

# Postgraduate Diploma

## Different Therapeutic Yoga Techniques

Endorsed by the NBA





## Postgraduate Diploma Different Therapeutic Yoga Techniques

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

Website: [www.techtute.com/in/sports-science/postgraduate-diploma/postgraduate-diploma-different-therapeutic-yoga-techniques](http://www.techtute.com/in/sports-science/postgraduate-diploma/postgraduate-diploma-different-therapeutic-yoga-techniques)

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# 01

# Introduction

Physiological processes or stages such as postpartum, menopause or infantile-juvenile development often involve some difficulties for their correct evolution. In this context, physical activity is essential, as well as the proper selection of exercises and therapeutic plans. Therefore, Yoga has become an increasingly demanded discipline as it provides, through different biomechanical techniques and relaxation methods, alternative treatments to different ailments. As a result, instructors of this exercise must keep up to date on the most innovative methods of biomechanical wellness that are currently implemented in the discipline. For them, TECH has developed this 100% online study program that, with the Relearning methodology, will help them to update their skills in a fast and flexible way.





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*This Postgraduate Diploma will enable you to master the therapeutic cycles of Yoga, its correct integration in sessions and to draw up highly effective recovery plans”*

Physical injuries generate stress and anxiety in athletes and people who do not exercise professionally alike. The recovery processes, in some cases, are often very distended and cause various uncertainties in individuals. For this reason, conscious breathing techniques or Pranayama have become one of the most popular and efficient methods to improve concentration, mental clarity and lung function of users. This, as well as other therapeutic yoga trends, are increasingly implemented in rehabilitation processes and even to prevent possible damage.

Based on this scenario, professionals in the sector need to keep up to date with the most recent and innovative work strategies in this field. This knowledge and competences are accessible through this Postgraduate Diploma in TECH where students will be able to perfect their skills in this multidisciplinary activity.

Through a very complete syllabus, you will develop a review of the ways to structure a session, taking into account the needs of each person and the problem you want to treat. In addition, you will be able to analyze the most effective protocols to improve the physical condition of users with specific discomforts such as muscular or lumbar pain. In addition, you will delve into the neurophysiological principles of meditative and relaxation techniques.

For this learning process, the professional will rely on *Relearning*, a 100% online methodology designed by TECH to expand their practical skills in the fastest and most flexible way. On the other hand, throughout the program, you will have the guidance of experts with a distinguished career in the field of Therapeutic Yoga. Likewise, in this updating process, graduates will have access to videos, infographics and other multimedia materials that will facilitate their understanding of the most complex concepts of this disciplinary area.

This **Postgraduate Diploma in Different Therapeutic Yoga 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 Different Therapeutic Yoga Techniques
- ♦ 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
- ♦ 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



*Do not miss the opportunity to be part of this Postgraduate Diploma and refresh all your skills for the management of Therapeutic Yoga for the elderly”*

“

*Through Relearning, simulation of real cases and other didactic methods, TECH will allow you to master different strategies and intervention plans to treat sports injuries through Therapeutic 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.

