Hybrid Master's Degree

Therapeutic Yoga in Physical Activity and Sport

Endorsed by the NBA

tech global university

tech global university

Hybrid Master's Degree

Therapeutic Yoga in Physical Activity and Sport

Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Global University**

60 + 5 ECTS Credits

Website: **www.techtitute.com/us/sports-science/hybrid-master-degree/hybrid-master-degree-therapeutic-yoga-physical-activity-sport**

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01

Introduction

Therapeutic Yoga has been shown to improve the physical and emotional health of athletes and people in general. This activity can increase lung capacity, protect joints and reduce pain caused by diseases such as fibromyalgia. For this reason, professionals in this field must keep abreast of the most up-to-date techniques. TECH offers an exceptional two-stage program for the acquisition of these modern skills. The first has a 100% online approach with multimedia resources and the support of teaching methods such as Relearning. The second phase consists of a 3-week on-site internship at a prestigious institution. Each participant will be advised by an assistant tutor and other qualified experts.

This TECH Hybrid Master's Degree provides an excellent update on the latest innovations in Therapeutic Yoga and its benefits in Physical Activity and Sport"

In recent years, Yoga Therapy has generated important innovations in the field of Physical Activity and Sport. It has been proven that the regular practice of this discipline can improve the physical and emotional health of people. For example, it can increase lung capacity, protect joints and increase flexibility. It can also reduce pain in people suffering from diseases such as Fibromyalgia, Vertigo, Migraines or Hypertension. In addition, breathing control and stress reduction are additional benefits that can improve athletes' performance. To keep up-to-date on the most beneficial and modern techniques in this field, professionals in the sector demand programs that integrate learning the theoretical knowledge and practical skills of the sector.

In this context, TECH offers a disruptive learning methodology through this Hybrid Master's Degree. The program is distinguished by two fundamental stages: an online stage and a face-to-face practice stage. During the first stage, participants will analyze concepts and trends 100% online on an interactive platform with various multimedia resources. In addition, the Relearning method is transversal to the entire teaching process and, with it, students can learn at their own pace and adapt their studies to their individual needs.

In the second phase, the graduate spends 3 weeks in a clinical internship in a first level institution. There you will perform complex tasks and work with leading experts in the field. You will also have the support and teaching advice of an assistant tutor to be able to quickly and flexibly assimilate all those tasks that are mandatory during this practical training in order to optimally achieve your pedagogical objectives. This combination of theory and practice under the guidance of distinguished professionals guarantees a complete and dynamic preparation on the complex field in question.

This **Hybrid Master's Degree in Therapeutic Yoga in Physical Activity and Sport** contains the most complete and up-to-date scientific program on the market. The most important features include:

- Development of more than 100 cases exemplified by specialists of Therapeutic Yoga in Physical Activity and Sport
- 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
- Integral plans of systematized action for the main sporting pathologies
- Presentation of practical workshops on relaxation techniques
- All this will be complemented by 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
- Furthermore, you will be able to carry out a clinical internship in one of the best hospital centers

Apply the theoretical competencies acquired in real cases during the classroom practice of this program"

Enroll in this program and you will delve into the latest relaxation trends that benefit special populations engaged in athletic activity"

Assimilate quickly and flexibly all the tasks required during the practical training of this program thanks to the support of a rigorous adjunct tutor.

The educational modules of this program are based on the latest scientific evidence on the benefits of Yoga Therapy and are supported by the most cutting-edge experiences of its teachers.

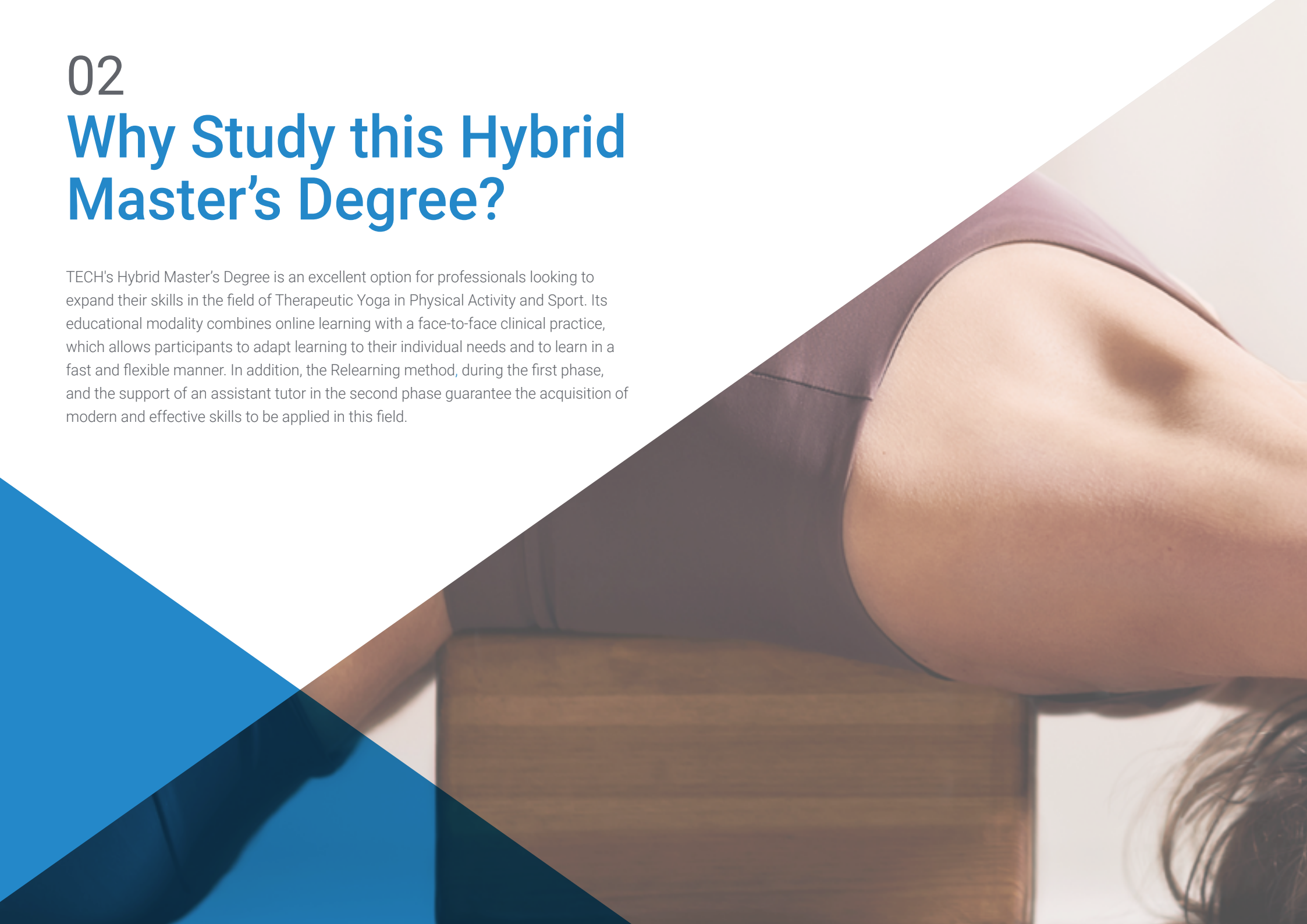
In this proposal of Master, of professionalizing character and hybrid mode, the program is aimed at updating professionals dedicated to Therapeutic Yoga in Physical Activity and Sport. The contents are based on the latest scientific evidence, and oriented in a teaching manner to integrate theoretical knowledge into practice and allow for more efficient decision making.

