

# Postgraduate Certificate

## Biomechanics of Standing Asanas





## Postgraduate Certificate

### Biomechanics of Standing Asanas

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Accreditation: 6 ECTS
- » Exams: online

Website: [www.techtitude.com/us/physiotherapy/postgraduate-certificate/biomechanics-standing-asanas](http://www.techtitude.com/us/physiotherapy/postgraduate-certificate/biomechanics-standing-asanas)

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# 01

# Introduction

Yoga has evolved over time to become a comprehensive discipline suitable for patients suffering from muscular ailments, stress or anxiety. The adaptability of its sessions to individual needs, physical abilities and pathologies has led many physiotherapists to incorporate this physical activity in their treatments. For this reason, TECH has created this program that allows the specialist to delve into the benefits, contraindications and scientific basis of the Standing Asanas. This format offers high-quality teaching resources and flexibility in accessing the content, allowing students to combine their daily responsibilities with their academic modernization.







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*A plan that will teach you all  
about the Sun Salutation, all its  
variations and benefits for your  
body's well-being”*

In many cases, musculoskeletal and cardiovascular diseases and respiratory problems are the result of bad habits that directly affect the human body through improper working postures or the natural aging process itself. Considering these pathological tendencies, Yoga has become an important reinforcement to improve musculature, flexibility and reduce anxiety.

Due to its multiple therapeutic benefits, many physiotherapy professionals seek to delve into this discipline and its specialties, such as Biomechanics of Standing Asanas. For this reason, the Postgraduate Certificate has been created to provide professionals with advanced content on this doctrine. The program addresses topics such as the Sun Salutation, Balance Asanas and the biomechanical fundamentals of the main spinal flexion Asanas.

In addition, the student will have access to a *Masterclass* taught by a leading international figure in the field of Yoga and with extensive experience in the field. In this way, the physiotherapist will delve into the most relevant and current Biomechanics of Standing Asanas.

This course is an opportunity to acquire new techniques through an adaptable and comfortable academic instruction which does not require fixed schedules. With TECH, you will have more freedom to manage your study time and balance your obligations, including downloading the full syllabus available in the university's comprehensive virtual library.

This **Postgraduate Certificate in Biomechanics of Standing Asanas** 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



*An academic program that contains the most demanding material about the advantages of standing postures"*



*You have a unique academic opportunity before you, adaptable and with total availability of the didactic material at any time of the day, from any device connected to the network"*

*The multimedia capsules provide high-quality images on the Biomechanics of the hip through the practice of Asanas in Therapeutic Yoga.*

*A Postgraduate Certificate that will allow you to get up to date in Biomechanics of Standing Asanas in a short period of 6 weeks.*

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.



# 02 Objectives

The main purpose of this program is to offer the most complete and up-to-date information on the Biomechanics of Standing Asanas, using the best didactic material available in the current academic field. In this way, the physiotherapist who decides to take the course will be able to integrate this technique in the therapeutic procedures in order to improve flexibility, strengthen the muscles of the lower limbs and increase balance. In addition, thanks to the availability and proximity of the teaching staff, any doubts that may arise regarding the content of the program can be resolved.



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*A syllabus that gives you the opportunity to easily delve into the Biomechanics and the development of the Standing Asanas”*





## General Objectives

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- ♦ Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view
- ♦ Create a Yoga program designed and based on scientific evidence
- ♦ Delve into the most appropriate asanas according to the characteristics of the person and their injuries
- ♦ Delve into studies on biomechanics and its application to the asanas of Therapeutic Yoga
- ♦ Describe the adaptation of Yoga asanas to the pathologies of each person
- ♦ Delve into the Neurophysiological bases of the existing meditative and relaxation techniques



*A 100% online academic program taught by the most outstanding professionals in the discipline of yoga"*







## Specific Objectives

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- ♦ 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

03

# Course Management

To ensure excellence in the education of its students, TECH has made a rigorous selection of the staff that teaches this Postgraduate Certificate. This guarantees that the topics, the syllabus and the knowledge acquired throughout the program will be of high quality and useful in the student's field of work. In addition, it has the presence of an international expert in the area of Therapeutic Yoga, who will bring all their skills in the Biomechanics of Standing Asanas through an exclusive Masterclass.





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*This program is centered on Standing Asanas and focuses on benefits such as improved blood circulation, stress and anxiety reduction”*

## International Guest Director

As the **Director of Teachers and Head of Instructor Training** at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been mainly **therapeutic yoga**, with more than 6,000 documented hours of teaching and continuing education.

As such, she has been tutoring, developing protocols and training criteria and providing continuing education to the instructors of the Integral Yoga Institute. She balances this work with her role as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

Her work also extends to **creating and directing yoga programs**, developing exercises and evaluating the challenges that may arise. She has worked throughout her career with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.

