

# Postgraduate Certificate

## Biomechanics of Floor Asanas and Supported Adaptations



## Postgraduate Certificate

### Biomechanics of Floor Asanas and Supported Adaptations

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Technological University**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/biomechanics-floos-asanas-supported-adaptations](http://www.techtitute.com/us/sports-science/postgraduate-certificate/biomechanics-floos-asanas-supported-adaptations)

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# 01

# Introduction

In the context of Yoga, the Biomechanics of Floor Asanas is essential for understanding how postures affect the body and the ways in which they can be adapted to prevent injury, while maximizing their therapeutic benefits. This allows instructors to adapt the Asanas to each person's individual needs, providing more personalized treatment and using various supports for more beneficial results. With this in mind, TECH has developed a program that will be taught 100% online, so that students will be able to join at their preferred times, without having to move to on-site centers or take classes simultaneously with other students.



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*Take advantage of the current popularity of Yoga and stand out in the field of Floor Asanas, performing high quality physical activation sessions”*

Due to its increasing popularity, Yoga is used to motivate the physical activation of people who seek an improvement in their health, spiritual and other aspects of their lives. To carry out a good practice, you must have an optimal space that provides not only stability but also comfort. In addition to this, it is necessary to have a previous knowledge of the Asanas performed on the floor and the use of supports.

For this reason, it is necessary that professionals are qualified in this field, which has prompted TECH to create the following Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations. In this way, students will be educated in a booming and constantly growing sector. In addition, they will have the best audiovisual resources such as interactive videos, complementary readings and practical exercises.

It should be noted that since this is a 100% online program, the students will only need a device with an Internet connection to carry out the proposed activities. In this way, it will be easy for them to combine their daily routine with the acquisition of new knowledge, having the opportunity to organize their time.

Also, the program has the participation of renowned specialists, who together with TECH have developed the program's curriculum, providing it with all their knowledge and years of experience, which is summarized in an exclusive and highly profitable learning.

This **Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in Biomechanics of Floor Asanas and Supported Adaptations
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*A Postgraduate Certificate full of new learning and taught by professionals with extensive experience in the field of Yoga*

“

*The didactic approach of this Postgraduate Certificate will allow you to consolidate your knowledge more clearly and strengthen your professional skills”*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

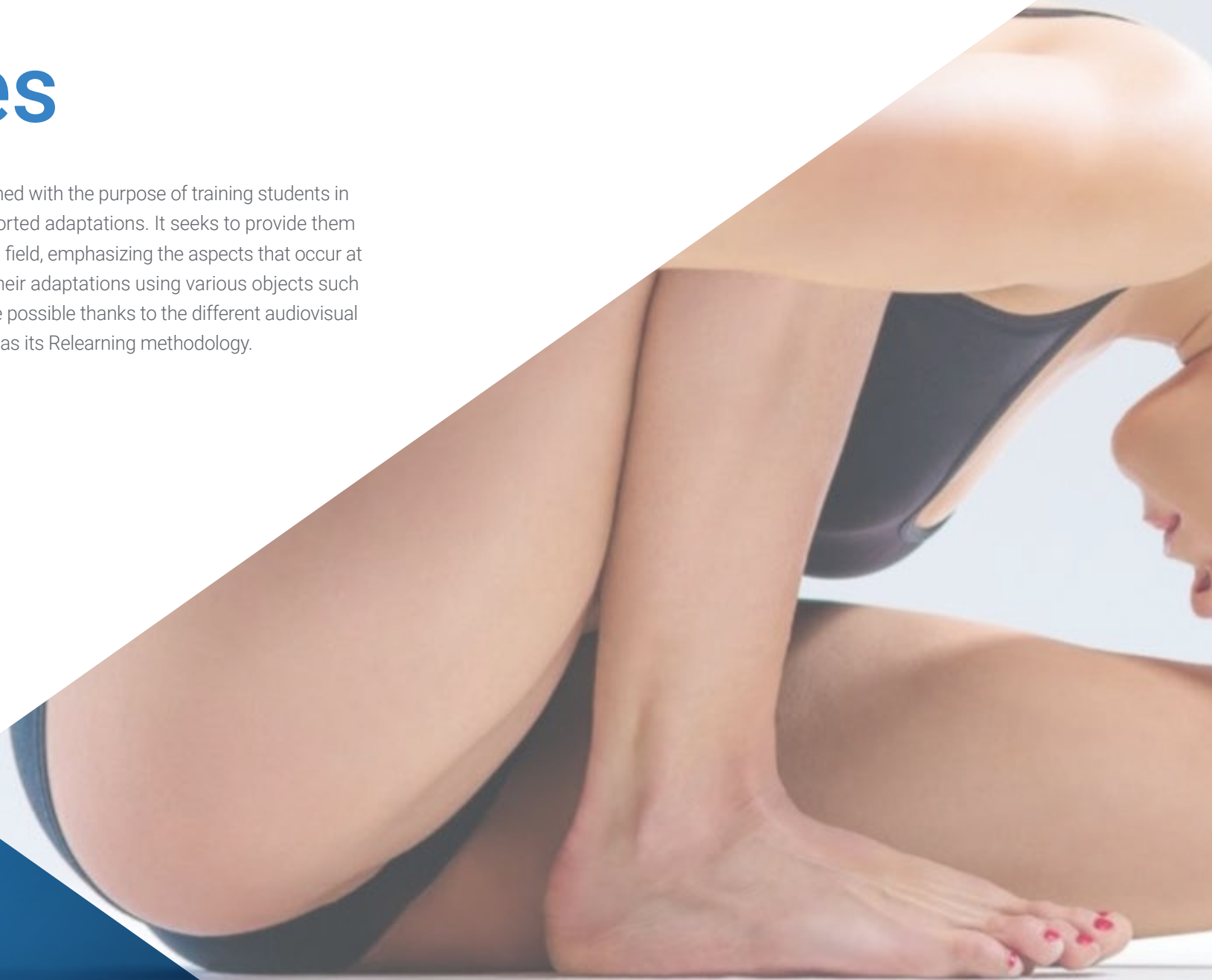
*Learn from the comfort of your own home and at your own pace all the contents that TECH has prepared especially for you.*

