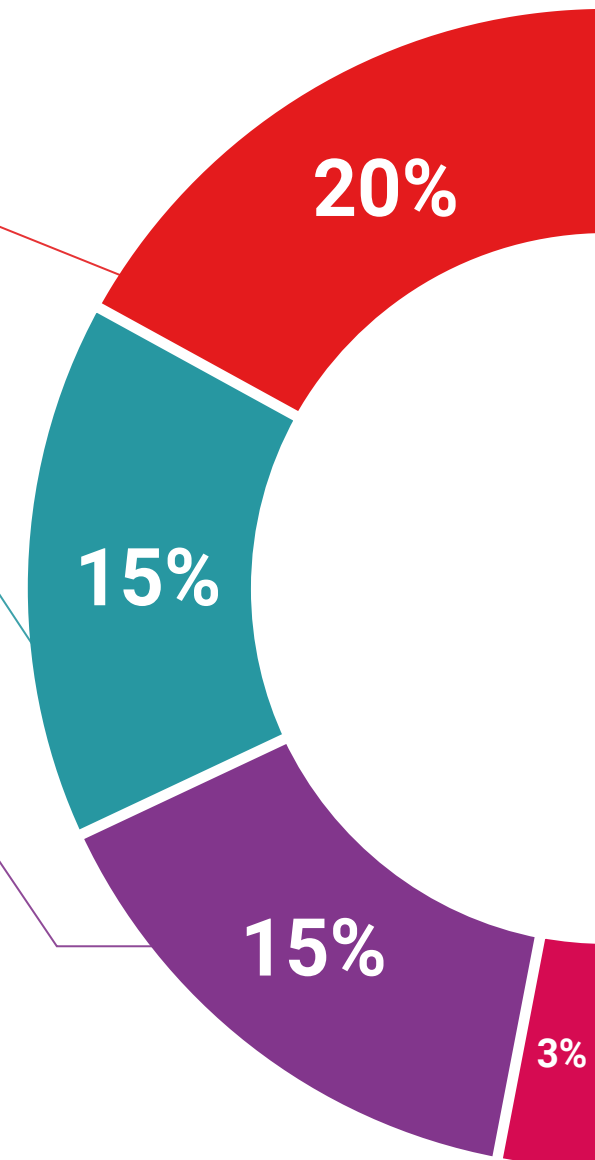
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

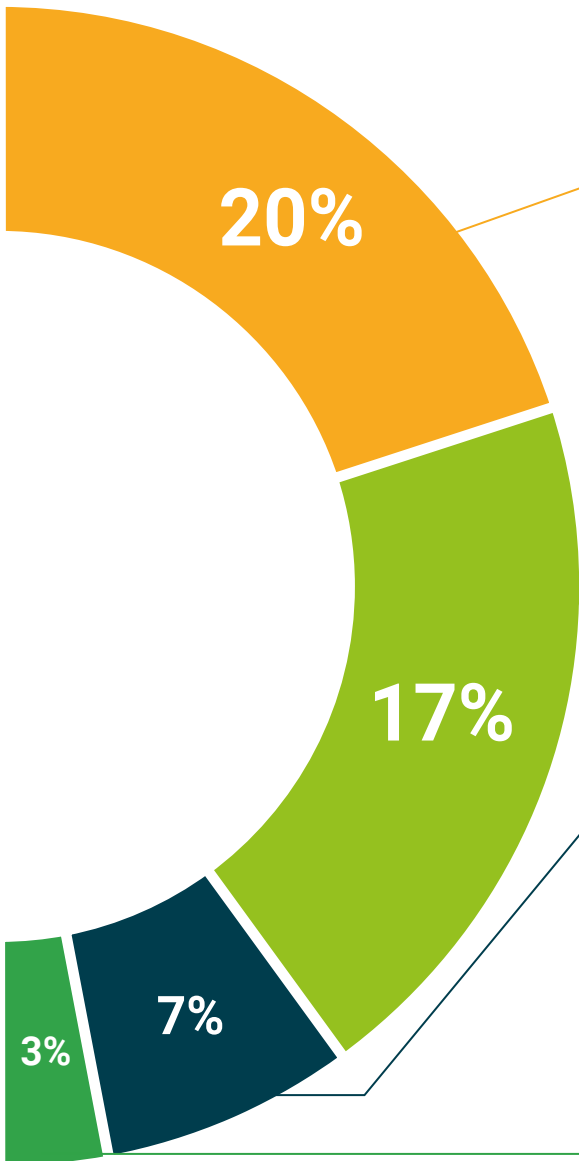


#### Additional Reading

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.



# 07 Certificate

The Professional Master's Degree in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree diploma issued by TECH Technological University.



“

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

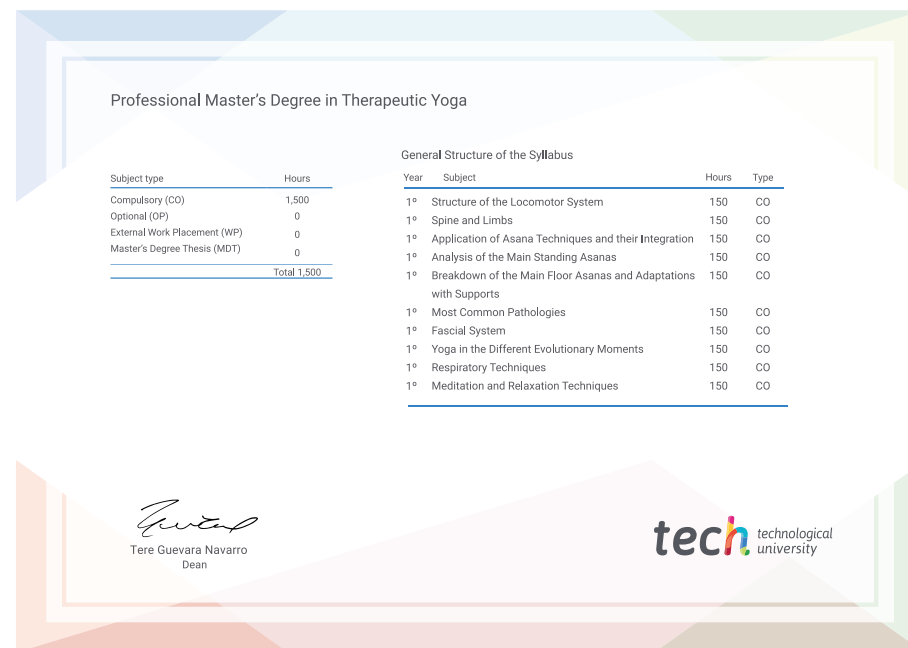
This **Professional Master's Degree in Therapeutic Yoga** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Professional Master's Degree, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Professional Master's Degree in Therapeutic Yoga**

Official N° of Hours: **1,500 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

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guarantee accreditation teaching  
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community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom



## Professional Master's Degree

### Therapeutic Yoga

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree

## Therapeutic Yoga