Thanks to their multimedia content developed with the latest educational technology, they will allow the Therapeutic Yoga professional to obtain situated and contextual learning, i.e. a simulated environment that will provide immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

02

Why Study this Hybrid Master's Degree?

TECH's Hybrid Master's Degree is an excellent option for professionals looking to expand their skills in the field of Therapeutic Yoga in Physical Activity and Sport. Its educational modality combines online learning with a face-to-face clinical practice, which allows participants to adapt learning to their individual needs and to learn in a fast and flexible manner. In addition, the Relearning method, during the first phase, and the support of an assistant tutor in the second phase guarantee the acquisition of modern and effective skills to be applied in this field.



Don't miss this unique opportunity to update your knowledge on the neurophysiological basis of relaxation through this program"

1. Updating from the Latest Technology Available

This Hybrid Master's Degree delves into the most innovative applications and procedures that can be applied for the benefit of Physical Activity and Sport through Therapeutic Yoga. Through its study, the professional will master the key techniques of relaxation and Mindfulness as a psychotherapeutic intervention.

2. Gaining In-depth Knowledge from the Experience of Top Specialists

Throughout this program, the students will be accompanied by leading experts. During the theoretical phase, you will be supported by a team of teachers of excellence, and then, during the practical phase, you will have the direct support of the experts working in the on-site training centers. Furthermore, you will have an assistant tutor who will guide your processes in a personalized manner.

3. Entering First-Class Clinical Environments

TECH carefully selects all the centers that will be part of the practical stay integrated to this Hybrid Master's Degree. These instances will guarantee the professional access to a dynamic and qualified environment to apply the most innovative techniques of Yoga Therapy. In this way, they will be able to directly analyze the working dynamics of this discipline.

4. Combining the Best Theory with State-of-the-Art Practice

Few programs manage to combine theoretical and practical learning of its contents. However, TECH offers professionals in this Hybrid Master's Degree an opportunity to acquire skills in both directions. For this purpose, the program will implement the contents studied online in a 3-week intensive in-person stay.

5. Expanding the Boundaries of Knowledge

To perform the internship of this Hybrid Master's Degree, TECH offers centers of international importance. In this way, professionals will be able to expand their frontiers and keep up to date with the best professionals, from first level hospitals located in different latitudes.

You will have full practical immersion at the center of your choice"

03

Objectives

This TECH program will provide Therapeutic Yoga professionals with a complete and up-to-date knowledge of the latest techniques and competencies that this field applies in relation to Physical Activity and Sport. Through its disruptive methodology, which combines online learning with a face-to-face clinical practice, participants will get up-to-date in the fastest and most flexible way. In addition, you will be accompanied at all times by teams of experts with great prestige and experience that will help you to expand your preparation immediately and efficiently.

Get up-to-date on the latest applications of Mindfulness and its benefits for reducing stress in children and adults through this TECH program"

General Objective

- The overall objective of this Hybrid Master's Degree in Therapeutic Yoga in Physical Activity and Sport is that each professional incorporates knowledge and skills necessary for the proper development of the most advanced techniques in this sector. In this way, they will be able to broaden their knowledge of the clinical approach to this discipline. In addition, they will have the skills to create programs that are customized for each individual and that conform to scientific evidence

This program will allow you to delve into the management of patients with Budd-Chiari Syndrome or portal venous thrombosis"

Specific Objectives

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 musculoskeletal system injuries and how to prevent them

Module 2. Spine and Extremities

- Describe the muscular, nervous and skeletal system
- Delve into the anatomy and functions of the spine
- Delve into the physiology of the hip
- Describe the morphology of the upper and lower extremity
- 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 minimum action: sthira, sukham and asanam
- Delve deeper into the concept of standing asanas
- Describe the benefits and contraindications of asanas in extension
- Point out the benefits and contraindications of asanas in rotation and lateral tilt
- Describe counterpostures and when to use them
- Delve into the bandhas and their application in Yoga Therapy

Module 4. Biomechanics of standing asanas

- Delve into the biomechanical fundamentals of Tadasana and its importance as a base posture for other standing asanas
- Identify the different variants 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 extensions and how to correctly apply biomechanics to maximize their benefits
- Delve into the main twists and poses for hips, and how to use biomechanics to perform them safely and effectively

Module 5. Biomechanics of floor asanas and adaptations with supports

- Identify the main floor asanas, their variations and how to apply them correctly biomechanics to maximize their benefits
- Delve into the biomechanical fundamentals of locking asanas and how to perform them safely and effectively
- Update knowledge on restorative asanas and how to apply biomechanics to relax and restore the body

- Identify the main inverts and how to use biomechanics to perform them safely and effectively
- Delve into the different types of supports (blocks, belt and saddle) and how to use them to improve the biomechanics of floor asanas
- Investigate the use of supports to adapt the 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 injuries
- Delve into degenerative diseases and how the practice of yoga 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 the yoga practice to improve posture and reduce discomfort
- Recognize knee misalignments and injuries and how to adapt the practice to prevent them and improve recovery
- Identifying shoulder injuries and how to adapt yoga practice to reduce pain and improve mobility
- Delve into wrist and shoulder pathologies and how to adapt the practice of yoga to avoid injury and reduce practice to avoid injury and reduce discomfort
- Delve into postural basics and how to apply biomechanics to improve posture and prevent injuries
- Identify autoimmune diseases and how the practice of yoga can help in their management and symptom reduction

Module 7. Facial System

- Delve into the history and concept of fascia, and its importance in yoga practice
- Delve into the different types of mechanoreceptors in the fascia 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 the practice of yoga
- Identify the different myofascial pathways and the specific postures for each of the chains
- Apply fascia biomechanics in yoga practice to improve mobility, strength and flexibility
- Identify the main postural imbalances and how to correct them through the practice of yoga and fascial biomechanics

Module 8. Yoga in The Human Life Cycle

- Delve into the different needs of the body and the practice of yoga 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 the needs of women at these times
- Identify the appropriateness of yoga practice for people with special physical and/or sensory needs and how to adapt the practice to meet their needs
- Learn to create specific yoga sequences for each evolutionary moment and individual need
- Identify and apply best practices to ensure safety and well-being during the practice of yoga in different evolutionary stages and special situations

Module 9. Physiology of respiratory techniques

- Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- Delve into the different types of respiration and how they affect the respiratory system and the body in general
- Identify the different components of breathing, such as inspiration, expiration, and retentions, and how each affects the physiology of the body
- Delve into the concepts of the energy channels or nadis, and how they relate to the physiology of breathing and pranayama practice
- Describe the different types of pranayamas 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 pranayama practice
- Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and wellness

Module 10. Neurophysiological basis of meditation and relaxation techniques

- Describe the neurophysiological basis of meditative and relaxation techniques in the practice of yoga
- Delve into the definition of mantra, its application and benefits in meditation practice
- 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 the practice of yoga
- 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

04

Skills

Graduates of this Hybrid Master's Degree will acquire competencies in therapeutic personal training, Yoga, mental relaxation, and Mindfulness during their online and in-person educational itinerary. In this way, after completing it, they will be able to apply this knowledge in the management of various body ailments, improve the quality of life of their patients and promote emotional and physical well-being.