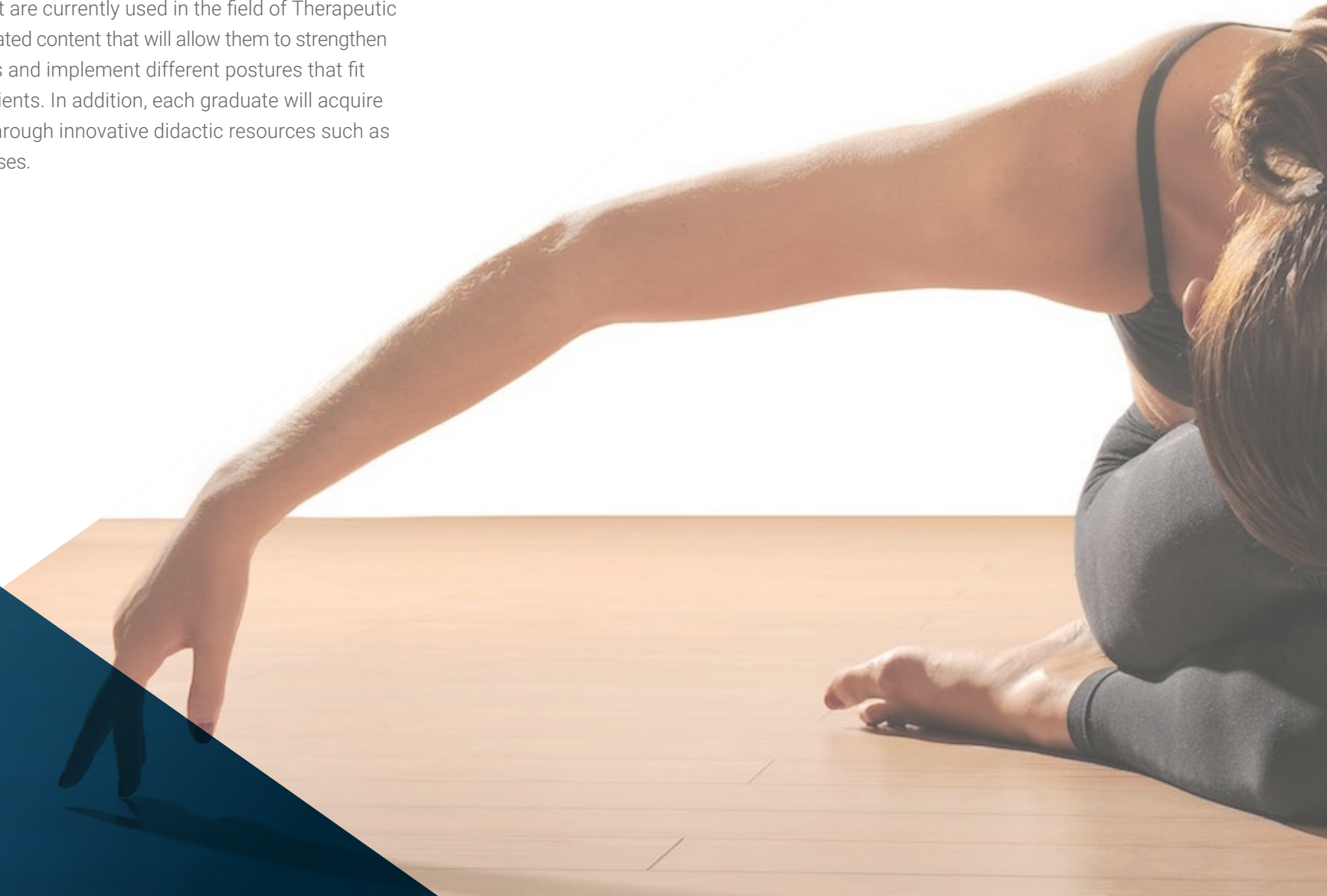
*You will analyze, together with the best experts, advanced relaxation techniques such as Pranayama breathing and Kokyuhoo meditation.*

*Yoga has proven to be a very effective alternative to treat body aches and soreness and with this program you will be able to guide sessions that meet this objective.*



# 02 Objectives

The main objective of this program is to provide the professional with advanced qualification on the techniques that are currently used in the field of Therapeutic Yoga. This will be done through updated content that will allow them to strengthen their strategies, rehabilitation plans and implement different postures that fit the needs and requirements of patients. In addition, each graduate will acquire practical skills on these subjects through innovative didactic resources such as Relearning and simulation of real cases.







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*Reach your goals of self-improvement  
and keep up to date on the latest  
developments in Therapeutic Yoga  
with this 100% online program”*



## General Objectives

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- ♦ Incorporate the knowledge and skills 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



*With TECH you will achieve excellence and position yourself as an expert with a high mastery of the most complex techniques of Therapeutic Yoga”*





## Specific Objectives

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### Module 1. Yoga in the Human Life Cycle

- ♦ Delve into the different needs of the body and yoga practice at different times of life, such as childhood, adulthood and old age
- ♦ Explore how yoga practice can help women during the menstrual cycle and menopause, and how to adapt the practice to meet their needs
- ♦ Delve into the care and practice of yoga during pregnancy and postpartum, and how to adapt the practice to meet women's needs at these times
- ♦ Identify the suitability of yoga practice for people with special physical and/or sensory needs, and how to adapt the practice to meet their needs
- ♦ Learn how to create yoga sequences specific to the human life cycle and individual need
- ♦ Identify and apply best practices to ensure safety and well-being during yoga practice in the human life cycle and special situations

