

Postgraduate Certificate

Neurological Bases of Meditation and Relaxation Techniques



Postgraduate Certificate Neurological Bases of Meditation and Relaxation Techniques

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-science/postgraduate-certificate/neurological-bases-meditation-relaxation-techniques

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01

Introduction

Scientific research supports the benefits of Meditation and Relaxation Techniques for mental and physical health. Therefore, studying the neurological bases of these techniques allows us to better understand how they work and why they are effective in reducing stress, improving emotional well-being and promoting mindfulness. In this context, this program offers the opportunity to acquire solid knowledge about the neuro-physiological foundations of meditation and relaxation techniques, ranging from the study of mantras to the understanding of brain waves and the various approaches to meditation. All in a 100% online format and under TECH's effective *Relearning* methodology.





“

Reach the highest level of knowledge in Neurological Bases in Meditation and Relaxation Techniques with this cutting-edge program, only with TECH”

Stress and anxiety are increasingly common problems in today's society. Therefore, there is a growing demand for professionals skilled in relaxation and meditation techniques to help people manage these challenges and improve their quality of life. In this regard, the brain and nervous system are fundamental aspects in the practice of Yoga, so understanding the Neurological Bases allows instructors to understand how Meditation and Relaxation Techniques affect the body, enabling them to teach more effectively and in a more personalized way to their students.

With this in mind, TECH has developed this Postgraduate Certificate that has the practical elements necessary to provide advanced education to the professionals who will participate in it. In addition, it will delve into concepts specific to this field, in order to ensure that students have the necessary skills to meet any type of challenge they face.

This will be possible through the academic itinerary that has been developed by experts in this field who are part of the teaching staff of this program. In this way, students will be guaranteed to learn all the concepts that are most frequently used in this field and appropriate them with great mastery within their dynamics.

The completion of the syllabus will be 100% online, without time constraints and through the effective *Relearning* methodology. Likewise, they will have access to the multimedia resources that are made available to the students, facilitating the understanding of the topics that make up the itinerary. In addition, students will have the opportunity to improve their problem-solving skills through the analysis of case studies that simulate real situations.

This **Postgraduate Certificate in Neurological Bases in Meditation and Relaxation Techniques** 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 Neurological Bases in Meditation and Relaxation Techniques
- ◆ The graphic, schematic, and practical contents which 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
- ◆ 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



Delve into the latest scientific advances and evidence in the field of meditation and relaxation techniques, applying them in your professional practice"

“

Become an expert in meditation and relaxation techniques by studying the internal aspects of Yoga”

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.

Refresh your knowledge with the most complete and up-to-date syllabus in the field of Neurological Bases in Meditation and Relaxation Techniques.

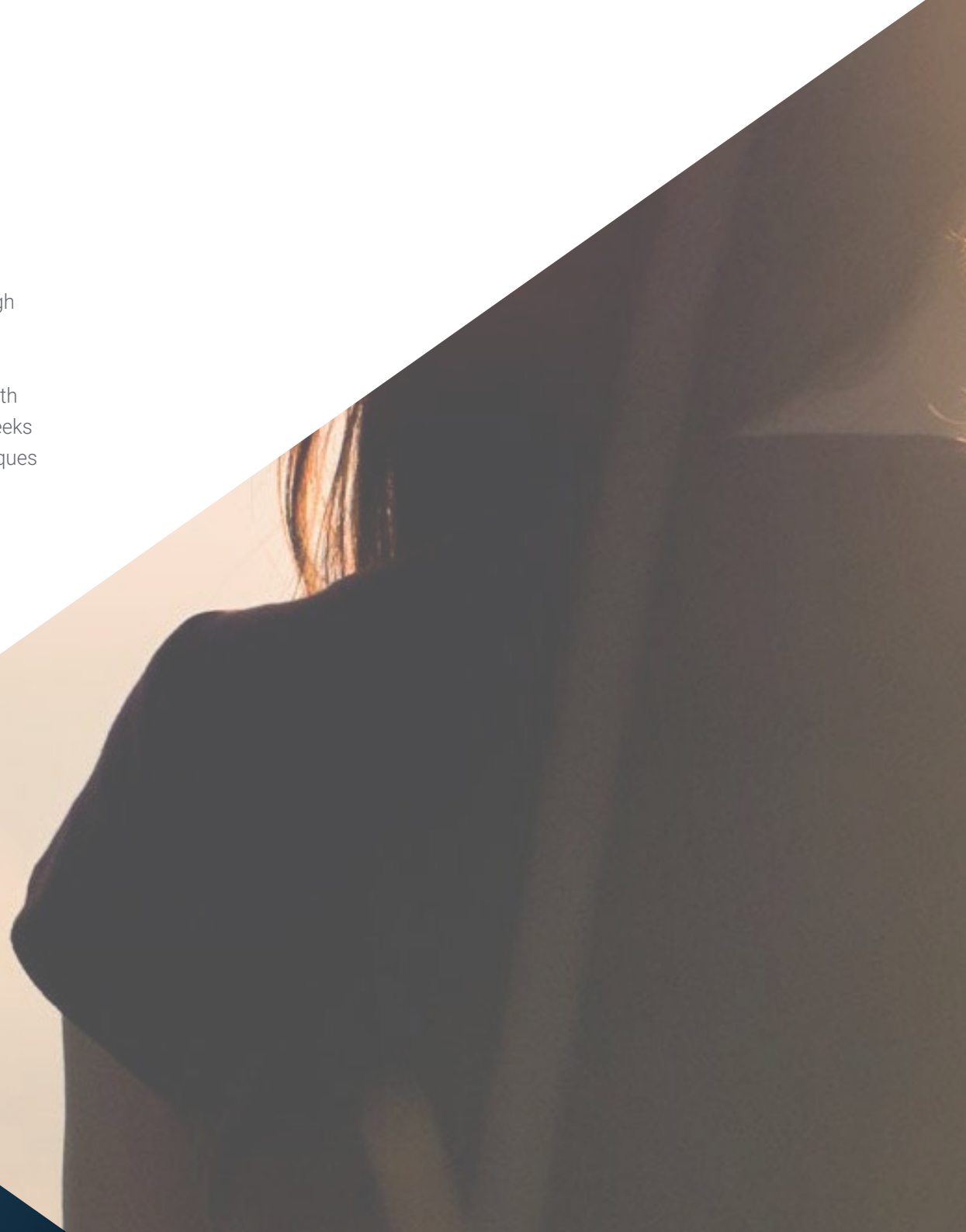
A unique, key, and decisive educational experience to boost your professional development.