Improve the performance of athletes through the regular practice of Therapeutic Yoga and its most innovative techniques through this 1,620-hour learning program"

General Skills

- Apply Therapeutic Yoga in Physical Activity and Sport from a clinical point of view in patient care
- Create specific programs for each patient according to their ailments and characteristics

Reduce the impact of ailments such as Fibromyalgia, Vertigo, Migraines or Hypertension thanks to the advanced techniques of Yoga Therapy that you will analyze with TECH"

Specific Skills

- Improve patients' psychomotor coordination
- Know the benefits of Therapeutic Yoga in Physical Activity and Sport and apply them in your treatments
- Inform healthy patients about the most appropriate postural techniques to avoid diseases
- Apply yoga techniques according to the age of the patients
- Apply Yoga Therapy in Physical Activity and Sport as a complementary tool to certain treatments
- Know the possible injuries that yoga can cause if done incorrectly
- Teach patients proper meditation techniques

05

Course Management

The teachers who teach this program are exceptional and are composed of highly qualified and recognized professionals. These experts are characterized by their experience in relation to Yoga Therapy, therapy and personal training, which allows them to bring a comprehensive and complete vision to the educational preparation of the students. In this way, the members of this faculty have been responsible for choosing all the educational modules and creating the most complete and up-to-date program on the educational market.

The teachers of this Hybrid Master's Degree will offer you a personalized guide to clarify doubts and concepts of interest related to the advances of Therapeutic Yoga"

International Guest Director

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

In this way, her work has been to mentor, develop training protocols and criteria, and provide continuing education to Integral Yoga Institute instructors. She combines this work with her role as a therapist and instructor in 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 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 veterans with a range of physical and mental health issues.

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

Ms. Galliano, Dianne

- 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 in New York City
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary School Education from the State University of New York
- Master's Degree in Yoga Therapy from the University of Maryland

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).
- Trainer in Yoga Therapy
- Degree in Biological Sciences from the Autonomous University of Madrid.
- Course in Teacher of: Ashtanga Yoga Progressive, FisiomYoga, Myofascial Yoga, Yoga and Cancer
- Course in Floor Pilates Instructor
- Course in Phytotherapy and Nutrition
- Meditation Teacher Course

Professors

Ms. Villalba, Vanessa

- Instructor at Gimnasios Villalba
- Vinyasa Yoga and Power Yoga Instructor at the European Institute of Yoga (IEY), Sevilla
- Aerial Yoga Instructor, Sevilla
- Integral Yoga Instructor at IEY Sevilla
- Body Intelligence TM Yoga Level at IEY Huelva
- Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- Yoga Nidra, Yoga Therapeutic and Shamanic Yoga Instructor
- Basic Pilates Instructor by FEDA
- Floor Pilates Instructor with implements
- Advanced Technician in Fitness and Personal Training by FEDA
- Spinning Start I Instructor by the Spanish Federation of Spinning
- Power Dumbell Instructor for Aerobic and Fitness Association
- Chiromassagie in Quirotema by the Superior School of Quiromassage and Therapies
- Training in Lymphatic Drainage by PRAXIS, Sevilla

Mr. Ferrer, Ricardo

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

Ms. Salvador Crespo, Inmaculada

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

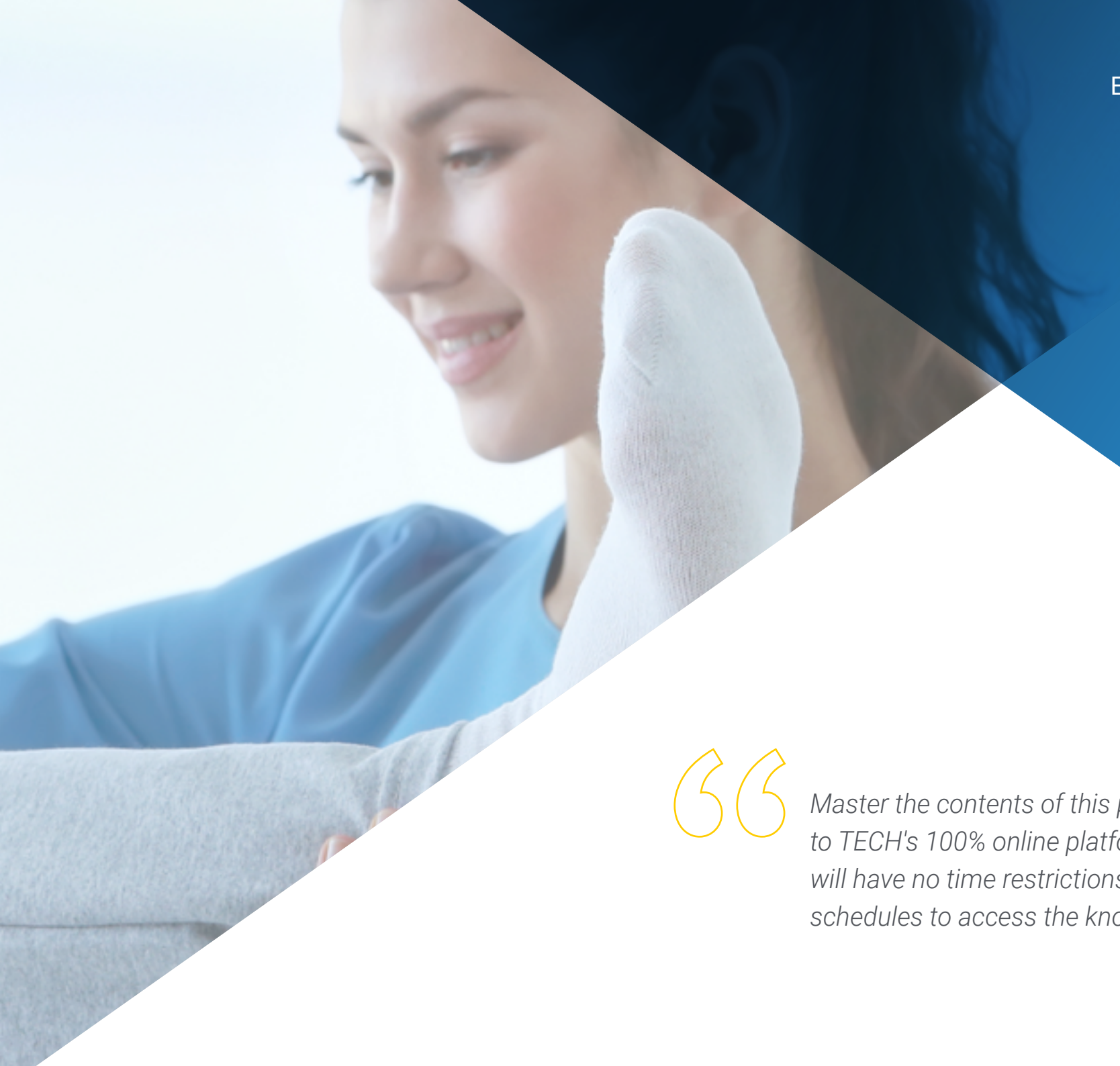
Ms. Bermejo Busto, Aránzazu

- Translator of the Yoga for Children with Autism and Special Needs Module with Louise Goldberg
- Online Yogaespecial Yoga Teacher Trainer
- Collaborator and Yoga trainer for the Spanish Yogaespecial Association, Modern Teachings
- Company, Om Shree Om School, SatNam Center, the Cercedilla Sports Center, among others
- Yoga and Meditation Teacher and Coordinator of Wellness courses
- Yoga classes in individual sessions to children with disabilities and special needs through the Respirávila Association
- Organizer and creator of yogic trips to India
- Former director of the Yamunadeva Center
- Gestalt and Systemic Therapist at the Yamunadeva Center
- Master's Degree in Conscious Breathing at the IRC
- Nada Yoga Course with the Nada Yoga Brazil School, in collaboration with Nada Yoga School of Rishikesh
- Course of the Playtherapy Method, of therapeutic accompaniment with Playmobil
- Online Yoga course with Louise Goldberg from the Yoga Center of Deerfield Beach, Florida

06

Educational Plan

The Hybrid Master's Degree offers an innovative and up-to-date syllabus that combines the methodologies of Yoga work with psychotherapeutic relaxation techniques. This program includes specific kriyas to treat pathologies such as fibromyalgia, arterial hypertension, digestive and genitourinary problems, among others. In addition, it addresses the application of Mindfulness in different areas, from the educational context to the treatment of disorders related to impulse dyscontrol. All of this is backed by scientific evidence and the experience of a highly qualified and specialized team of teachers.



