

# Master's Degree Therapeutic Yoga

Accreditation/Membership





## Master's Degree Therapeutic Yoga

- » Modality: Online
- » Duration: 12 months.
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/sports-science/master-degree/master-therapeutic-yoga](http://www.techtitute.com/us/sports-science/master-degree/master-therapeutic-yoga)

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# 01

# Introduction to the Program

Therapeutic Yoga has gained global recognition as an effective tool for improving both physical and mental health. According to the National Center for Complementary and Integrative Health (NCCIH), studies have shown that its practice helps reduce lower back pain, anxiety, and depression, while also improving the quality of life for individuals with chronic illnesses. Given the growing interest in integrative approaches to well-being, health and sports professionals are increasingly seeking to specialize in evidence-based applications of this discipline. In this context, TECH has developed this postgraduate program, offering the most advanced knowledge on Therapeutic Yoga and its application across various fields. All through a 100% online and innovative methodology.



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*A comprehensive and 100% online program, exclusive to TECH, with an international perspective supported by our membership with The International Association of Yoga Therapists"*

Therapeutic Yoga has established itself as a key discipline in the fields of health and sports performance, thanks to its ability to improve mobility, reduce stress, and optimize muscle recovery. In a world where sedentary lifestyles and musculoskeletal diseases are on the rise, its evidence-based application becomes essential.

Professionals in sports, rehabilitation, and health are increasingly seeking tools that integrate the body and mind, offering a holistic approach to the prevention and treatment of various conditions.

With this in mind, TECH has designed this Master's Degree in Therapeutic Yoga, tailored to meet the current needs of the sector, combining academic rigor with a practical and applicable approach. The structure of this program will allow you to develop essential skills to implement therapeutic yoga strategies in different settings, boosting specialization and professional growth.

Additionally, the online methodology of this university pathway will provide access to high-quality content without geographical or rigid scheduling limitations. With a flexible learning system supported by advanced technology, you will be able to dive deeper into each concept through audiovisual materials, case studies, and interactive tools. This model will facilitate balancing professional activities and guarantee a dynamic and effective learning experience. As a complement, professionals will benefit from 10 exclusive Masterclasses taught by a prestigious International Guest Director.

Through TECH's membership with the **International Association of Yoga Therapists (IAYT)**, students will have access to digital academic journals, a library of specialized resources, and an online professional profile. Additionally, they will enjoy discounts on conferences and insurance, as well as connect with other therapists through the professional directory. Institutional memberships offer additional benefits that enhance training and accreditation in yoga therapy.

This **Master's Degree in Therapeutic Yoga** contains the most complete and up-to-date university program on the market. Its most notable features are:

- ♦ The development of practical 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 the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies in Therapeutic Yoga
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will have access to complementary Masterclasses of great academic value that will reinforce the knowledge imparted in the curriculum. All of this will be conducted by a renowned International Guest Director.*

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*You will explore anatomy and physiology of the human body from a perspective applied to Therapeutic Yoga, understanding its impact on mobility, injury prevention, and overall well-being”*

The teaching staff includes professionals from the field of Yoga, who bring their practical experience to the program, alongside recognized 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 an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will incorporate advanced breathing and meditation techniques supported by neurophysiological foundations, enhancing their effects on stress reduction and nervous system regulation.*

*You will master the main Asanas and their therapeutic adaptations to address musculoskeletal dysfunctions, improve posture, and optimize physical performance.*



02

# Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.





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*Study at the largest online university in the world and ensure your professional success. The future begins at TECH”*

**The world's best online university, according to FORBES**

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

**Forbes**  
The best online university in the world

The most complete  
**syllabus**

**The most complete syllabuses on the university scene**

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills, and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

**The best top international faculty**

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

**TOP**  
international faculty

The most effective methodology

**A unique learning method**

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

**The world's largest online university**

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.

**World's No.1**  
The World's largest online university

**The official online university of the NBA**

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

**Leaders in employability**

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



**Google Premier Partner**

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



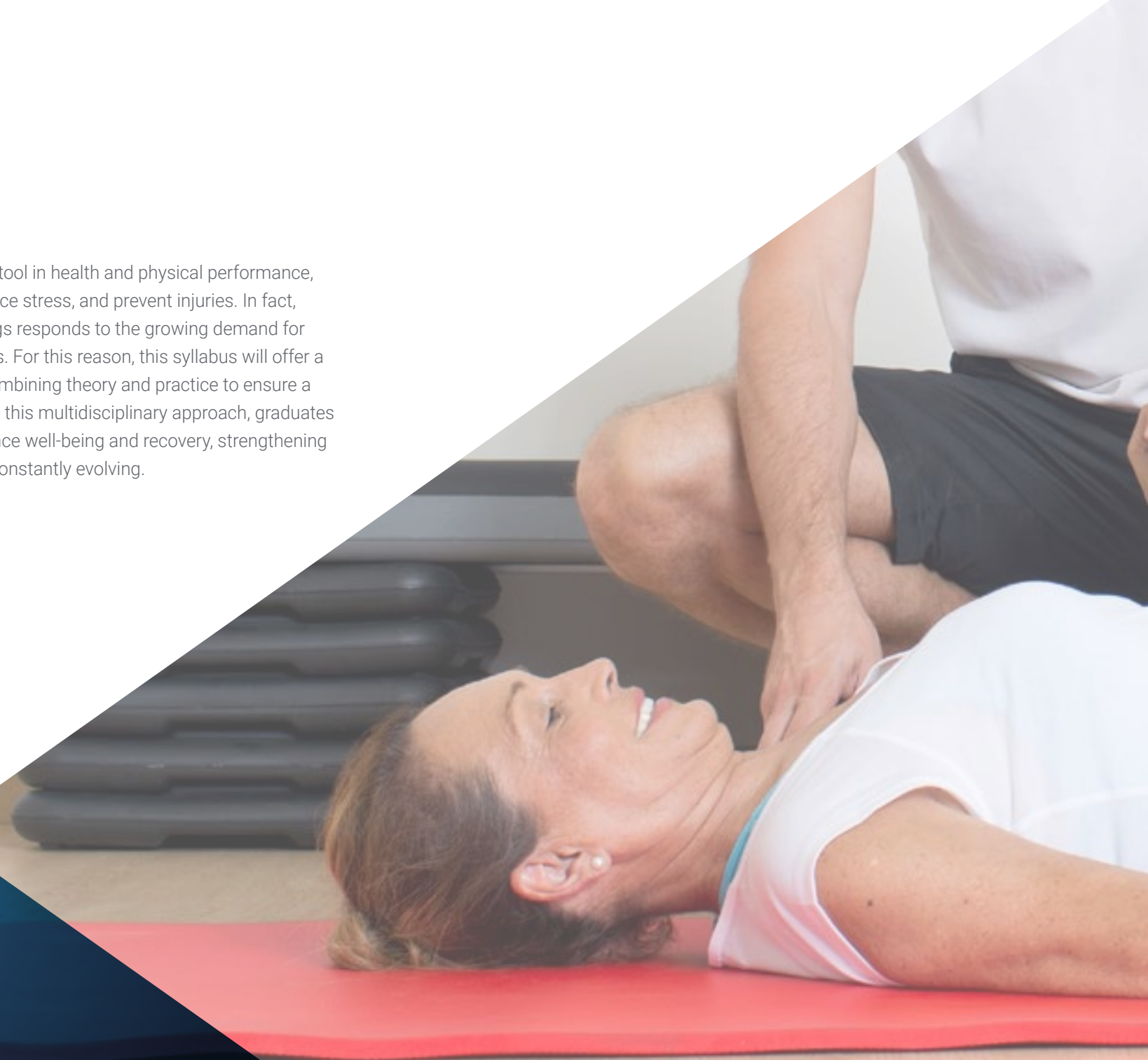
**The top-rated university by its students**

