



Postgraduate Diploma

Anatomy and Physiology in Therapeutic Yoga

» Modality: online

» Duration: 6 months

» Certificate: TECH Global University

» Credits: 18 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-anatomy-physiology-therapeutic-yoga

Index

> 06 Certificate

> > p. 32

01 Introduction

The benefits of practicing Yoga for the physical and mental health of people of all ages have expanded its practice and recommendations by healthcare professionals. From children to pregnant women and to older individuals who may have difficulties with agility or muscular issues, they include this activity for their well-being. In this regard, TECH has designed a program that allows medical professionals to stay updated on the fascial and musculoskeletal system, as well as the application of different exercises based on the individual's stage of development. Moreover, this is provided in a 100% online pedagogical format with the most innovative didactic materials in the current academic landscape.



tech 06 | Introduction

The various existing scientific studies on Therapeutic Yoga and its effects on the human body underscore its positive impact on certain musculoskeletal and nervous system conditions. This way, this practice is becoming increasingly common among elderly patients, with a growing trend among pregnant patients and minors.

For this reason, medical professionals are incorporating the recommendation of practicing Yoga into their treatments, taking into account the pathology and characteristics of each individual. This is the reason behind the creation of this Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga, which offers health professionals an excellent opportunity to update their knowledge with a theoretical-practical approach that is highly useful for their daily practice.

This program is based on the latest evidence about this physical activity, as well as how its asanas and variations affect the human body. Students will have access to multimedia content, video summaries of each topic, specialized readings, and clinical case simulations, all created by an excellent teaching team with extensive experience in this field.

Furthermore, thanks to the Relearning method, graduates will not need to invest long hours of study, as continuous repetition throughout the academic journey will help solidify the covered concepts.

In addition, an international specialist in Therapeutic Yoga, with distinguished and highly respected experience in the field, will be present in this program. The masterclasses will provide students with a unique opportunity to delve into the latest advances in the discipline, including a detailed analysis of Anatomy and Physiology in this area.

You may also achieve a comprehensive update in just 6 months, in a flexible and convenient manner. All you need is a digital device with an Internet connection to access the syllabus posted on the virtual platform. This academic option is ideal for balancing with daily work and personal activities.

This **Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga** contains the most complete and up-to-date scientific program on the market. The most important features include:

- 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 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





It delves into the concept of tensegrity and the use of this technique to improve people's mobility and flexibility"

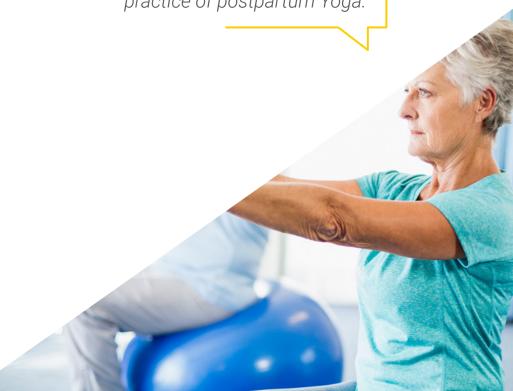
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

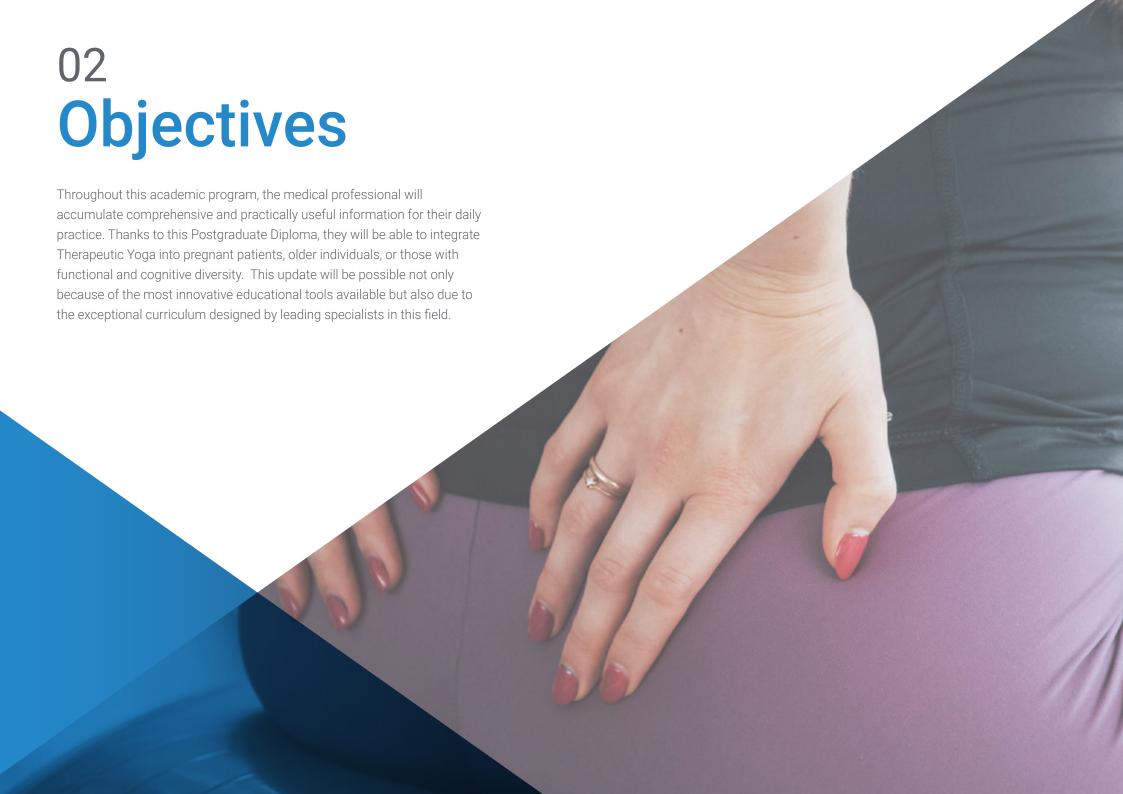
The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

