

Internship Program

Therapeutic Yoga



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Therapeutic Yoga

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01 Introduction

The World Health Organization urges citizens every year to practice Therapeutic Yoga, given its ability to improve both physical and mental well-being. Not surprisingly, it dates that 301 million people suffer from anxiety disorders such as stress. Therefore, it is a great object of study by scientists. In this context, physicians have a responsibility to keep abreast of advances in this discipline in order to incorporate the most innovative techniques into their procedures. To help them with this, TECH develops the present program, in which in 3 weeks they will be integrated into an experienced team to optimize their care praxis with the most avant-garde resources.



The skills you will acquire after the completion of this Internship Program will guide you towards the correct implementation of the most innovative relaxation techniques”





Mindfulness is gaining more and more prominence in society. An example of this is that several companies are incorporating its techniques into their work environments to keep their team proactive. This meditation practice focuses on paying conscious attention without judgment to the present moment, so that the mind redirects thoughts. Among its many benefits is the ability to maintain mindfulness, which can translate into improved cognitive performance and a higher level of efficiency in all activities.

This Internship Program in Therapeutic Yoga offers an advanced update on the neurophysiological basis of relaxation and meditation. The graduates will have a 3-week intensive stay in prestige centers. These facilities have a team of experienced professionals who will support the graduates to provide them with a wide range of resources oriented to mantras, meditations and relaxation therapies.

Throughout their on-site stay, graduates will be able to appreciate in a real scenario the most effective dynamics of meditation in order to incorporate them into their daily practice. In addition, they will be supported by an assistant tutor, who will guide them through the process of updating their knowledge. Therefore, professionals will be able to polish their skills with the firm objective of improving the quality of life of individuals.

02

Why Study an Internship Program?

The practice of Therapeutic Yoga is distinguished in the health field by its constant growth and complexity. In recent years, this discipline has experienced numerous scientific advances that force professionals in the area to keep constantly updated. For this reason, TECH has developed a revolutionary 100% practical program, which will allow specialists to apply the most modern techniques to enhance the quality of life of individuals. The academic process will be carried out by means of a 3-week intensive on-site stay in prestigious centers and in conjunction with distinguished experts in this field.



A team of professionals in Therapeutic Yoga will provide you with the keys to perform the most effective therapies for patients with sensory disabilities"

1. Updating from the Latest Technology Available

Thanks to the advancement of new technologies, the discipline of Therapeutic Yoga has experienced remarkable progress both to improve the experience of patients and to facilitate teaching by professionals. One example is the online platforms, where users can find live or recorded classes to practice the discipline from the comfort of their home. This is especially useful for patients with physical, geographical or time constraints. Through this Internship Program, specialists will use the most modern resources to optimize their clinical practice.

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

The professionals who take part in this Internship Program will be accompanied throughout their on-site stay by a large team of experts. Undoubtedly, this implies a first-class endorsement and a guarantee in the updating of knowledge. During this period, the graduates will be tutored by a designated expert, who will guide them during the approach with real patients in a state-of-the-art environment. Therefore, they will be able to incorporate the most effective procedures into their daily practice.

3. Entering First-Class Clinical Environments

For this academic proposal, TECH has carefully selected renowned centers specialized in Therapeutic Yoga. In this way, graduates will have at their disposal first class facilities, equipped with the necessary materials to teach the therapy sessions effectively. They will be able to adapt to the special needs of each user and provide them with highly personalized services.



4. Putting the acquired knowledge into daily practice from the very first moment

Currently, the academic market is full of programs limited to a theoretical framework. Far from this, this university program has an eminently practical approach so that professionals acquire the necessary skills to provide services defined by excellence and quality. All of this in first class institutions, together with authentic specialists in Therapeutic Yoga.

5. Expanding the Boundaries of Knowledge

TECH gives specialists the opportunity to carry out this Internship Program in the best centers, with the support of true references in this discipline. In this way, professionals who enter this program will enjoy a health scenario of excellence to apply their knowledge and skills. So, subsequently, they will incorporate the most advanced techniques of Therapeutic Yoga to their procedures.