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



# 03 Syllabus

Therapeutic Yoga has become an essential tool in health and physical performance, thanks to its ability to improve mobility, reduce stress, and prevent injuries. In fact, its integration into sports and clinical settings responds to the growing demand for evidence-based complementary approaches. For this reason, this syllabus will offer a comprehensive and up-to-date structure, combining theory and practice to ensure a deep understanding of its applications. With this multidisciplinary approach, graduates will develop innovative strategies that enhance well-being and recovery, strengthening their professional profile in a sector that is constantly evolving.





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*You will perfect the application of  
Therapeutic Yoga at every stage of  
life, designing specific strategies for  
childhood, adulthood, and older age”*

## 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. Anatomical Position
  - 1.1.3. Body Axes
  - 1.1.4. Anatomical Planes
- 1.2. Bones
  - 1.2.1. Bone Anatomy of the Human Body
  - 1.2.2. Structure and Function of Bones
  - 1.2.3. Different Types of Bones and Their Relationship with 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 Human Joints
  - 1.3.2. Different Types of Joints
  - 1.3.3. The Role of Joints in Posture and Movement
  - 1.3.4. Common Joint Injuries and How to Prevent Them
- 1.4. Cartilage
  - 1.4.1. Anatomy and Physiology of Human Cartilage
  - 1.4.2. Different Types of Cartilage and Their Function in the Body
  - 1.4.3. The Role of Cartilage in Joints and Mobility
  - 1.4.4. Common Cartilage Injuries and Prevention
- 1.5. Tendons and Ligaments
  - 1.5.1. Anatomy and Physiology of Tendons and Ligaments
  - 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. Common Tendon and Ligament Injuries and How to Prevent Them
- 1.6. Skeletal Muscle
  - 1.6.1. Anatomy and Physiology of the Musculoskeletal System
  - 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 with Therapeutic Yoga Practice
  - 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 with Posture and Movement
  - 1.8.3. The Function of Joints in the Musculoskeletal System and How to Care for Them During Therapeutic Yoga Practice
  - 1.8.4. The Role of Fascia and Other Connective Tissues in the Musculoskeletal System and Their Relationship with Therapeutic Yoga Practice
- 1.9. Nervous Control of Skeletal Muscles
  - 1.9.1. Anatomy and Physiology of the Nervous System and Its Relationship with Therapeutic Yoga Practice
  - 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 Musculoskeletal System in Posture and Movement During Therapeutic Yoga Practice
  - 1.9.4. The Importance of Neuromuscular Control for Injury Prevention and Performance Improvement in Therapeutic Yoga
- 1.10. Muscle Contraction
  - 1.10.1. Anatomy and Physiology of Muscle Contraction and Its Relationship with Therapeutic Yoga Practice
  - 1.10.2. Different Types of Muscle Contraction and Their Application in Therapeutic Yoga Practice
  - 1.10.3. The Role of Neuromuscular Activation in Muscle Contraction and Its Relationship with Therapeutic Yoga Practice
  - 1.10.4. The Importance of Muscle Stretching and Strengthening for Injury Prevention and Performance Enhancement in Therapeutic Yoga

**Module 2. Spinal Column and Limbs**

- 2.1. Muscular System
  - 2.1.1. Muscle: Functional Unit
  - 2.1.2. Types of Muscles
  - 2.1.3. Tonic and Phasic Muscles
  - 2.1.4. Isometric and Isotonic Contraction and Its Relevance in 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. Peripheral Nervous System (Somatic): Nerves
  - 2.2.4. Autonomic 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 Spinal Column and Its Functions
  - 2.4.2. Structure
  - 2.4.3. Typical Vertebra
  - 2.4.4. Spinal Movements
- 2.5. Cervical and Thoracic Regions
  - 2.5.1. Cervical Vertebrae: Typical and Atypical
  - 2.5.2. Thoracic Vertebrae
  - 2.5.3. Main Muscles of the Cervical Region
  - 2.5.4. Main Muscles of the Thoracic Region
- 2.6. Lumbar Region
  - 2.6.1. Lumbar Vertebrae
  - 2.6.2. Sacrum
  - 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. Hip Joint (Coxofemoral)
  - 2.9.2. Knee: Tibiofemoral and Patellofemoral Joints
  - 2.9.3. Knee Ligaments and Menisci
  - 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. The Core and Its Importance in Yoga