### Module 2. Respiratory Techniques

- ♦ Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- ♦ Delve into the different types of breathing and how they affect the respiratory system and the body as a whole
- ♦ Identify the different components of breathing, such as inhalation, exhalation, and retentions, and how each affects the body's physiology
- ♦ Delve into the concepts of the energy channels, or nadis, and how they relate to the physiology of breathing and the practice of pranayama

- ♦ Describe the different types of pranayama and how they affect the physiology of the body and mind
- ♦ Identify the basic concepts of mudras and how they relate to the physiology of breathing and the practice of pranayama
- ♦ Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and wellness

### Module 3. Meditation and Relaxation Techniques

- ♦ 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

The faculty of this program has great experts in the field of Therapeutic Yoga. This teaching team is up to date on the most innovative techniques in this field and its applications to prevent, treat and rehabilitate people with different types of injuries. Each of these professionals have actively participated in the choice of content and multimedia materials that are integrated into the program. Based on their competencies and experiences, the student will receive the most complete and up-to-date pedagogical guide of the moment.



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*Learn from the best working professionals  
in the field and enhance your skills in the  
application of Yoga techniques”*

## 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.



## 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. García, Mar

- ♦ Yoga Center Director and Yoga Instructor at Satnam Yoga
- ♦ Vinyasa Yoga Teacher
- ♦ Special Yoga Instructor
- ♦ Yoga Instructor for Children and Families