Master the contents of this program thanks to TECH's 100% online platform where you will have no time restrictions or predefined schedules to access the knowledge"

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 Plans

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 Relation 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. 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 Articulation 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 the 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. 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 its 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 their 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 in Therapeutic Yoga Practice

1.10. Muscle Contraction
- 1.10.1. Anatomy and Physiology of Muscle Contraction and its Relation to the Practice of Therapeutic Yoga
- 1.10.2. the Different Types of Muscle Contraction and its Application in the Practice of Therapeutic Yoga
- 1.10.3. The Role of Neuromuscular Activation in Muscle Contraction and the 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 in Therapeutic Yoga Practice

Module 2. Spine and Extremities

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 to Yoga Styles

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. Autonomous Peripheral Nervous System: Sympathetic and Parasympathetic

2.3. Skeletal System
- 2.3.1. Osteocytes: Functional Unit
- 2.3.2. Axial and Appendicular Skeleton
- 2.3.3. Tendons
- 2.3.4. Ligaments

2.4. Spinal Column
- 2.4.1. Evolution of the Spine and Functions
- 2.4.2. Structure
- 2.4.3. Vertebra Type
- 2.4.4. Column Movements

2.5. Cervical and Dorsal Region
- 2.5.1. Cervical Vertebrae: Typical and Atypical
- 2.5.2. Dorsal Vertebrae
- 2.5.3. Main Muscles of the Cervical Region
- 2.5.4. Main Muscles of the Dorsal Region

2.6. Lumbar Region
- 2.6.1. Lumbar Vertebrae
- 2.6.2. Sacro
- 2.6.3. Coccyx
- 2.6.4. Main Muscles

2.7. Pelvis
- 2.7.1. Anatomy: Difference between Male and Female Pelvises
- 2.7.2. Two Key Concepts: Anteversion and Retroversion
- 2.7.3. Main 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. Main Muscles

2.9. Lower Limbs
- 2.9.1. Coxofemoral Joint
- 2.9.2. Knee: Tibiofemoral and Patellofemoral Joints
- 2.9.3. Ligaments and Menisci of the Knee
- 2.9.4. Main 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 the Yoga

Module 3. Application of Asana Techniques and their Integration

3.1. Asana
- 3.1.1. Asana Definition
- 3.1.2. Asana in the 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. Foot Asanas
- 3.3.1. The Importance of Foot Asanas
- 3.3.2. How To Work Them?
- 3.3.3. Benefits
- 3.3.4. Contraindications and Considerations

3.4. Seated and Supine Asanas
- 3.4.1. Importance of Seated Asanas
- 3.4.2. Seated Asanas for Meditation
- 3.4.3. Supine Asanas: Definition
- 3.4.4. Benefits of Supine Postures

3.5. Asanas Extension
- 3.5.1. Why are Extensions Important?
- 3.5.2. How to Work Them Safely?
- 3.5.3. Benefits
- 3.5.4. Contraindications

3.6. Asanas Flexion
- 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. Asanas Rotation: Twisting
- 3.7.1. Torsional Mechanics
- 3.7.2. How to Perform Them Correctly
- 3.7.3. Physiological Benefits
- 3.7.4. Contraindications

3.8. Asanas in Lateral Tilt
- 3.8.1. Importance
- 3.8.2. Benefits
- 3.8.3. Most common mistakes
- 3.8.4. Contraindications

3.9. Importance of Counterpositions
- 3.9.1. What are they?
- 3.9.2. When Should it be Done?
- 3.9.3. Benefits During Practice
- 3.9.4. Most Commonly Used Counterposts

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. Biomechanics of standing asanas

4.1. Biomechanics of Tadasana
- 4.1.1. Importance
- 4.1.2. Benefits
- 4.1.3. Implementation
- 4.1.4. Difference from Samasthiti

4.2. Biomechanics of Sun Salutation
- 4.2.1. Classic
- 4.2.2. Type A:
- 4.2.3. Type B:
- 4.2.4. Adaptation

4.3. Biomechanics of Foot Asanas
- 4.3.1. Utkatasana: Chair Posture
- 4.3.2. Anjaneyasana: Low Lunge
- 4.3.3. Virabhadrasana I: Warrior I
- 4.3.4. Utkata Konasana: Posture of the Goddess

4.4. Biomechanics of Asanas Standing Spine Flexion
- 4.4.1. Adho Mukha
- 4.4.2. Parsvotanassana
- 4.4.3. Prasarita Padottanasana
- 4.4.4. Uthanasana

4.5. Biomechanics of Asanas Lateral Flexion
- 4.5.1. Uthhita trikonasana
- 4.5.2. Virabhadrasana II: Warrior I
- 4.5.3. Parighasana
- 4.5.4. Uthitta ParsvaKonasana

4.6. Biomechanics of Asanas Balance
- 4.6.1. Vkrisana
- 4.6.2. Utthita to Padangustasana
- 4.6.3. Natarajasana
- 4.6.4. Garudasana

4.7. Biomechanics of Prone Extensions
- 4.7.1. Bhujangasana
- 4.7.2. Urdhva Mukha Svanasana
- 4.7.3. Saral Bhujangasana: Sphinx
- 4.7.4. Shalabhasana

4.8. Biomechanics of Extensions
- 4.8.1. Ustrasana
- 4.8.2. Dhanurasana
- 4.8.3. Urdhva Dhanurasana
- 4.8.4. Setu Bandha Sarvangasana

4.9. Biomechanics of Torsion
- 4.9.1. Paravritta Parsvakonasana
- 4.9.2. Paravritta Trikonasana
- 4.9.3. Paravritta Parsvotanassana
- 4.9.4. Paravritta Utkatasana

4.10. Hip Biomechanics
- 4.10.1. Malasana
- 4.10.2. Badha Konasana
- 4.10.3. Upavista Konasana
- 4.10.4. Gomukhasana

Module 5. Biomechanics of floor asanas and adaptations with supports

5.1. Biomechanics of Main Asanas on Floor
- 5.1.1. Marjaryasana- Bitilasana
- 5.1.2. Benefits
- 5.1.3. Variants
- 5.1.4. Dandasana

5.2. Biomechanics of Supine Push-Ups
- 5.2.1. Paschimottanasana
- 5.2.2. Janu sirsasana
- 5.2.3. Trianga Mukhaikapada Paschimottanasana
- 5.2.4. Kurmasana

5.3. Biomechanics of Lateral Twisting and Tilting
- 5.3.1. Ardha Matsyendrasana
- 5.3.2. Vakrasana
- 5.3.3. Bharadvajasana
- 5.3.4. Parivrita Janu Sirsasana

5.4. Biomechanics of Closure Asanas
- 5.4.1. Balasana
- 5.4.2. Supta Badha Konasana
- 5.4.3. Ananda Balasana
- 5.4.4. Jathara Parivartanasana A and B