**Module 3. Application of Asana Techniques and Their Integration**

- 3.1. Asanas
  - 3.1.1. Definition of Asanas
  - 3.1.2. Asanas in Yoga Sutras
  - 3.1.3. Deeper Purpose of the Asanas
  - 3.1.4. Asanas and Alignment
- 3.2. Principle of Minimal Action
  - 3.2.1. *Sthira Sukham Asanasm*
  - 3.2.2. How to Apply this Concept in Practice?
  - 3.2.3. Theory of the Gunas
  - 3.2.4. Influence of the Gunas in Practice

- 3.3. Standing Asanas
  - 3.3.1. Importance of Standing Asanas
  - 3.3.2. How to Work with Them
  - 3.3.3. Benefits
  - 3.3.4. Contraindications and Considerations
- 3.4. Seated and Supine Asanas
  - 3.4.1. The 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 with Them Safely
  - 3.5.3. Benefits
  - 3.5.4. Contraindications
- 3.6. Flexion Asanas
  - 3.6.1. Importance of Spinal Flexion
  - 3.6.2. Execution
  - 3.6.3. Benefits
  - 3.6.4. Most Common Mistakes and How to Avoid Them
- 3.7. Twisting Asanas: Torsions
  - 3.7.1. Torsional Mechanics
  - 3.7.2. How to Perform Them Correctly
  - 3.7.3. Physiological Benefits
  - 3.7.4. Contraindications
- 3.8. Lateral Inclination Asanas
  - 3.8.1. Importance
  - 3.8.2. Benefits
  - 3.8.3. Most Common Mistakes
  - 3.8.4. Contraindications

- 3.9. Importance of Counterposes
  - 3.9.1. What Are Counterposes?
  - 3.9.2. When to Perform Them
  - 3.9.3. Benefits During Practice
  - 3.9.4. Most Commonly Used Counterpostures
- 3.10. Bandhas
  - 3.10.1. Definition
  - 3.10.2. Main Bandhas
  - 3.10.3. When to Use Them
  - 3.10.4. Bandhas and Therapeutic Yoga

## Module 4. Analysis of Key Standing Asanas

- 4.1. TadAsanas
  - 4.1.1. Importance
  - 4.1.2. Benefits
  - 4.1.3. Execution
  - 4.1.4. Difference from Samasthiti
- 4.2. Sun Salutation
  - 4.2.1. Classical
  - 4.2.2. Type A
  - 4.2.3. Type B
  - 4.2.4. Adaptations
- 4.3. Standing Asanas
  - 4.3.1. Utkatasana: Chair Pose
  - 4.3.2. AnjaneyAsanas: Low Lunge
  - 4.3.3. Virabhadrasana I: Warrior I
  - 4.3.4. Utkata KonAsanas: Goddess Pose
- 4.4. Standing Forward Bend Asanas
  - 4.4.1. Adho Mukha Svanasana
  - 4.4.2. Parsvottanasana
  - 4.4.3. Prasarita Padottanasana
  - 4.4.4. Uthanasana



- 4.5. Lateral Flexion Asanas
  - 4.5.1. Utthita Trikonasana
  - 4.5.2. Virabhadrasana II: Warrior I
  - 4.5.3. Parighasana
  - 4.5.4. Utthita Parsvakonasana
- 4.6. Balancing Asanas
  - 4.6.1. Vrikshasana
  - 4.6.2. Utthita Hasta Padangustasana
  - 4.6.3. Natarajasana
  - 4.6.4. Garudasana
- 4.7. Prone Extension Asanas
  - 4.7.1. Bhujangasana
  - 4.7.2. Urdhva Mukha Svanasana
  - 4.7.3. Saral Bhujangasana: Sphinx Pose
  - 4.7.4. Shalabhasana
- 4.8. Back Extensions
  - 4.8.1. Ustrasana
  - 4.8.2. Dhanurasana
  - 4.8.3. Urdhva Dhanurasana
  - 4.8.4. Setu Bandha Sarvangasana
- 4.9. Twists
  - 4.9.1. Parivrtta Parsvakonasana
  - 4.9.2. Paravritta TrikonAsanas
  - 4.9.3. Parivrtta Parsvottanasana
  - 4.9.4. Paravritta Utkatasana
- 4.10. Hip Openers
  - 4.10.1. Malasana
  - 4.10.2. Badha Konasana
  - 4.10.3. Upavista Konasana
  - 4.10.4. Gomukhasana

## Module 5. Breakdown of Key Floor Asanas and Adaptations with Supports

- 5.1. Main Floor Asanas
  - 5.1.1. Marjaryasana-Bitilasana (Cat-Cow Pose)
  - 5.1.2. Benefits
  - 5.1.3. Variations
  - 5.1.4. Dandasana (Staff Pose)
- 5.2. Supine Flexions
  - 5.2.1. Paschimottanasana (Seated Forward Bend)
  - 5.2.2. Janu Sirsasana (Head-to-Knee Pose)
  - 5.2.3. Trianga Mukhaikapada Paschimottanasana (Three-Limbed Forward Bend)
  - 5.2.4. Kurmasana (Tortoise Pose)
- 5.3. Twists and Lateral Inclinations
  - 5.3.1. Ardha Matsyendrasana (Half Lord of the Fishes Pose)
  - 5.3.2. Vakrasana (Twisted Pose)
  - 5.3.3. Bharadvajasana (Bharadvaja's Twist)
  - 5.3.4. Parivritta Janu Sirsasana (Revolved Head-to-Knee Pose)
- 5.4. Closing Asanas
  - 5.4.1. Balasana (Child's Pose)
  - 5.4.2. Supta Baddha Konasana (Reclining Bound Angle Pose)
  - 5.4.3. Ananda Balasana (Happy Baby Pose)
  - 5.4.4. Jathara Parivartanasana A and B (Reclining Twist A and B)
- 5.5. Inverted Asanas
  - 5.5.1. Benefits
  - 5.5.2. Contraindications
  - 5.5.3. Viparita Karani (Legs-Up-The-Wall Pose)
  - 5.5.4. Sarvangasana (Shoulder Stand)
- 5.6. Blocks