### Ms. Salvador Crespo, Inmaculada

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

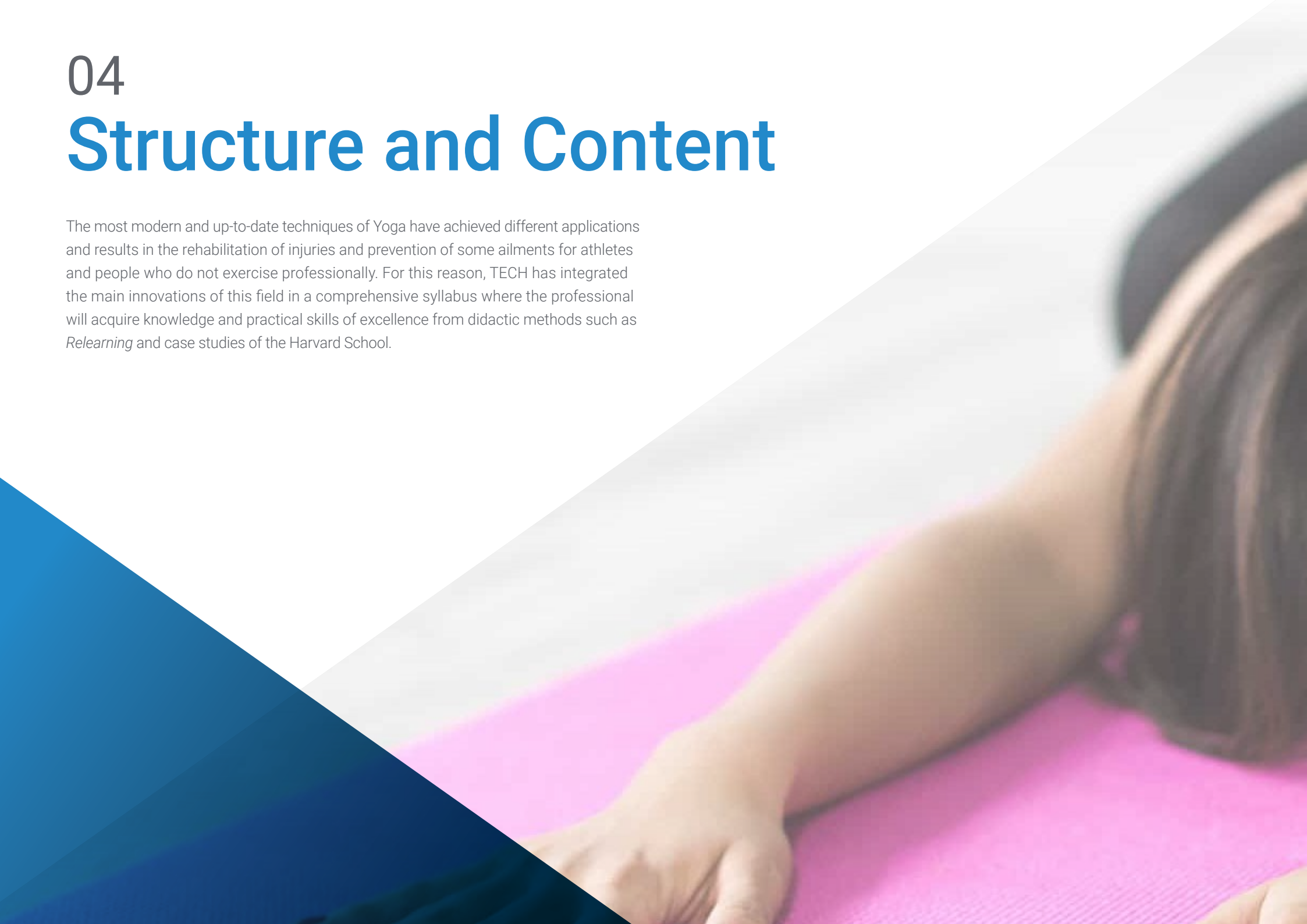
### Mr. Ferrer, Ricardo

- ♦ 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
- ♦ Chi Kung Instructor
- ♦ Body Intelligence Yoga Instructor
- ♦ SupYoga Instructor

# 04

## Structure and Content

The most modern and up-to-date techniques of Yoga have achieved different applications and results in the rehabilitation of injuries and prevention of some ailments for athletes and people who do not exercise professionally. For this reason, TECH has integrated the main innovations of this field in a comprehensive syllabus where the professional will acquire knowledge and practical skills of excellence from didactic methods such as *Relearning* and case studies of the Harvard School.



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*Complete this Postgraduate Diploma comfortably from home, without having to commute to a study center, thanks to TECH's 100% online platform”*

## Module 1. Yoga in the Human Life Cycle

- 1.1. Childhood
  - 1.1.1. Why is it important?
  - 1.1.2. Benefits
  - 1.1.3. What is a class like?
  - 1.1.4. Example of adapted sun salutation
- 1.2. Women and Menstrual Cycle
  - 1.2.1. Menstrual phase
  - 1.2.2. Follicular phase
  - 1.2.3. Ovulatory phase
  - 1.2.4. Luteal phase
- 1.3. Yoga and Menstrual Cycle
  - 1.3.1. Follicular phase sequence
  - 1.3.2. Ovulatory phase sequence
  - 1.3.3. Luteal phase sequence
  - 1.3.4. Sequence during menstruation
- 1.4. Menopause
  - 1.4.1. General considerations
  - 1.4.2. Physical and hormonal changes
  - 1.4.3. Benefits of the practice
  - 1.4.4. Recommended asanas
- 1.5. Pregnancy
  - 1.5.1. Why practice it
  - 1.5.2. First quarter asanas
  - 1.5.3. Second quarter asanas
  - 1.5.4. Third quarter asanaa
- 1.6. Postpartum
  - 1.6.1. Physical benefits
  - 1.6.2. Mental benefits
  - 1.6.3. General recommendations
  - 1.6.4. Practice with the baby

- 1.7. Old Age
  - 1.7.1. Main pathologies that we will encounter
  - 1.7.2. Benefits
  - 1.7.3. General considerations
  - 1.7.4. Contraindications
- 1.8. Physical Disability
  - 1.8.1. Brain damage
  - 1.8.2. Spinal cord damage
  - 1.8.3. Muscle damage
  - 1.8.4. How to design a class
- 1.9. Sensory Disability
  - 1.9.1. Hearing
  - 1.9.2. Visual
  - 1.9.3. Sensory
  - 1.9.4. How to design a sequence
- 1.10. General considerations of the most frequent disabilities that we will encounter
  - 1.10.1. Down syndrome
  - 1.10.2. Autism
  - 1.10.3. Cerebral palsy
  - 1.10.4. Intellectual development disorder