5.5. Biomechanics of Inverted
- 5.5.1. Benefits
- 5.5.2. Contraindications
- 5.5.3. Viparita Karani
- 5.5.4. Sarvangasana

5.6. Block Biomechanics
- 5.6.1. What are They and How to Use Them?
- 5.6.2. Variants of Foot Asanas
- 5.6.3. Variants of Seated and Supine Asanas
- 5.6.4. Closing and Restorative Asana Variations

5.7. Belt Biomechanics
- 5.7.1. What are They and How to Use Them?
- 5.7.2. Variants of Foot Asanas
- 5.7.3. Variants of Seated and Supine Asanas
- 5.7.4. Closing and Restorative Asana Variations

5.8. Biomechanics of Chair Asanas
- 5.8.1. What Is It?
- 5.8.2. Benefits
- 5.8.3. Sun Salutations in a Chair
- 5.8.4. Chair Tadasana

5.9. Biomechanics of Chair Yoga
- 5.9.1. Flexions
- 5.9.2. Extensions
- 5.9.3. Twists and Tilts
- 5.9.4. Flipped

5.10. Biomechanics of Restorative Asanas
- 5.10.1. When to Use it?
- 5.10.2. Seated and Forward Push-Ups
- 5.10.3. Back Push-Ups
- 5.10.4. Inverted and Supine

Module 6. Most Common Pathologies

6.1. Spinal Pathology 1
- 6.1.1. Protusions
- 6.1.2. Hernias
- 6.1.3. Hyperlordosis
- 6.1.4. Rectifiers

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 We Should Do
- 6.4.4. Things to Avoid

6.5. Knee Misalignment
- 6.5.1. Genu Valgum
- 6.5.2. Genu Varum
- 6.5.3. Genu Flexo
- 6.5.4. Genu Recurvatum

6.6. Shoulder and Elbow
- 6.6.1. Bursitis
- 6.6.2. Subacromial Syndrome
- 6.6.3. Epicondilits
- 6.6.4. Epitrocleitis

6.7. Knees
- 6.7.1. Patellofemoral Pain
- 6.7.2. Chondropathy
- 6.7.3. Meniscus Injuries
- 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 and Cavus Feet

6.9. Postural Bases
- 6.9.1. Different Plans
- 6.9.2. Plumb Technique
- 6.9.3. Superior Cruciate Syndrome
- 6.9.4. Lower Cruciate 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 Different Yoga Styles
- 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. Tensegrity Concept
- 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. SAL: Superficial Anterior 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. Lines Arms
- 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 Extension Group
- 7.10.3. Opening and Closing Group
- 7.10.4. Inspiratory and Expiratory Pattern

Module 8. Yoga in The Human Life Cycle

8.1. Childhood
- 8.1.1. Why Is It Important?
- 8.1.2. Benefits
- 8.1.3. How is a Class?
- 8.1.4. Example of an 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 from Practice
- 8.4.4. Recommended Asanas

8.5. Pregnancy
- 8.5.1. Why Practice It
- 8.5.2. Asanas First Trimester
- 8.5.3. Asanas Second Trimester
- 8.5.4. Asanas Third Trimester

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 Design a Class?

8.9. Sensory Disability
- 8.9.1. Auditory
- 8.9.2. Visual
- 8.9.3. Sensory
- 8.9.4. How Design a Sequence?

8.10. General Considerations of the Most Common 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. Physiology of respiratory techniques

9.1. Physiology of Pranayama
- 9.1.1. Definition
- 9.1.2. Origin
- 9.1.3. Benefits
- 9.1.4. Prana Concept

9.2. Breathing Types
- 9.2.1. Ultrasound
- 9.2.2. Wall
- 9.2.3. Clavicular
- 9.2.4. Complete Yogic Breathing

9.3. Purification of Pranic Energy Conduits or Nadis
- 9.3.1. What are the Nadis?
- 9.3.2. Sushuma
- 9.3.3. Ida
- 9.3.4. Pindala

9.4. Inspiration: Puraka
- 9.4.1. Abdominal Inhalation
- 9.4.2. Diaphragmatic /Costal Inspiration
- 9.4.3. General Considerations and Contraindications
- 9.4.4. Relationship with the Bandhas

9.5. Exhalation: Rechaka
- 9.5.1. Abdominal Exhalation
- 9.5.2. Diaphragmatic Exhalation /Costal
- 9.5.3. General Considerations and Contraindications
- 9.5.4. Relationship with the Bandhas

9.6. Retentions: Kumbakha
- 9.6.1. Anthara Kumbhaka
- 9.6.2. Bahya Kumbhaka
- 9.6.3. General Considerations and Contraindications
- 9.6.4. Relationship with the Bandhas

9.7. Physiology of Purifying Pranayamas
- 9.7.1. Douti
- 9.7.2. Anunasika
- 9.7.3. Nadi Shodana
- 9.7.4. Bhramari

9.8. Physiology of Stimulating and Refreshing Pranayamas
- 9.8.1. Kapalabhati
- 9.8.2. Bastrika
- 9.8.3. Ujjayi
- 9.8.4. Shitali

9.9. Physiology of Regenerative Pranayamas
- 9.9.1. Surya bheda
- 9.9.2. Kumbaka
- 9.9.3. Samavritti
- 9.9.4. Mridanga

9.10. Mudras Physiology
- 9.10.1. What are they?
- 9.10.2. Benefits and When to Incorporate them
- 9.10.3. Meaning of Each Finger
- 9.10.4. Main Mudras that Are Used in a Practice

Module 10. Neurophysiological basis of meditation and relaxation techniques

10.1. Mantras
- 10.1.1. What are they?
- 10.1.2. Benefits
- 10.1.3. Opening Mantras
- 10.1.4. Closing Mantras

10.2. Internal Aspects of Yoga
- 10.2.1. Pratyahara
- 10.2.2. Dharana
- 10.2.3. Dhyana
- 10.2.4. Samadhi

10.3. Meditation
- 10.3.1. Definition
- 10.3.2. Posture
- 10.3.3. Benefits
- 10.3.4. Contraindications

10.4. Brain Waves
- 10.4.1. Definition
- 10.4.2. Classification
- 10.4.3. From Sleep to Wakefulness
- 10.4.4. During Meditation

10.5. Meditation Types
- 10.5.1. Spiritual
- 10.5.2. Visualization
- 10.5.3. Buddhist
- 10.5.4. Movement

10.6. Meditation Techniques I
- 10.6.1. Meditation to Achieve Your Desire
- 10.6.2. Heart Meditation
- 10.6.3. Kokyuhoo Meditation
- 10.6.4. Inner Smile Meditation

10.7. Meditation Techniques II
- 10.7.1. Chakra Cleansing Meditation
- 10.7.2. Loving Kindness Meditation
- 10.7.3. Meditation Gifts of the Present
- 10.7.4. Silent Meditation

10.8. Mindfulness
- 10.8.1. Definition
- 10.8.2. What does it Consist of?
- 10.8.3. How to Apply It?
- 10.8.4. Techniques

10.9. Relaxation/ Savasana
- 10.9.1. Closing Position of the Classes
- 10.9.2. How to Make It and Adjustments
- 10.9.3. Benefits
- 10.9.4. How to Guide a Relaxation

10.10. Nidra Yoga
- 10.10.1. What is Nidra Yoga?
- 10.10.2. What is a Session Like?
- 10.10.3. Phases
- 10.10.4. Session Example

07

Clinical Internship

At the end of the first half of this program, TECH proposes the development of an exhaustive and rigorous practical training. In it, professionals will have at their disposal the best resources to plan and design Yoga Therapy sessions with emphasis on the specific needs of special populations.