For each of them she performs careful and personalized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, highlighting the E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by the American Health Training and Certified Exercise Instructor by the Somatic Movement Center.



## Ms. Galliano, Dianne

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- Yoga Therapy Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa in New York City
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- B.A. in Elementary Education from the State University of New York
- Master's Degree in Yoga Therapy from the University of Maryland

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*Thanks to TECH you will be able to learn with the best professionals in the world"*



## Management



### Ms. Escalona García, Zoraida

- Vice-president of the Spanish Association of Therapeutic Yoga
- Founder of the *Air Core* method (classes that combine TRX and Functional Training with Yoga)
- Therapeutic Yoga Trainer
- Degree in Biological Sciences from the Autonomous University of Madrid.
- Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- Floor Pilates Instructor Course
- Phytotherapy and Nutrition Course
- Meditation Teaching Course





## Professors

### Ms. Villalba, Vanessa

- ◆ Instructor at Gimnasios Villalba
- ◆ Vinyasa Yoga and Power Yoga Instructor at the European Institute of Yoga (IEY), Seville
- ◆ Aerial Yoga Instructor, Seville
- ◆ Integral Yoga Instructor at IEY Sevilla
- ◆ Body Intelligence TM Yoga Level at IEY Huelva
- ◆ Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- ◆ Yoga Nidra, Therapeutic Yoga and Shamanic Yoga Instructor
- ◆ Basic Pilates Instructor at FEDA
- ◆ Floor Pilates Instructor with Equipment
- ◆ Advanced Technician in Fitness and Personal Training at FEDA
- ◆ Spinning Start I Instructor at Federación Española de Spinning
- ◆ Power 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

# 04

## Structure and Content

In order to provide the physiotherapist with an up-to-date methodology on Biomechanics of Standing Asanas, its advantages and disadvantages, TECH has designed a program that delves into this discipline. In this sense, the student will have access to the latest trends in the posture of Tadasana, Sun Salutation and various Standing and Flexion Asanas. In addition, the virtual library has numerous additional materials, explanatory videos and analysis of real cases so that the student can delve into the topics that most interest them.





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*You will have the latest developments  
on the application of Standing Asanas  
in the field of physiotherapy”*



## Module 1. Analysis of the Main Standing Asanas

- 1.1. Tadasana
- 1.2. Sun Salutation
- 1.3. Standing Asanas
- 1.4. Spinal Flexion Standing Asanas
- 1.5. Lateral Flexion Asanas
- 1.6. Balance Asanas
- 1.7. Prone Position Extensions
- 1.8. Extensions
- 1.9. Twists
- 1.10. Hips





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*With TECH's Relearning method  
you will be able to reduce the time  
required to study and memorize”*