- 5.6.1. What are They and How to Use Them?
- 5.6.2. Standing Asana Variations with Blocks
- 5.6.3. Seated and Supine Asana Variations with Blocks
- 5.6.4. Closing and Restorative Asana Variations with Blocks
- 5.7. Belt
  - 5.7.1. What are They and How to Use Them?
  - 5.7.2. Standing Asana Variations with Blocks
  - 5.7.3. Seated and Supine Asana Variations with Blocks
  - 5.7.4. Closing and Restorative Asana Variations with Blocks
- 5.8. Chair Asanas
  - 5.8.1. What Is It?
  - 5.8.2. Benefits
  - 5.8.3. Sun Salutation in Chair
  - 5.8.4. Tadasana in Chair
- 5.9. Chair Yoga
  - 5.9.1. Flexions
  - 5.9.2. Extensions
  - 5.9.3. Twists and Lateral Inclinations
  - 5.9.4. Inverted Asanas
- 5.10. Restorative Asanas
  - 5.10.1. When to Use Them
  - 5.10.2. Seated and Forward Flexions
  - 5.10.3. Back Flexions
  - 5.10.4. Inversions and Supine Asanas

## Module 6. Most Common Pathologies

- 6.1. Spinal Pathologies
  - 6.1.1. Protusions
  - 6.1.2. Hernias
  - 6.1.3. Hyperlordosis
  - 6.1.4. Rectifications
- 6.2. Degenerative Diseases
  - 6.2.1. Osteoarthritis
  - 6.2.2. Muscular Dystrophy
  - 6.2.3. Osteoporosis
  - 6.2.4. Spondylosis
- 6.3. Lumbago and Sciatica
  - 6.3.1. Lower Back Pain
  - 6.3.2. Sciatica
  - 6.3.3. Piriformis 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 (Knock Knees)
  - 6.5.2. Genu Varum (Bow Legs)
  - 6.5.3. Genu Flexum (Flexed Knee)
  - 6.5.4. Genu Recurvatum (Hyperextended Knee)

- 6.6. Shoulders and Elbows
  - 6.6.1. Bursitis
  - 6.6.2. Subacromial Syndrome
  - 6.6.3. Epicondylitis (Tennis Elbow)
  - 6.6.4. Epitrocleitis (Golfer's Elbow)
- 6.7. Knees
  - 6.7.1. Patellofemoral Pain
  - 6.7.2. Chondropathy
  - 6.7.3. Meniscus Injuries
  - 6.7.4. Pes Anserine Tendinitis
- 6.8. Wrists and Ankles
  - 6.8.1. Carpal Tunnel Syndrome
  - 6.8.2. Sprains
  - 6.8.3. Bunions
  - 6.8.4. Flat and High Arches
- 6.9. Postural Foundations
  - 6.9.1. Different Planes
  - 6.9.2. Plumb Line Technique
  - 6.9.3. Upper Crossed Syndrome
  - 6.9.4. Lower Crossed Syndrome
- 6.10. Autoimmune Diseases
  - 6.10.1. Definition
  - 6.10.2. Lupus
  - 6.10.3. Crohn's Disease
  - 6.10.4. Arthritis

## Module 7. Fascial System

- 7.1. Fascia
  - 7.1.1. History
  - 7.1.2. Fascia vs. Aponeurosis
  - 7.1.3. Types
  - 7.1.4. Functions
- 7.2. Types of Mechanoreceptors and Their Importance in Different Yoga Styles
  - 7.2.1. Importance
  - 7.2.2. Golgi
  - 7.2.3. Pacinian
  - 7.2.4. Ruffini
- 7.3. Myofascial Chains
  - 7.3.1. Definition
  - 7.3.2. Importance in Yoga
  - 7.3.3. Concept of Tensegrity
  - 7.3.4. The Three Diaphragms
- 7.4. SBL: Superficial Posterior Line
  - 7.4.1. Definition
  - 7.4.2. Anatomical Pathways
  - 7.4.3. Passive Poses
  - 7.4.4. Active Poses
- 7.5. SAL: Superficial Anterior Line
  - 7.5.1. Definition
  - 7.5.2. Anatomical Pathways
  - 7.5.3. Passive Poses
  - 7.5.4. Active Poses

- 7.6. LL: Lateral Line
  - 7.6.1. Definition
  - 7.6.2. Anatomical Pathways
  - 7.6.3. Passive Poses
  - 7.6.4. Active Poses
- 7.7. SL: Spiral Line
  - 7.7.1. Definition
  - 7.7.2. Anatomical Pathways
  - 7.7.3. Passive Poses
  - 7.7.4. Active Poses
- 7.8. Functional Lines
  - 7.8.1. Definition
  - 7.8.2. Anatomical Pathways
  - 7.8.3. Passive Poses
  - 7.8.4. Active Poses
- 7.9. Arm Lines
  - 7.9.1. Definition
  - 7.9.2. Anatomical Pathways
  - 7.9.3. Passive Poses
  - 7.9.4. Active Poses
- 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 Different Developmental Stages

- 8.1. Childhood
  - 8.1.1. Why Is It Important?
  - 8.1.2. Benefits
  - 8.1.3. How a Class Looks
  - 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 the Menstrual Cycle
  - 8.3.1. Sequence for the Follicular Phase
  - 8.3.2. Sequence for the Ovulatory Phase
  - 8.3.3. Sequence for the Luteal Phase
  - 8.3.4. Sequence During Menstruation
- 8.4. Menopause
  - 8.4.1. General Considerations
  - 8.4.2. Physical and Hormonal Changes
  - 8.4.3. Benefits of Practice
  - 8.4.4. Recommended Asanas
- 8.5. Pregnancy
  - 8.5.1. Why Practice Yoga During Pregnancy
  - 8.5.2. First Trimester Asanas
  - 8.5.3. Second Trimester Asanas
  - 8.5.4. Third Trimester Asanas