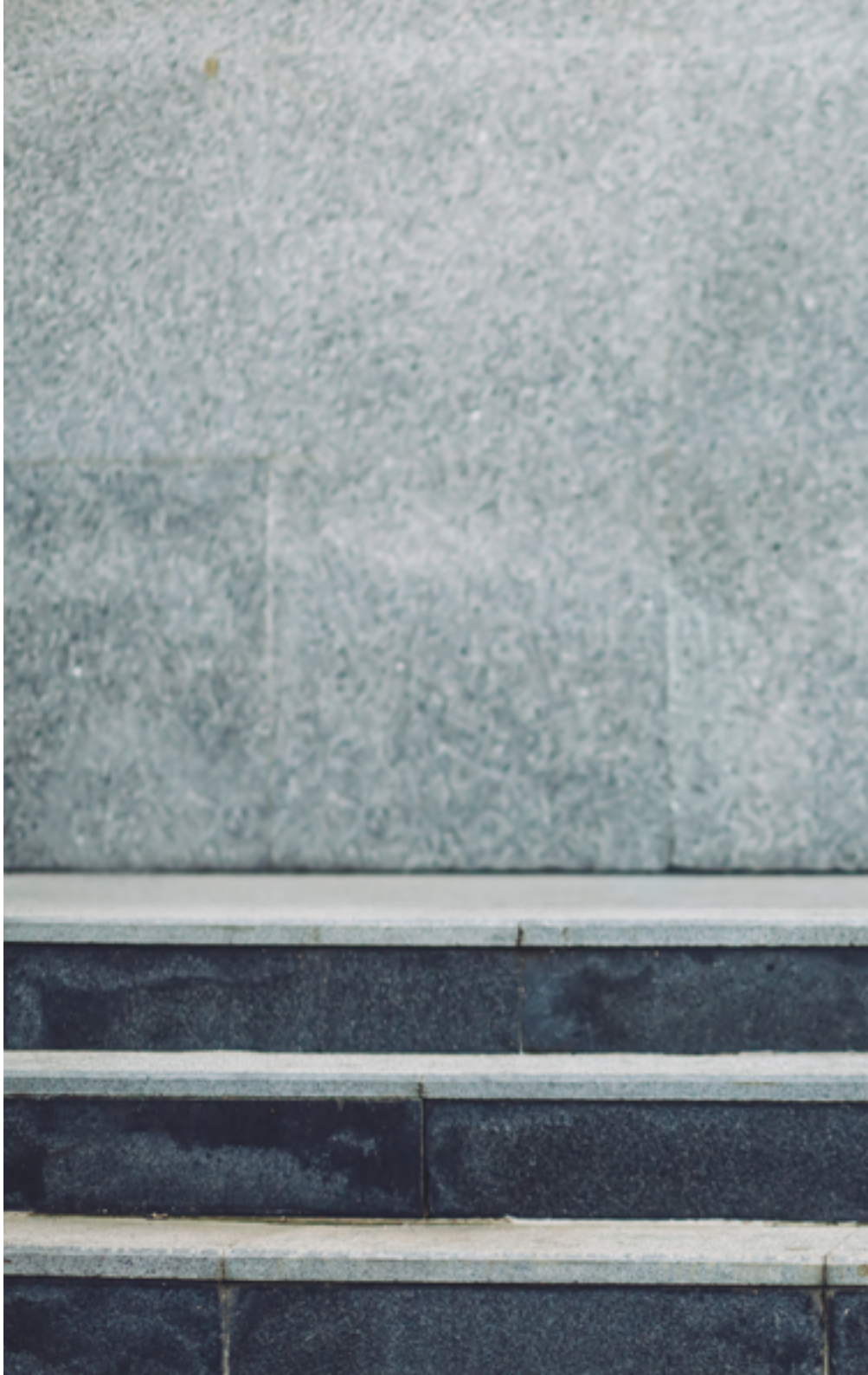
Improve your performance in the field of Physical Activity and Sport with a 3-week practical stay, focused on the most modern and beneficial techniques of Therapeutic Yoga"

These internships, 100% in-person and intensive, are a unique opportunity for professionals who wish to improve their skills related to the sector of Therapeutic Yoga in Physical Activity and Sport. From them, they will be able to develop complex tasks and apply the skills acquired during the online stage of the program in real cases.

In addition, they will receive educational guidance from an adjunct tutor to successfully complete all the activities during these 3 weeks of preparation. These experiences will allow participants to improve their performance in the field of Physical Activity and Sports with the most outstanding advances in Therapeutic Yoga.

The practical part will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees that facilitate teamwork and multidisciplinary integration as transversal competencies for the the Therapeutic Yoga practice (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:



Module	Practical Activity
Yoga in The Human Life Cycle	Design yoga class for children based on the principles of yoga for children
	Create a prenatal and postnatal yoga session and learn the necessary adjustments to adapt the practice to the needs of pregnant and postpartum women
	Plan a yoga class for seniors, including recommended postures and functional adaptations for people with disabilities
Integration of patients with health problems and disabilities	Participate in a therapeutic yoga session for people with disabilities or specific health problems, such as cerebral palsy or high blood pressure
	Develop a specific kriya for people with visual, motor or hearing disabilities, taking into account the necessary adaptations
	Practice a therapeutic yoga session with a patient with a specific health problem, and make necessary adjustments to the postures and practice to adapt it to the patient's needs
Clinical Approach	Manage a therapeutic yoga session for the locomotor system, including recommended postures and adjustments for people with spinal problems, fibromyalgia or paraplegia
	Perform a specific kriya to treat cardiovascular problems such as arterial hypertension or arterial hypotension
	Treat digestive system problems, such as constipation or irritable bowel syndrome, in a specific therapeutic yoga session
Mental Relaxation	Apply Edmund Jacobson's progressive relaxation technique and Schultz's autogenic relaxation, and learn to use them as therapeutic tools
	Design a Mindfulness meditation session, including mindfulness, concentration on breathing, and management of intrusive thoughts and emotions
	Implement the technique of systematic desensitization and selective dissociation focusing to treat anxiety and stress related disorders
Mindfulness	Create a Mindfulness session for children, and learn specific techniques to work with children
	Use Mindfulness technique to treat attention deficit hyperactivity disorder (ADHD)
	Conduct a Mindfulness session in an educational or business context, and learn how to integrate this technique in different contexts

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.

General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Hybrid Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Hybrid Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Hybrid Master's Degree will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Hybrid Master's Degree shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Hybrid Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Hybrid Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

08

Where Can I Do the Clinical Internship?

The practical stay of this Hybrid Master's Degree is distinctive with respect to other programs prevailing in the educational market. During this stage of classroom learning, the professionals will have access to prestigious institutions where they will apply the subjects learned in a theoretical way in the direct attention of real cases that want to improve their physical condition and sports performance through Therapeutic Yoga. In this way, during 3 weeks, the student will acquire a deeper knowledge of the contents studied and their correct execution on a daily basis.