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

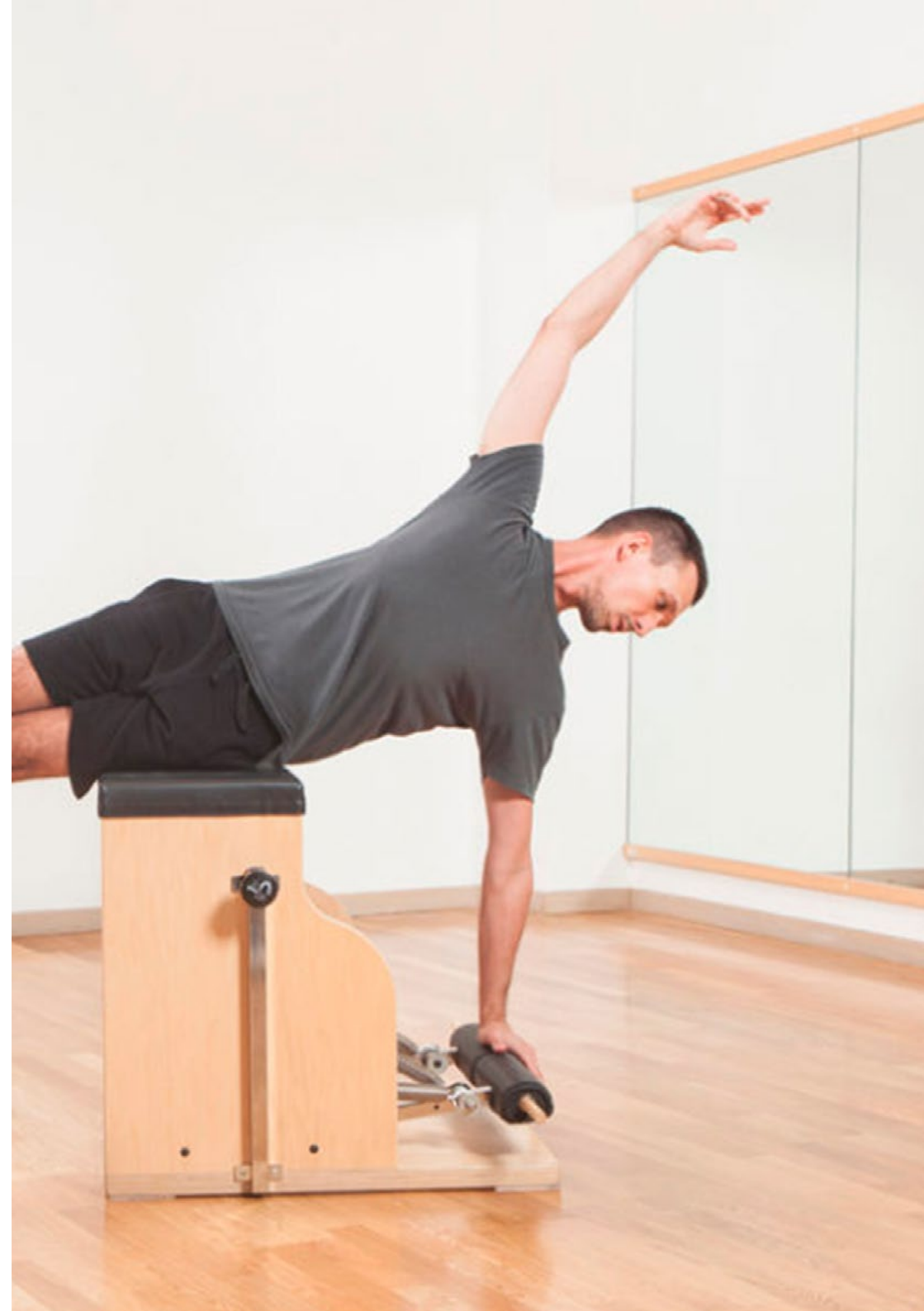
03 Objectives

The main purpose of this university program is to equip professionals with the latest procedures in Therapeutic Yoga. In this way, specialists will incorporate the most effective techniques in Asana, relaxation procedures, meditation and Mindfulness into their regular practice. This will allow them to experience a significant leap in quality in their profession, while developing personalized therapies that will improve the well-being of patients.



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 the injuries that present
- ♦ Delve into the studies on biomechanics and its application to asanas of Yoga Therapy
- ♦ Describe the adaptation of Yoga asanas to the pathologies of each person
- ♦ Deepen the knowledge Neurophysiological basis of meditation and relaxation techniques existing