- 8.6. Postpartum
  - 8.6.1. Physical Benefits
  - 8.6.2. Mental Benefits
  - 8.6.3. General Recommendations
  - 8.6.4. Practicing with the Baby
- 8.7. Old Age
  - 8.7.1. Common Pathologies We Encounter
  - 8.7.2. Benefits
  - 8.7.3. General Considerations
  - 8.7.4. Contraindications
- 8.8. Physical Disabilities
  - 8.8.1. Brain Damage
  - 8.8.2. Spinal Cord Damage
  - 8.8.3. Muscular Damage
  - 8.8.4. How to Design a Class
- 8.9. Sensory Disabilities
  - 8.9.1. Hearing Impairment
  - 8.9.2. Visual Impairment
  - 8.9.3. Sensory Impairment
  - 8.9.4. How to Design a Sequence
- 8.10. General Considerations for the Most Common Disabilities We 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 Breathing Techniques

- 9.1. Pranayama
  - 9.1.1. Definition
  - 9.1.2. Origin
  - 9.1.3. Benefits
  - 9.1.4. Concept of Prana
- 9.2. Types of Breathing
  - 9.2.1. Abdominal Breathing
  - 9.2.2. Thoracic Breathing
  - 9.2.3. Clavicular Breathing
  - 9.2.4. Complete Yogic Breathing
- 9.3. Purification of Pranic Energy Channels or Nadis
  - 9.3.1. What Are Nadis?
  - 9.3.2. Sushuma
  - 9.3.3. Ida
  - 9.3.4. Pingala
- 9.4. Inhalation: Puraka
  - 9.4.1. Abdominal Inhalation
  - 9.4.2. Diaphragmatic/Costal Inhalation
  - 9.4.3. General Considerations and Contraindications
  - 9.4.4. Relationship with Bandhas
- 9.5. Exhalation: Rechaka
  - 9.5.1. Abdominal Exhalation
  - 9.5.2. Diaphragmatic/Costal Exhalation
  - 9.5.3. General Considerations and Contraindications
  - 9.5.4. Relationship with Bandhas

- 9.6. Retention: Kumbhaka
  - 9.6.1. Antara Kumbhaka (Inhalation Retention)
  - 9.6.2. Bahya Kumbhaka (Exhalation Retention)
  - 9.6.3. General Considerations and Contraindications
  - 9.6.4. Relationship with Bandhas
- 9.7. Purifying Pranayamas
  - 9.7.1. Dauti
  - 9.7.2. Anunasika
  - 9.7.3. Nadi Shodhana (Nadi Purification)
  - 9.7.4. Bhramari
- 9.8. Stimulating and Refreshing Pranayamas
  - 9.8.1. Kapalabhati
  - 9.8.2. Bastrika
  - 9.8.3. Ujjayi
  - 9.8.4. Shitali
- 9.9. Regenerative Pranayamas
  - 9.9.1. Surya Bheda
  - 9.9.2. Kumbaka
  - 9.9.3. Samavritti
  - 9.9.4. Mridanga
- 9.10. Mudras
  - 9.10.1. What Are Mudras?
  - 9.10.2. Benefits and When to Incorporate Them
  - 9.10.3. Meaning of Each Finger
  - 9.10.4. Main Mudras Used in Practice

## Module 10. Meditative and Relaxation Techniques

- 10.1. Mantras
  - 10.1.1. What Are Mantras?
  - 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. Types of Meditation
  - 10.5.1. Spiritual
  - 10.5.2. Visualization
  - 10.5.3. Buddhist
  - 10.5.4. Movement



- 10.6. Meditation Techniques 1
  - 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 2
  - 10.7.1. Chakra Cleansing Meditation
  - 10.7.2. Loving Kindness Meditation
  - 10.7.3. Present Moment Gifts Meditation
  - 10.7.4. Silent Meditation
- 10.8. Mindfulness
  - 10.8.1. Definition
  - 10.8.2. What Does It Involve?
  - 10.8.3. How to Apply It
  - 10.8.4. Techniques
- 10.9. Relaxation/Savasana
  - 10.9.1. Closing Pose for Classes
  - 10.9.2. How to Do It and Adjustments
  - 10.9.3. Benefits
  - 10.9.4. How to Guide Relaxation
- 10.10. Yoga Nidra
  - 10.10.1. What Is Yoga Nidra?
  - 10.10.2. What Does a Session Look Like?
  - 10.10.3. Phases
  - 10.10.4. Example of a Session

# 04

# Teaching Objectives

This university program has the primary objective of providing a deep, applied understanding of Therapeutic Yoga, integrating its foundations with the latest scientific advancements. To achieve this, specific techniques focused on improving mobility, muscle recovery, and injury prevention will be addressed. Additionally, the development of skills to design interventions adapted to different profiles—ranging from athletes to individuals with chronic conditions—will be promoted. Through a multidisciplinary approach, critical analysis and practical application will be encouraged, ensuring that professionals can meet the growing demands of the sector with effective, evidence-based solutions.







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*You will adapt Therapeutic Yoga to the sports and high-performance field, using specific techniques for muscle recovery, improving flexibility, and preventing injuries”*



## General Objectives

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- ♦ Understand the theoretical and scientific foundations of Therapeutic Yoga and its application in improving health and physical performance
- ♦ Analyze the physiological and biomechanical effects of Therapeutic Yoga techniques in injury prevention and rehabilitation
- ♦ Design Therapeutic Yoga programs adapted to different populations, including athletes, individuals with chronic diseases, and older adults
- ♦ Apply evidence-based strategies for pain management, joint mobility, and postural balance through Therapeutic Yoga
- ♦ Integrate principles of neuroscience and movement therapy into the practice of Therapeutic Yoga to optimize its benefits
- ♦ Evaluate the effectiveness of different intervention methodologies with Therapeutic Yoga in clinical and sports contexts
- ♦ Incorporate breathing, relaxation, and mindfulness tools into the practice of Therapeutic Yoga for stress reduction and enhanced well-being
- ♦ Develop skills for personalized teaching and guidance in Therapeutic Yoga sessions, considering the individual needs of practitioners
- ♦ Explore current and future trends in the field of Therapeutic Yoga, as well as its integration with other health and sports disciplines
- ♦ Enhance research and critical analysis abilities to contribute to advancing knowledge in the field of Therapeutic Yoga