## Module 2. Respiratory Techniques

- 2.1. Pranayama
- 2.2. Types of breathing
- 2.3. Purification of the pranic energy conduits or nadis
- 2.4. Inhalation: Puraka
- 2.5. Exhalation: Rechaka
- 2.6. Retentions: Kumbakha
- 2.7. Purifying Pranayamas:
- 2.8. Stimulating and Refreshing Pranayamas
- 2.9. Regenerative Pranayamas:
- 2.10. Mudras



### Module 3. Meditation and Relaxation Techniques

- 3.1. Mantras
- 3.2. Internal aspects of Yoga
- 3.3. Meditation
- 3.4. Brain Waves
- 3.5. Types of meditation
- 3.6. Meditation techniques 1
- 3.7. Meditation techniques 2
- 3.8. Mindfulness
- 3.9. Relaxation/ Savasana
- 3.10. Yoga Nidra



*With the Relearning methodology you will have the possibility to consolidate the topics of this Postgraduate Diploma with greater determination”*

# 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.*





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

### A learning method that is different and innovative

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

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

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

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

## Relearning Methodology

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

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

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

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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

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

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

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



This program offers the best educational material, prepared with professionals in mind:



### Study Material

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

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

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



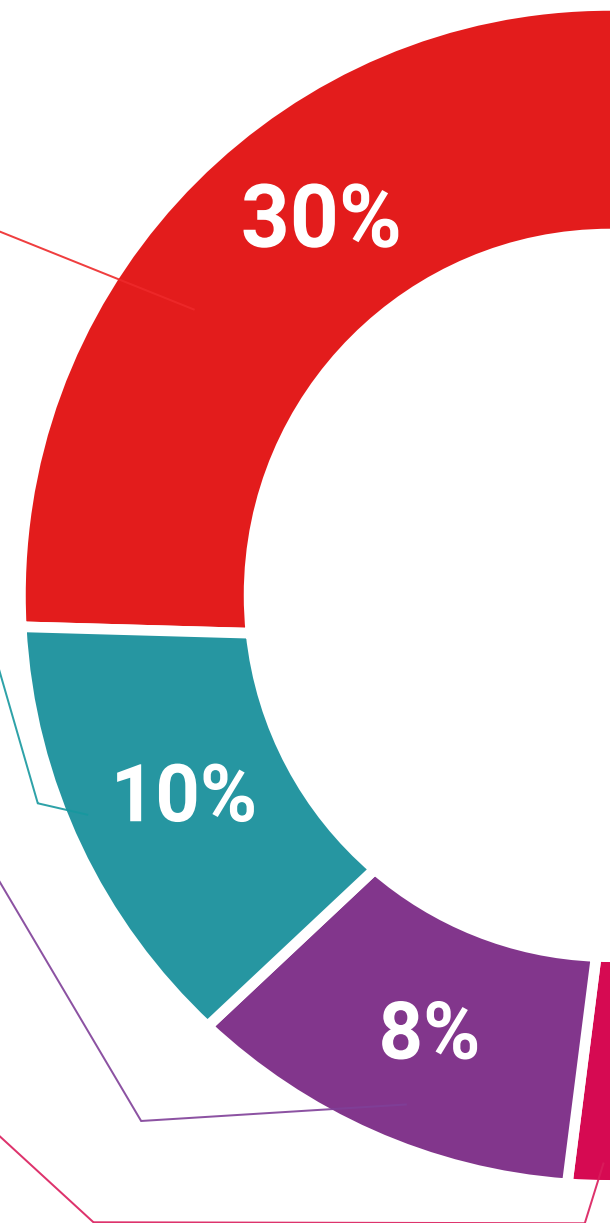
### Practising Skills and Abilities

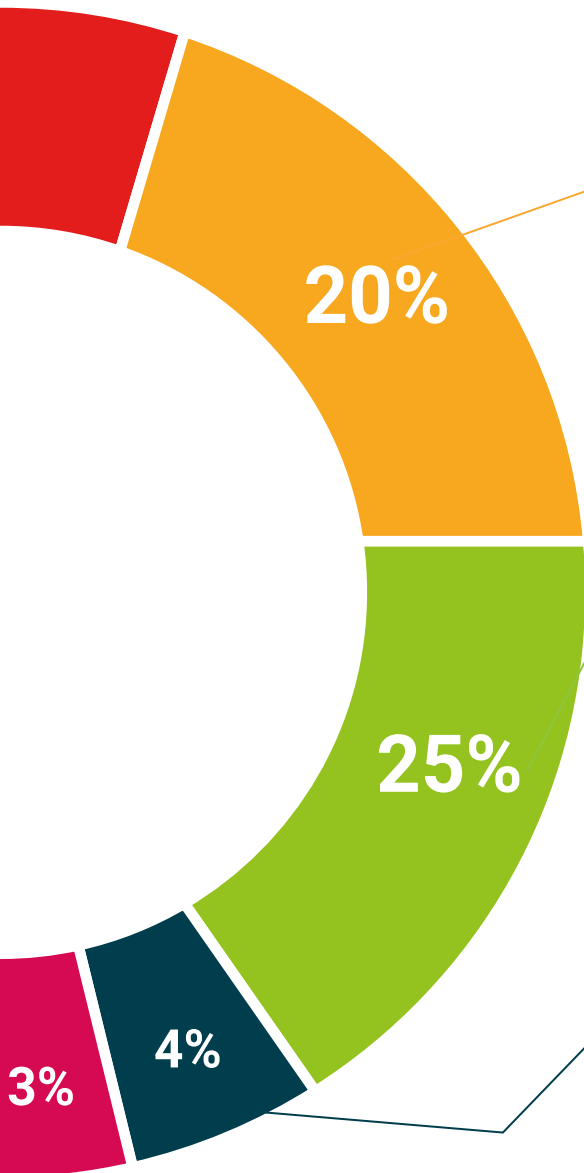
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06

# Certificate

This Postgraduate Diploma in Different Yoga Techniques guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Different Yoga Techniques** contains the most complete and up-to-date scientific program on the market.

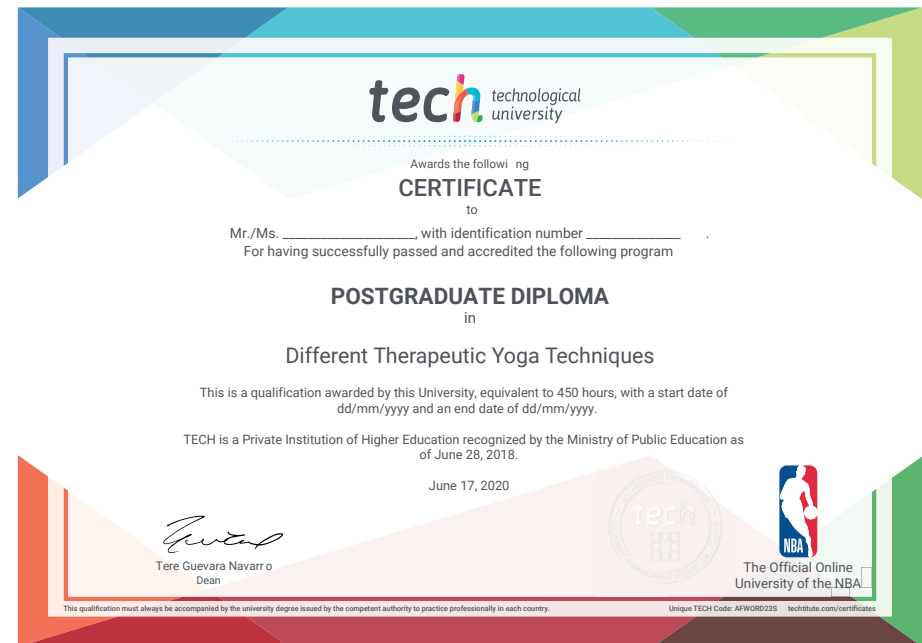
After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University via tracked delivery\***.

The certificate 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 Diploma in Different Yoga Techniques**

Official N° of Hours: **450 h.**

Endorsed by the NBA



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



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

**tech** technological  
university

## Postgraduate Diploma

Different Therapeutic  
Yoga Techniques

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

# Postgraduate Diploma

## Different Therapeutic Yoga Techniques

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