Specific Objectives

- Explore the different postures and movements of the human body, and understand how they affect the structure of the locomotor system
- Update knowledge on the biomechanical fundamentals of the main spinal flexion and lateral bending asanas, and how to perform them safely and effectively
- Use different types of supports (blocks, belt and saddle) and how to use them to improve the biomechanics of floor asanas
- Delve into degenerative diseases and how the practice of yoga can help in their management and symptom reduction
- Delve into lumbago and sciatica and how to apply therapeutic yoga to relieve pain and improve mobility
- Implement biomechanics to improve posture and prevent injuries
- Apply fascia biomechanics in yoga practice to improve mobility, strength and flexibility
- Identify the appropriateness of yoga practice for people with special physical and/or sensory needs and how to adapt the practice to meet their needs
- Learn to create specific yoga sequences for each evolutionary moment and individual need
- Apply best practices to ensure safety and well-being during the practice of yoga in different evolutionary stages and special situations
- Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- Identify the different components of breathing, such as inspiration, expiration, and retentions, and how each affects the physiology of the body
- Examine the basic concepts of mudras and how they relate to the physiology of breathing and pranayama practice
- Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and wellness
- Describe the neurophysiological basis of meditative and relaxation techniques in the practice of yoga
- Delve into the definition of mantra, its application and benefits in meditation practice
- Identify the inner aspects of yoga philosophy, including Pratyahara, Dharana, Dhyana, and Samadhi, and how they relate to meditation
- Inquire about the different types of brain waves and how they occur in the brain during meditation
- Identify the different types of meditation and guided meditation techniques and how they are applied in the practice of yoga
- Delve into the concept of Mindfulness, its methods and differences with meditation



A contextual and realistic educational experience that will immerse you in the reality of a profession full of challenges”

04

Educational Plan

This university program includes a 3-week stay, from Monday to Friday with 8 consecutive hours of work with a team of professionals of reference in the discipline of Therapeutic Yoga. In this context, graduates will get to enter an innovative clinical environment, which puts its maximum dedication to the incorporation of advanced techniques to improve both the physical and emotional health of patients.

In this completely practical Internship Program, the activities are aimed at developing and perfecting the skills necessary to provide healthcare in areas and conditions that require highly qualified professionals, and are oriented towards specific expertise for practicing the activity, in a safe environment for the patient and with highly professional performance.

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





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

Module	Practical Activity
Techniques for Strengthening the Locomotor System	Apply postures such as Tadasana or Uttanasana to improve postural alignment and tone the muscles of the spine
	Perform gentle stretching of all the muscles of the body to improve both flexibility and relieve existing tension
	Implement an equal distribution of load on the joints
	Perform abdominal Pranayama to optimize lung function and reduce stress
Implementation of Asana Postures to Address Specific Needs	Conduct a thorough assessment of the individual (including medical history, previous injuries, physical condition and personal goals)
	Adopt postures based on the individual's limitations, using props ranging from blocks to blankets to chairs, as well as variations in the depth of poses
	Introduce more challenging variations as patients gain strength, flexibility and confidence
	Regularly evaluate users' progress and adjust the practice plan to help them reach their therapeutic goals safely
Integration of Meditative and Relaxation Procedures	Direct the users' attention to the different parts of the body, starting from the feet and moving slowly up to the head
	Apply breathing techniques based on the practice of Mindfulness, aimed at regulating the nervous system and calming the mind
	Perform smooth and fluid movements, such as sequences of movements coordinated with the breath
	Perform the Savasana posture at the end of the sessions, encouraging the port and mind to get ready to resume daily activity
Personalization of Therapies Adapted to the Different Evolutionary Moments	Implement techniques such as Nadi Shodhana that help adolescents develop mindfulness, self-control and stress management skills
	Perform gentle stretching to ease the physical discomfort of pregnant women as they prepare their bodies for childbirth
	Perform gentle Asanas such as the modified Mountain Pose for older adults to improve their flexibility, mobility and muscle strength
	Adapt breathing techniques for people with sensory disabilities, inhaling and exhaling deeply while focusing on physical sensations in the abdomen

05

Where Can I Do the Internship Program?

In this university program, TECH has invested its efforts in the selection of the best centers in the area of Therapeutic Yoga. In this way, graduates will have the guarantee of access to top-quality facilities, which will give them the opportunity to increase their potential. All this, with the support of the best experts in this booming discipline.



The best professionals in the area will guide you during your updating process so that you can provide top quality therapies"





The student will be able to do this program at the following centers:



Yoga (con) Ciencia

Country	City
Spain	Madrid

Address: Polideportivo Municipal Juan Carlos I,
Av. Constitución 31, 28792 Miraflores
de la Sierra, Madrid

Therapeutic yoga center where individual adaptation and
attention to health are fundamental

Related internship programs:
Therapeutic Yoga



*Make the most of this opportunity
to surround yourself with expert
professionals and learn from their
work methodology"*

06

General Conditions

Civil Liability Insurance

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

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

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



General Conditions of the Internship Program

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

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

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

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

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

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

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

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

07 Certificate

This **Internship Program in Therapeutic Yoga** contains the most complete and up-to-date program in the professional and academic landscape.

After the student has passed the assessments, they will receive their corresponding Internship Program diploma issued by TECH Technological University via tracked delivery*.

The certificate issued by TECH will reflect the grade obtained in the test.

Title: **Internship Program in Therapeutic Yoga**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour consecutive shifts**

Total Hours: **120 h. of professional practice**



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

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