## Specific Objectives

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### Module 1. Structure of the Locomotor System

- ♦ Identify the anatomy and function of bones, muscles, and joints in human movement
- ♦ Analyze the biomechanics of the locomotor system and its relationship with the practice of Therapeutic Yoga
- ♦ Evaluate the main muscular imbalances and their impact on mobility and stability
- ♦ Apply anatomical knowledge to optimize the execution of Asanas

### Module 2. Spinal Column and Limbs

- ♦ Understand the structure and function of the spinal column in posture and movement
- ♦ Analyze the causes and consequences of spinal instability and its potential injuries
- ♦ Explore Therapeutic Yoga techniques to strengthen and stabilize the spine
- ♦ Design intervention strategies for the prevention and recovery of spinal injuries

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

- ♦ Examine the correct alignment and execution of Asanas based on individual anatomy
- ♦ Identify adaptations and progressions of Asanas according to specific needs
- ♦ Integrate breathing techniques and body control in the practice of Asanas
- ♦ Design Asana sequences aimed at specific therapeutic goals

#### Module 4. Analysis of Key Standing Asanas

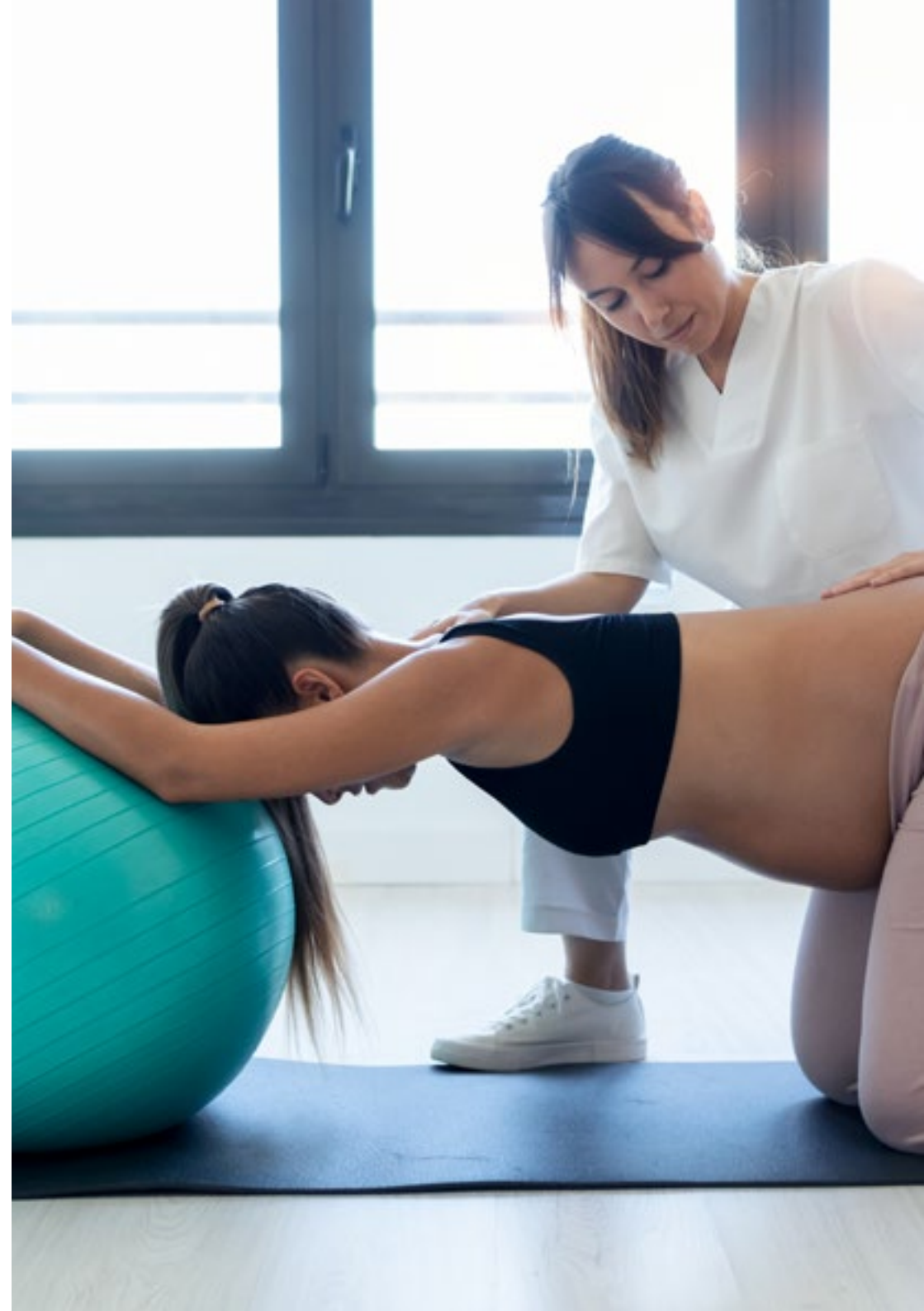
- ♦ Evaluate the biomechanics and alignment of standing Asanas in developing strength and balance
- ♦ Identify the therapeutic benefits of each standing pose in various pathologies
- ♦ Apply adjustments and modifications to improve the effectiveness and safety of standing Asanas
- ♦ Explore dynamic sequences that enhance stability and body awareness

#### Module 5. Breakdown of Key Floor Asanas and Adaptations with Supports

- ♦ Analyze body mechanics in executing floor Asanas to improve mobility and stability
- ♦ Explore the use of supports as tools to optimize therapeutic practice
- ♦ Identify adaptations of postures for different physical levels and needs
- ♦ Design therapeutic sequences with floor Asanas focusing on recovery and rehabilitation