*You will learn about the importance of supports for the practice of Yoga.*



# 02 Objectives

This Postgraduate Certificate has been designed with the purpose of training students in the Biomechanics of Floor Asanas and supported adaptations. It seeks to provide them with the necessary tools and concepts on this field, emphasizing the aspects that occur at the time of performing postures, as well as their adaptations using various objects such as chairs, surfaces, among others. This will be possible thanks to the different audiovisual resources that comprise the program, as well as its Relearning methodology.







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*By identifying the main Floor Asanas, you will be able to correctly apply Biomechanics and enhance the benefits of each posture”*



## General Objectives

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

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*The popularity of Therapeutic Yoga continues to grow by leaps and bounds, so you will be qualified in a booming sector with great opportunities at an international level”*





## Specific Objectives

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- ◆ Identify the main floor asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the biomechanical fundamentals of closing asanas and how to perform them safely and effectively
- ◆ Refresh knowledge of restorative asanas and how to apply biomechanics to relax and restore the body
- ◆ Identify the main inversions and how to use biomechanics to perform them safely and effectively
- ◆ Delve into the different types of supports (blocks, belt and chair) and how to apply them to improve the biomechanics of floor asanas
- ◆ Explore the use of supports to adapt asanas to different needs and physical abilities
- ◆ Delve into the first steps in Restorative Yoga and how to apply biomechanics to relax the body and mind

# 03

## Course Management

In its eagerness to deliver a quality education to each of its students, TECH has made a rigorous selection of the teaching staff of this program. In this way, they will be taught by the best working professionals in this field, who will provide them with the current panorama of this sector and their existing demands. This will enable students to strengthen their work skills and meet the challenges posed by the new context of this field.





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*The best active teachers ready to share with you the keys to the Biomechanics of Floor Asanas and supported adaptations”*

## International Guest Director

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

In this way, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines this work with her role as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

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

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



## Ms. Galliano, Dianne

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- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa - New York
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary Education from the State University of New York
- Master's Degree in Therapeutic Yoga from the University of Maryland

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

## Management



### **Ms. Escalona García, Zoraida**

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





## Professors

### Ms. Villalba, Vanessa

- ◆ Instructor at Gimnasios Villalba
- ◆ Vinyasa Yoga and *Power Yoga* Instructor at the European Institute of Yoga (IEY), Seville
- ◆ Aerial Yoga Instructor, Seville
- ◆ Integral Yoga Instructor at IEY Sevilla
- ◆ *Body Intelligence TM Yoga Level* at IEY Huelva
- ◆ Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- ◆ Yoga Nidra, Therapeutic Yoga and *Shamanic Yoga* Instructor
- ◆ Basic Pilates Instructor at FEDA
- ◆ Floor Pilates Instructor with Equipment
- ◆ Advanced Technician in Fitness and Personal Training at FEDA
- ◆ *Spinning Start I* Instructor at Federación Española de Spinning
- ◆ *Power Dumbell* Instructor at Aerobic and Fitness Association
- ◆ Chiromassage Therapist at Quirotema at Escuela Superior de Quiromasaje y Terapias
- ◆ Lymphatic Drainage Training at PRAXIS in Seville

# 04

## Structure and Content

The academic content of this program has been designed by TECH together with its team of specialists in the field of Therapeutic Yoga. Within the curriculum the students will find rigorous and cutting-edge information on the Biomechanics of Floor Asanas and the various supported adaptations. All this conglomerate of knowledge will be taught through the best audiovisual tools and with a learning methodology focused on the presentation of practical cases and simulation, which leads to a more enriching experience.





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*The 100% online format of this program allows you to combine your daily routine with the acquisition of new knowledge”*

## Module 1. Breakdown of the Main Floor Asanas and Supported Adaptations

- 1.1. Main Floor Asanas
- 1.2. Supine Push-ups
- 1.3. Twists and Lateral Bends
- 1.4. Closing Asanas
- 1.5. Inverted
- 1.6. Blocks
- 1.7. Belt
- 1.8. Asanas in Chair
- 1.9. Yoga in Chair
- 1.10. Restorative Asanas





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*The Relearning methodology will present you with real and simulated cases, having to test your acquired knowledge during each session”*

# 05 Methodology

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

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





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

### 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.

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*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.*





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

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.