05

# Study Methodology

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

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





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

## The student: the priority of all TECH programs

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

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

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

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



### The most comprehensive study plans at the international level

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

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

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

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

## Case Studies and Case Method

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

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

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





## Relearning Methodology

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

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

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

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



## A 100% online Virtual Campus with the best teaching resources

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

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

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

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



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

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



### The university methodology top-rated by its students

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

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

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

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



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



#### Study Material

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

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



#### Practicing Skills and Abilities

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



#### Interactive Summaries

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

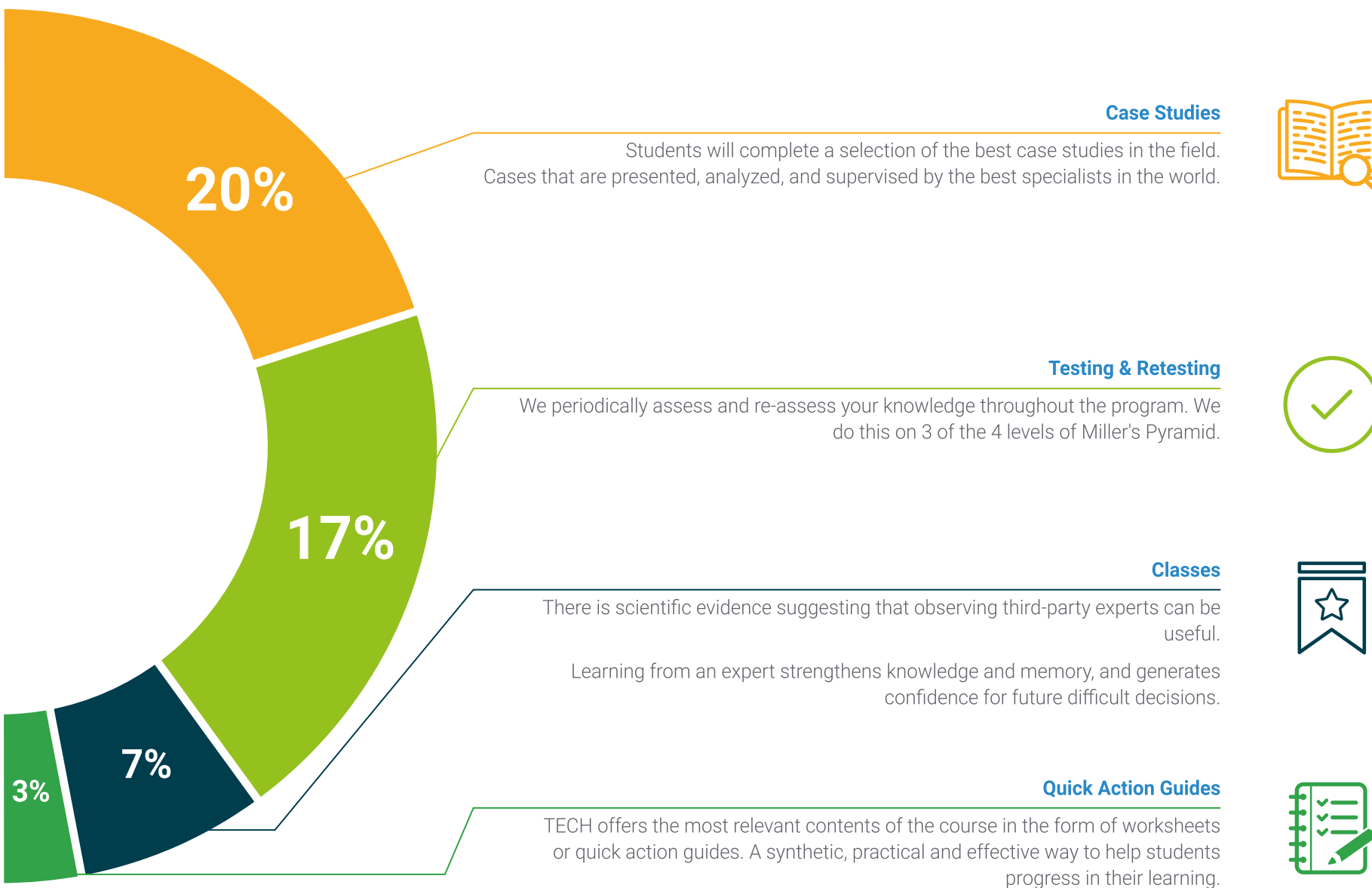
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

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





# 06 Certificate

The Postgraduate Certificate in Biomechanics of Standing Asanas guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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



This private qualification will allow you to obtain a **Postgraduate Certificate in Biomechanics of Standing Asanas** endorsed by **TECH Global University**, the world's largest online university.

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

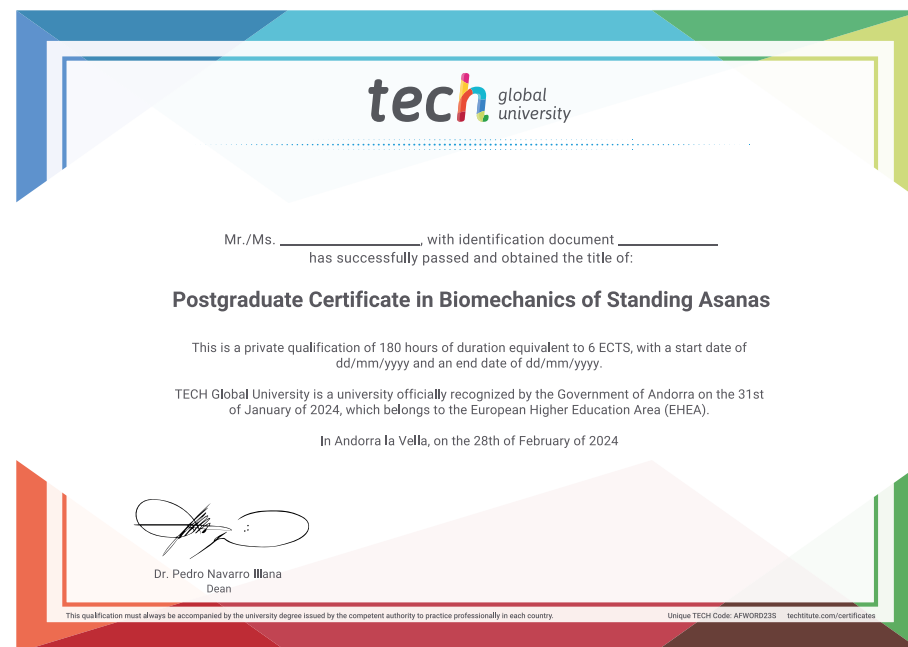
This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Biomechanics of Standing Asanas**

Modality: **online**

Duration: **6 Weeks**

Accreditation: **6 ECTS**



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate

### Biomechanics of Standing Asanas

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

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## Biomechanics of Standing Asanas