02

Objectives

The graduate of this Postgraduate Certificate will acquire a solid training through the study of mantras, understanding their use and benefits for meditation and relaxation practice. In addition, they will delve into the internal aspects of Yoga, including pratyahara, dharana, dhyana and samadhi, which will provide them with the tools to delve into the practice and personal development. Throughout 6 weeks of the best online teaching, you will acquire the necessary skills to apply techniques based on neuroscience, increasing the quality of your professional practice.



“

You will produce healthier and more effective meditation sessions by delving into Mindfulness thanks to this program”



General Objectives

- ◆ 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



The comprehensive education offered by this Postgraduate Certificate is the exact key to your career success”





Specific Objectives

- ◆ Describe the neurophysiological basis of meditative and relaxation techniques in yoga practice
- ◆ Delve into the definition of mantra, its application and benefits in the practice of meditation
- ◆ Identify the inner aspects of yoga philosophy, including Pratyahara, Dharana, Dhyana, and Samadhi, and how they relate to meditation
- ◆ Inquire about the different types of brain waves and how they occur in the brain during meditation
- ◆ Identify the different types of meditation and guided meditation techniques and how they are applied in yoga practice
- ◆ Delve into the concept of Mindfulness, its methods and differences with meditation
- ◆ Delve into Savasana, how to guide a relaxation, the different types and adaptations
- ◆ Identify the first steps in Yoga Nidra and its application in yoga practice

03

Course Management

TECH has a great commitment to its students to offer them a quality education and ensure that they increase their job prospects. For that reason, it has carefully selected the teaching staff for this program. In this way, participants will learn from the best experts in this field, who will share in depth the neurological responses that are generated during the performance of meditation and relaxation techniques when practicing Yoga.



“

Learn from the best active yoga professionals and become an expert in Relaxation through this activity”

International Guest Director

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

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

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

For each of them she performs 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

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

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

Management



Ms. Escalona García, Zoraida

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



Professors

Mr. Ferrer, Ricardo

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



Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

04

Structure and Content

The syllabus of this program has been carefully designed to offer students a first-class educational experience, immersing them in the most cutting-edge and current topics on the academic scene. In this way, participants will have the opportunity to explore the neurophysiological bases of meditation and relaxation techniques, acquiring an in-depth and up-to-date knowledge of the latest advances in this field. In only 150 hours of online education, the graduate will delve into the Neurological Bases of Meditation and Relaxation Techniques through the most comprehensive syllabus, developed by experts exclusively for TECH.





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Delve into the mantras and their benefits during the activity of yoga with this comprehensive academic program from TECH”

Module 1. Meditation and Relaxation Techniques

- 1.1. Mantras
- 1.2. Internal aspects of Yoga
- 1.3. Meditation
- 1.4. Brain Waves
- 1.5. Types of meditation
- 1.6. Meditation techniques 1
- 1.7. Meditation techniques 2
- 1.8. Mindfulness
- 1.9. Relaxation/ Savasana
- 1.10. Yoga Nidra





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Take the step to get up to date on the latest developments in Neurological Bases in Meditation and Relaxation Techniques”

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.

“

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.