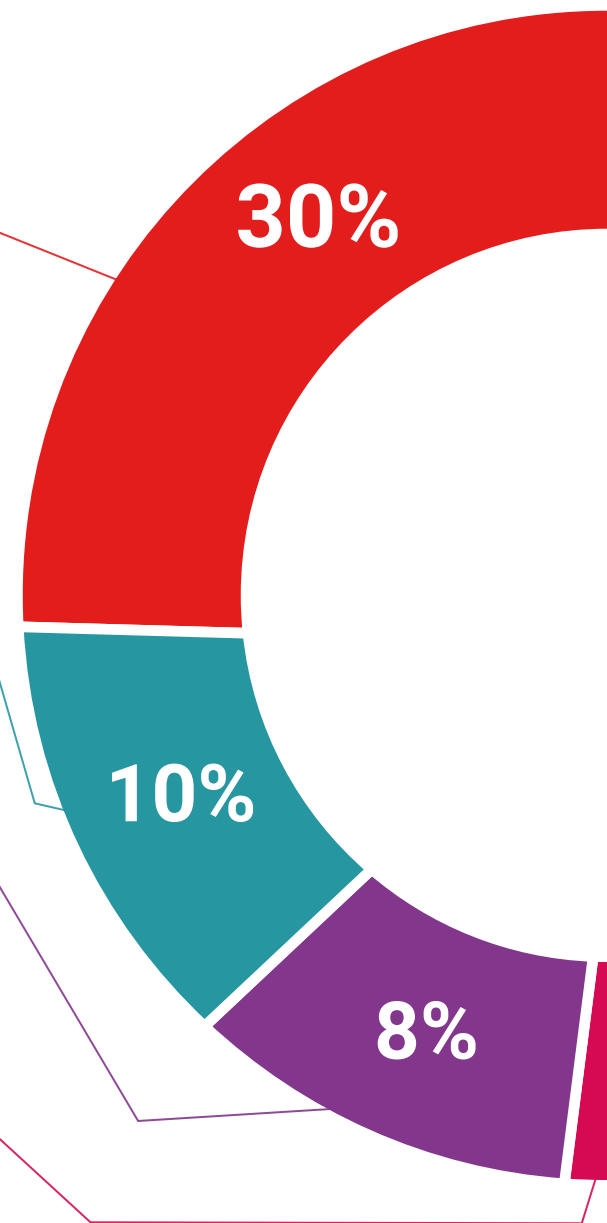
#### Practising Skills and Abilities

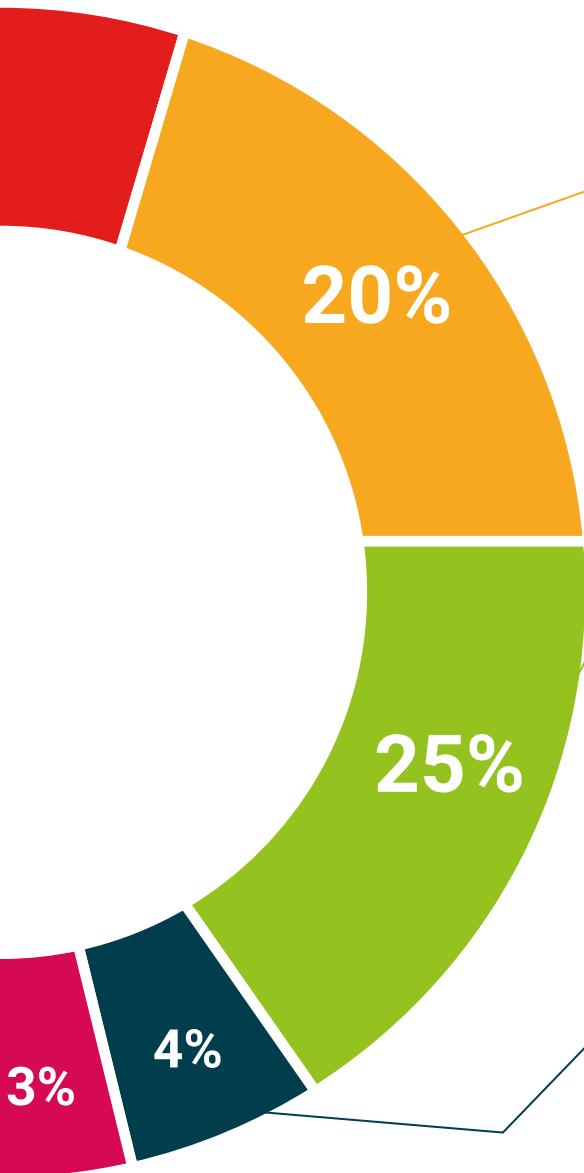
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.



# 06 Certificate

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





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

This **Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations**

Official N° of Hours: **150 h.**



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





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