#### Module 6. Most Common Pathologies

- ♦ Identify the most common musculoskeletal pathologies and their impact on movement
- ♦ Analyze the relationship between Therapeutic Yoga and the improvement of symptoms in various conditions
- ♦ Explore intervention strategies to adapt the practice to different pathologies
- ♦ Evaluate the effectiveness of techniques applied in functional recovery



**Module 7. Fascial System**

- ♦ Understand the structure and function of the fascial system in mobility and body stability
- ♦ Explore the influence of Asanas in the release and reorganization of fascial tissue
- ♦ Apply specific techniques to improve elasticity and hydration of the fascia
- ♦ Analyze the impact of fascial work on injury prevention and muscle recovery

**Module 8. Yoga in Different Developmental Stages**

- ♦ Analyze the body's needs at different stages of life and their relation to Therapeutic Yoga
- ♦ Identify adaptations of the practice for childhood, adulthood, and old age
- ♦ Explore specific strategies for the application of Therapeutic Yoga at each developmental stage
- ♦ Design personalized programs based on the capacities and limitations of each age group

**Module 9. Physiology of Breathing Techniques**

- ♦ Understand the physiological principles of breathing and its influence on the nervous system
- ♦ Analyze the effects of various breathing techniques on stress and anxiety regulation
- ♦ Apply breathing strategies to improve oxygenation and energy efficiency
- ♦ Evaluate the integration of breathing in Therapeutic Yoga practice and its impact on health

**Module 10. Meditative and Relaxation Techniques**

- ♦ Identify the neurophysiological mechanisms involved in meditation and deep relaxation
- ♦ Analyze the impact of meditative techniques on the regulation of the autonomic nervous system
- ♦ Apply relaxation strategies to reduce muscle tension and improve emotional well-being
- ♦ Evaluate the effectiveness of meditation as a therapeutic tool in different contexts



*You will integrate Therapeutic Yoga tools into physical rehabilitation programs, facilitating the recovery of chronic injuries and improving the quality of life of patients”*

# 05

# Career Opportunities

Therapeutic Yoga has expanded its impact in the fields of health, sports, and well-being, creating a growing demand for trained professionals. Its application spans from physical rehabilitation to sports performance optimization, becoming a key discipline in clinical settings, training centers, and wellness spaces. Moreover, its integration into preventive health programs and stress management opens opportunities in healthcare and corporate institutions. Thanks to this multidisciplinary approach, professionals can access an expanding field with opportunities in the private sector as well as in research and innovation projects.





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*You will specialize in managing chronic pain and stress regulation through evidence-based interventions, providing effective and safe solutions”*

### Graduate Profile

Graduates of this program will stand out for their ability to effectively apply Therapeutic Yoga in various contexts, ranging from functional recovery to physical performance optimization. With an evidence-based approach, they will be prepared to design interventions tailored to different needs, integrating knowledge of anatomy, physiology, and neuroscience. Additionally, their training will enable them to innovate in the development of well-being and prevention programs, collaborating in multidisciplinary teams within sports and healthcare settings. Ultimately, this training will provide them with a competitive edge in a constantly evolving sector with high professional demand.

*You will expand your professional opportunities in sectors such as health, corporate wellness, rehabilitation, and integrative medicine, applying Therapeutic Yoga in various contexts.*

- ◆ **Critical and Analytical Thinking:** Rigorously assess scientific evidence and apply it in the practice of Therapeutic Yoga
- ◆ **Interdisciplinary Teamwork:** Collaborate with healthcare, sports, and rehabilitation professionals in designing effective strategies.
- ◆ **Adaptability and Problem-Solving:** Adjust techniques and methodologies according to the specific needs of different populations
- ◆ **Health and Wellness Management:** Develop strategies to promote healthy habits and prevent injuries in various contexts







After completing the university program, you will be able to apply your knowledge and skills in the following positions:

- 1. Yoga Therapist in Rehabilitation Centers:** Design Therapeutic Yoga programs for the recovery of musculoskeletal injuries and the improvement of mobility in patients with various conditions.
- 2. Corporate Wellness Manager:** Responsible for implementing Therapeutic Yoga programs in companies to reduce work-related stress, improve posture, and promote healthy habits among employees.
- 3. Health and Well-being Consultant:** Provide advice in health centers, clinics, and sports facilities on integrating Therapeutic Yoga as a complementary tool for the prevention and treatment of various conditions.
- 4. High-Performance Sports Coach:** Apply Therapeutic Yoga techniques to professional athletes for optimizing recovery, improving flexibility, and reducing the risk of injuries.
- 5. Therapist in Geriatric Care Centers:** Adapt Therapeutic Yoga practice to enhance mobility, balance, and quality of life for elderly individuals in nursing homes and specialized care centers.
- 6. Pain Therapy and Stress Management Supervisor:** Design personalized interventions using Therapeutic Yoga for individuals with chronic pain, anxiety, and stress-related disorders.
- 7. Public Health Program Advisor:** Collaborate with governmental bodies and NGOs to implement Therapeutic Yoga strategies for promoting health and well-being in communities.
- 8. Therapist in Integrative Medicine Centers:**  
Work alongside professionals from various disciplines to complement medical treatments with Therapeutic Yoga practices focused on both physical and emotional recovery.

06

# 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.



“

*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.

“

*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.