Complete your theoretical preparation with a 3-week intensive classroom practice in a prestigious center dedicated to Therapeutic Yoga"

The student will be able to complete the practical part of this Hybrid Master's Degree at the following centers:

Club Metropolitan Sagrada Familia

Country: Spain
City: Barcelona

Address: C/ de Provenza, 408, 08025 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Iradier

Country: Spain
City: Barcelona

Address: C/ de les Escoles Pies, 105, 08017 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Balmes

Country: Spain
City: Barcelona

Address: C/ de Balmes, 215, 08006 Barcelona

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Las Arenas

Country: Spain
City: Barcelona

Address: Gran Via de les Corts Catalanes, 373, 385, 08015 Barcelona

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Galileo

Country: Spain
City: Barcelona

Address: C/ de Galileu, 186, 08028 Barcelona

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Badalona

Country: Spain
City: Barcelona

Address: C. de Sant Miquel, 16, 08911 Badalona, Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Gran Vía

Country: Spain
City: Barcelona

Address: Avinguda de la Granvia de l'Hospitalet, 142, 08907 L'Hospitalet de Llobregat, Barcelona

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Abascal

Country: Spain
City: Madrid

Address: Calle de José Abascal, 46, 28003 Madrid

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Eurobuilding

Country: Spain
City: Madrid

Address: Hotel NH Collection Madrid Eurobuilding, Planta Superior Hotel NH Collection Eurobuilding, 28036, C. del Padre Damián, 23, 28036 Madrid

The largest national chain of Sports, Health and Wellness Centers in Spain

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Isozaki

Country: Spain
City: Vizcaya

Address: Paseo Uribitarte, 4, Ext, 48001 Bilbao, Vizcaya

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Begoña

Country: Spain
City: Vizcaya

Address: Masustegi Kalea, 25, 48006 Bilbao, Vizcaya

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Romareda

Country: Spain
City: Zaragoza

Address: C/ de Gonzalo Calamita, s/n, 50009 Zaragoza

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Paraíso

Country
Spain

City
Zaragoza

Address: Residencial Paraíso, 10, 50008 Zaragoza

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Sevilla

Country
Spain

City
Seville

Address: Av. Eduardo Dato, 49, 41018 Sevilla

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Gijón

Country
Spain

City
Asturias

Address: Estadio El Molinón Enrique Castro - Quini, Puerta 8, 33201 Gijón, Asturias

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan Vigo

Country
Spain

City
Pontevedra

Address: Rúa Cánovas del Castillo, 1, 36202 Vigo, Pontevedra

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

Club Metropolitan La Solana

Country
Spain

City
La Coruña

Address: P.º Marítimo Alcalde Francisco Vázquez, 21, 15001 A Coruña

The largest national chain of Sports, Health and Wellness Centers

Related internship programs:
-Therapeutic Personal Training
- Fitness Instructor

09

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.

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"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"

You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.

The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

> *Our program prepares you to face new challenges in uncertain environments and achieve success in your career"*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

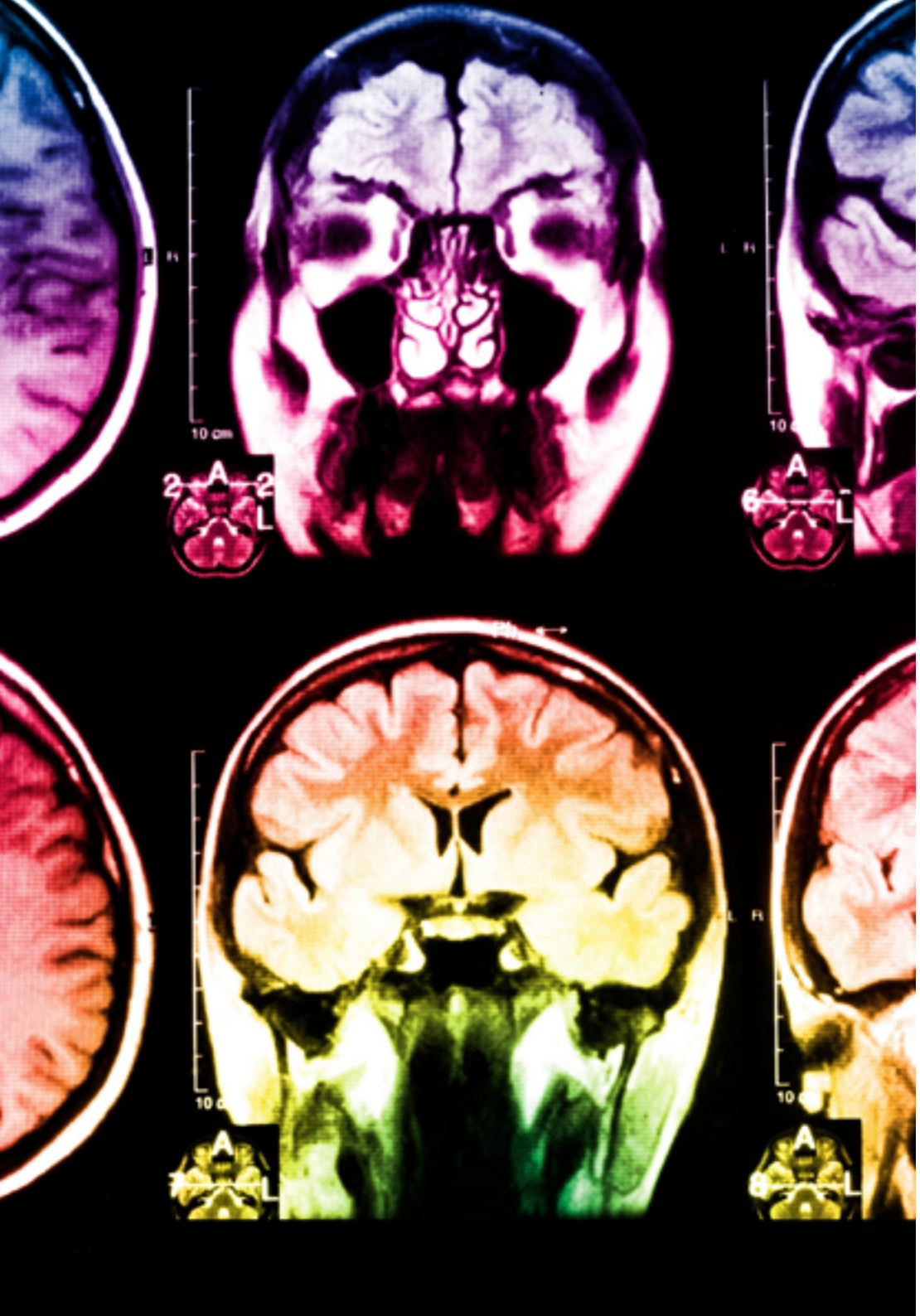
Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.
Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



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. With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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.

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.

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.