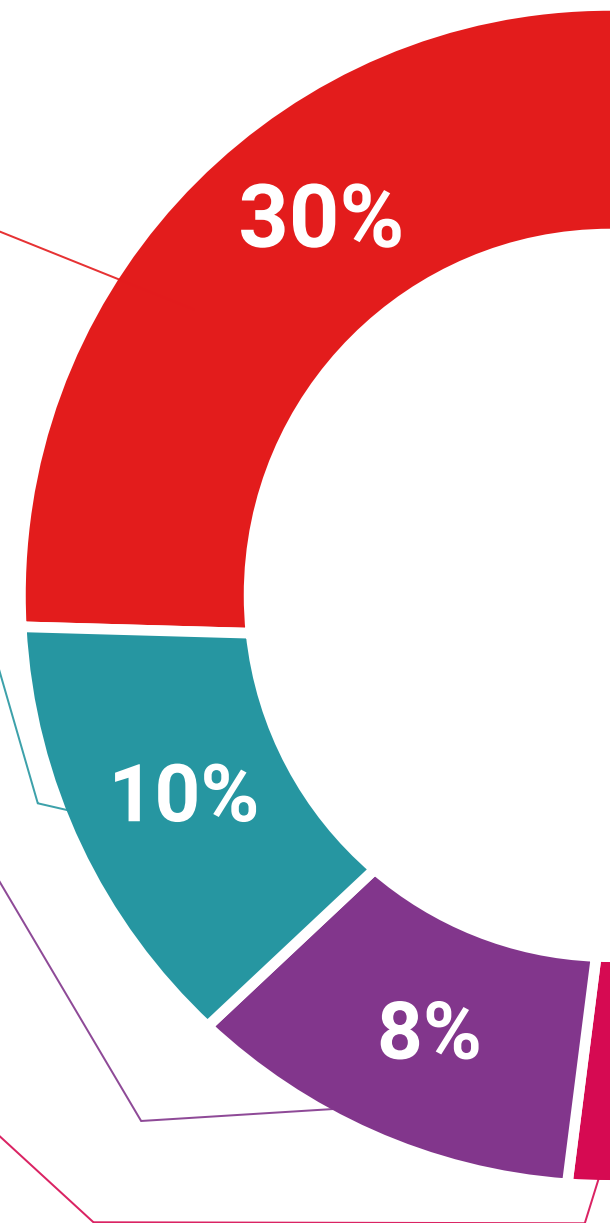
Practising Skills and Abilities

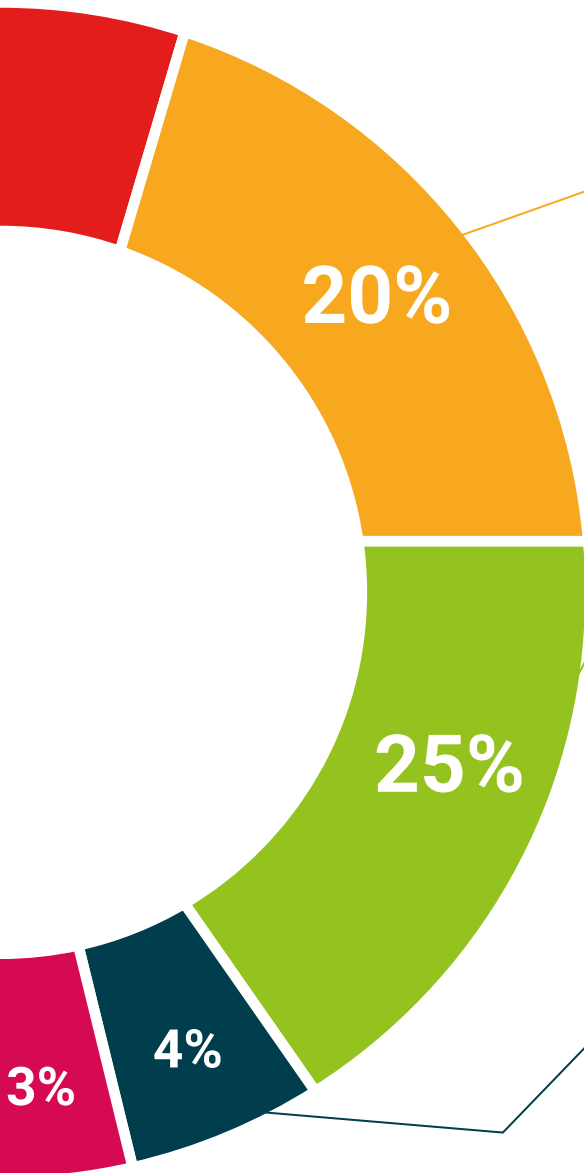
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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 Neurological Bases of Meditation and Relaxation Techniques guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



The image features two black graduation caps (mortarboards) against a bright blue sky with light, wispy clouds. One cap is in the foreground on the left, held by a hand, showing its tassel. The other cap is in the background on the right, slightly out of focus. The image is overlaid with a large white diagonal shape that contains the text.

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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 Neurological Bases in Meditation and Relaxation Techniques** 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 Neurological Bases of Meditation and Relaxation Techniques**

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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