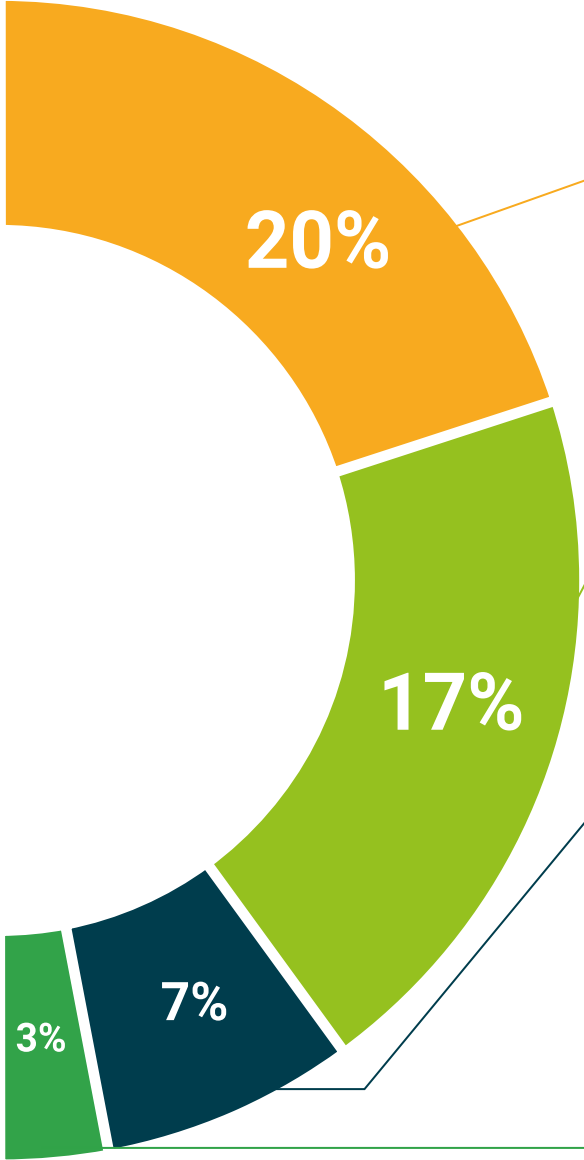
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

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





**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**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 for future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.



07

# Teaching Staff

The faculty of this university program consists of high-level professionals with extensive experience in Therapeutic Yoga, health, and sports sciences. Thanks to their expertise in clinical, sports, and wellness fields, they ensure that the education provided is up-to-date and grounded in scientific evidence. Additionally, their practical and multidisciplinary approach will facilitate a deep understanding of the techniques and applications of Therapeutic Yoga in various contexts. Under their expert guidance, graduates will gain specialized knowledge and innovative strategies that will enable them to stand out in a constantly evolving sector with a growing professional demand.



“

*You will lead the development of innovative projects in the field of Therapeutic Yoga, designing science-based and cutting-edge holistic wellness programs”*

## 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 is 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

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- Director of the Integral Yoga Institute, New York, United States
- 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
- Bachelor's Degree in Primary School Education from the State University of New York
- Master's Degree in Therapeutic Yoga from the University of Maryland

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

## Management



### **Ms. Escalona García, Zoraida**

- ♦ Vice President of Spanish Association of Therapeutic Yoga
- ♦ Founder of the Air Core method (classes that combine TRX and/or functional training with Yoga)
- ♦ Trainer in Therapeutic Yoga
- ♦ Master's Degree in Immunology Research from the Complutense University of Madrid
- ♦ Master's Degree in Forensics Sciences from the Autonomous University of Madrid
- ♦ Bachelor's Degree in Biological Sciences from the Autonomous University of Madrid
- ♦ Course in Progressive Ashtanga Yoga Teacher
- ♦ Course in FisiomYoga Teacher
- ♦ Course in Myofascial Yoga Teacher
- ♦ Course in Yoga and Cancer Teacher
- ♦ Course in Mat Pilates Instructor
- ♦ Course in Phytotherapy and Nutrition
- ♦ Course in Meditation Teacher



## Teachers

### Ms. Villalba, Vanessa

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

### Ms. Salvador Crespo, Inmaculada

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

### 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 on the Playtherapy Method, of therapeutic accompaniment with Playmobil
- ♦ Online Yoga course with Louise Goldberg from the Deerfield Beach Yoga Center, Florida

**Mr. Ferrer, Ricardo**

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





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*A unique, essential and decisive learning experience to boost your professional development"*

08

# Certificate

The Master's Degree in Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Master's Degree 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 **Master's Degree in Therapeutic Yoga** endorsed by **TECH Global University**, the world's largest online university.

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TECH is a member of the **International Association of Yoga Therapists (IAYT)**, the largest global organization of specialists in applied Yoga, with a presence in over 50 countries. This membership highlights its commitment to the scientific and academic advancement of integrative therapies worldwide.

Accreditation/Membership

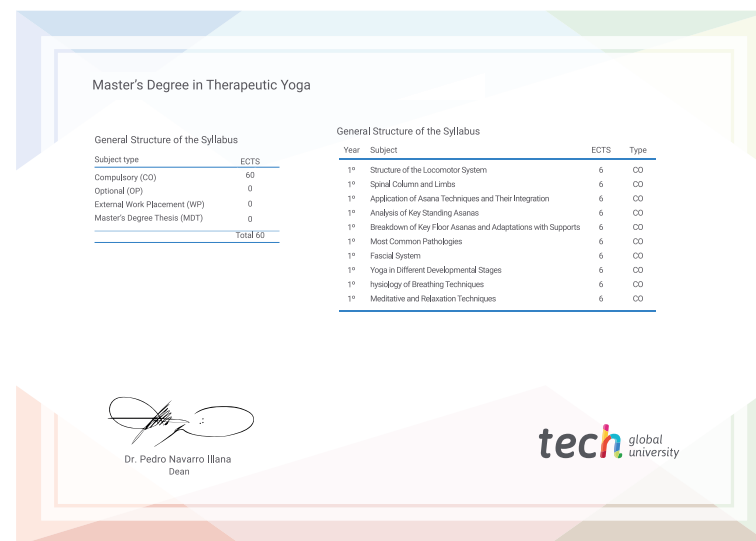


Title: **Master's Degree in Therapeutic Yoga**

Modality: **Online**

Duration: **12 months.**

Accreditation: **60 ECTS**



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

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## Master's Degree Therapeutic Yoga

- » Modality: Online
- » Duration: 12 months.
- » Certificate: TECH Global University
- » Accreditation: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

# Master's Degree Therapeutic Yoga

Accreditation/Membership