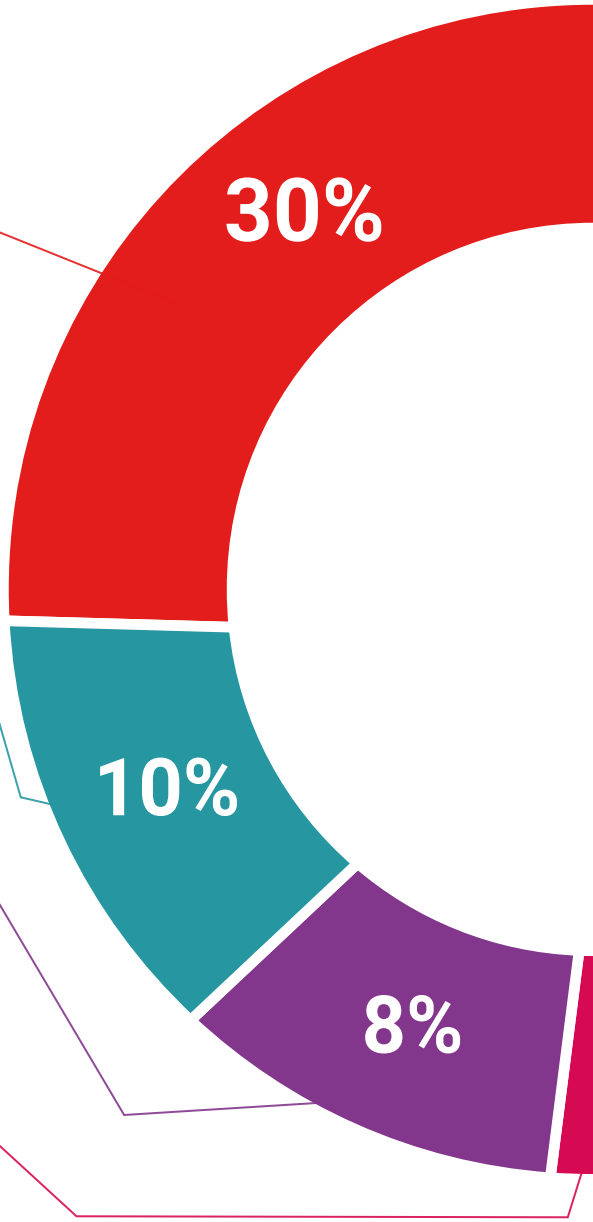
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.

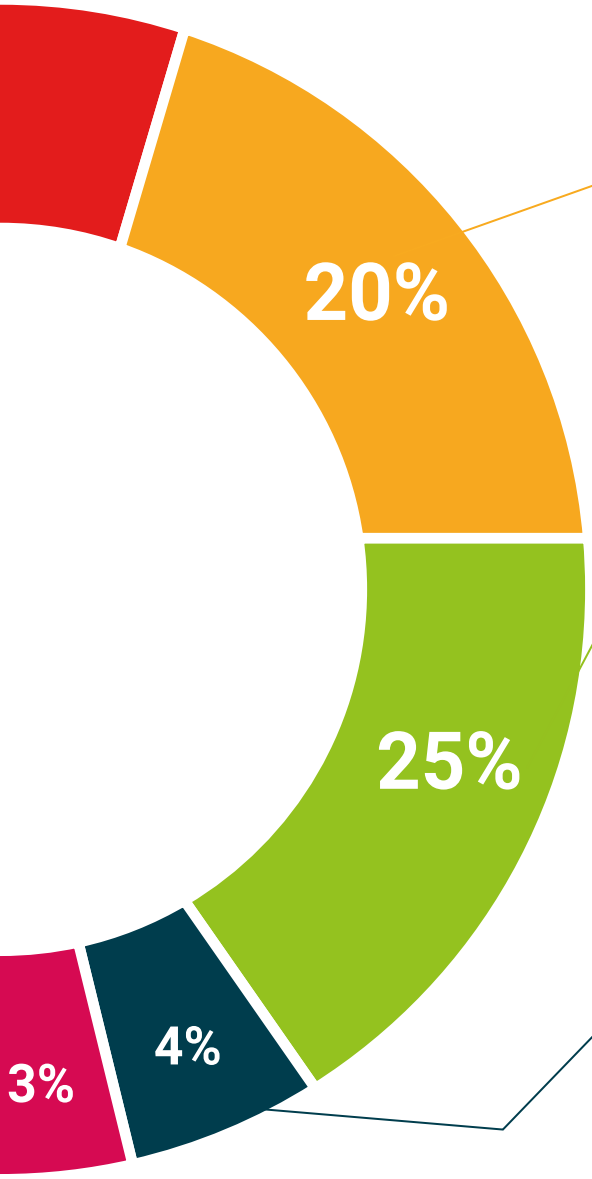
Practising Skills and Abilities

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.

10

Certificate

This Hybrid Master's Degree in Therapeutic Yoga in Physical Activity and Sport guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Master's Degree diploma issued by TECH Global University.

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 **Hybrid Master's Degree in Therapeutic Yoga in Physical Activity and Sport** 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: **Hybrid Master's Degree in Therapeutic Yoga in Physical Activity and Sport**

Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Global University**

Recognition: **60 + 5 ECTS Credits**


tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Hybrid Master's Degree in Therapeutic Yoga in Physical Activity and Sport

This is a program of 1,620 hours of duration equivalent to 65 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

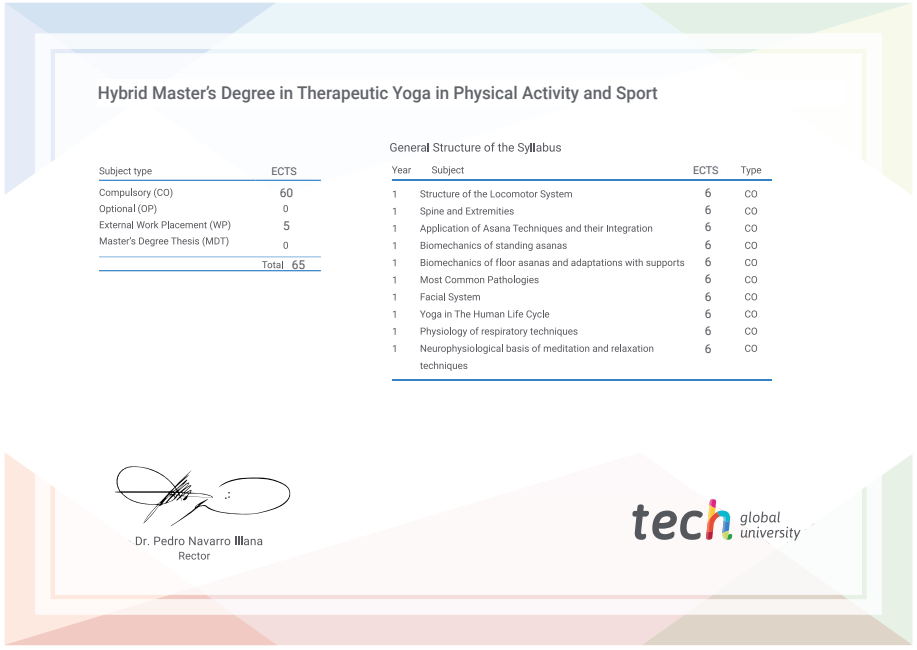
TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Rector

The Official Online University of the NBA

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates


Hybrid Master's Degree in Therapeutic Yoga in Physical Activity and Sport

Subject type	ECTS
Compulsory (CO)	60
Optional (OP)	0
External Work Placement (WP)	5
Master's Degree Thesis (MDT)	0
Total	65

General Structure of the Syllabus

Year	Subject	ECTS	Type
1	Structure of the Locomotor System	6	CO
1	Spine and Extremities	6	CO
1	Application of Asana Techniques and their Integration	6	CO
1	Biomechanics of standing asanas	6	CO
1	Biomechanics of floor asanas and adaptations with supports	6	CO
1	Most Common Pathologies	6	CO
1	Facial System	6	CO
1	Yoga in The Human Life Cycle	6	CO
1	Physiology of respiratory techniques	6	CO
1	Neurophysiological basis of meditation and relaxation techniques	6	CO

Dr. Pedro Navarro Illana
Rector

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

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Hybrid Master's Degree

Therapeutic Yoga in Physical Activity and Sport

Modality: **Hybrid (Online + Clinical Internship)**
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Hybrid Master's Degree

Therapeutic Yoga in Physical Activity and Sport

Endorsed by the NBA

tech global university