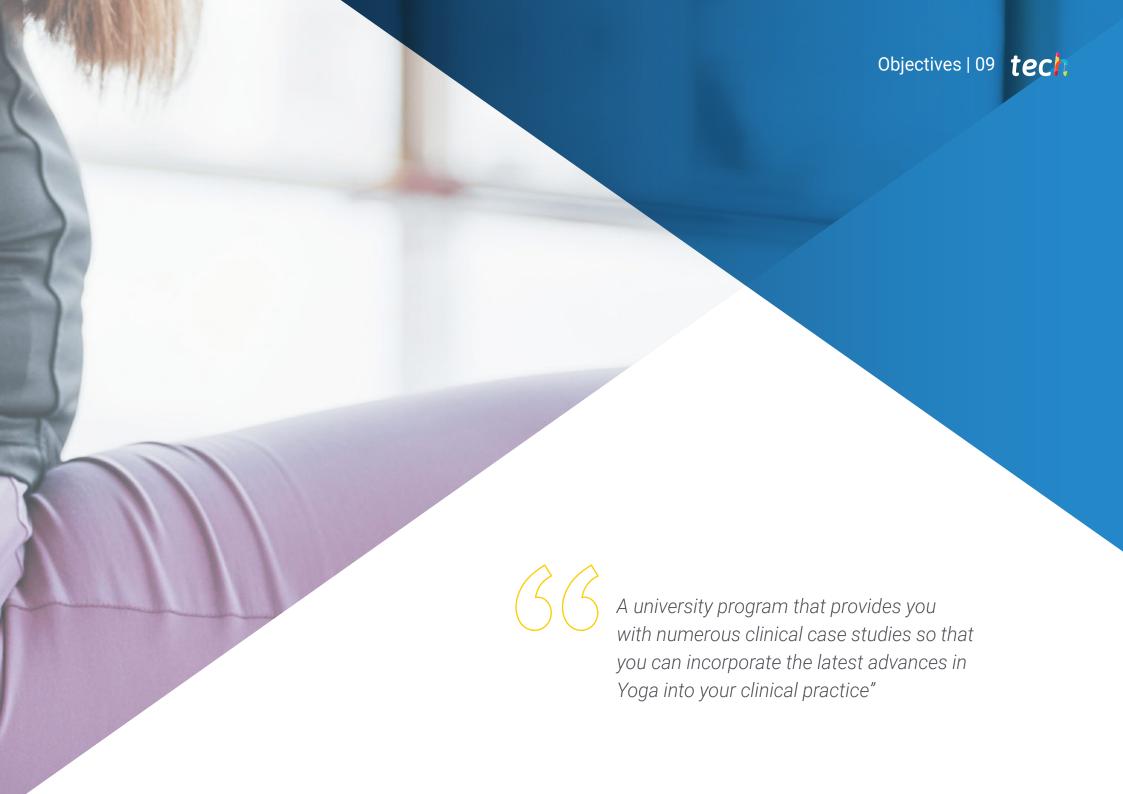
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced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

Delve into the benefits of the practice of Yoga in children and its effects on their anatomy.

If you have a digital device with Internet connection you can comfortably access the practice of postpartum Yoga.







tech 10 | Objectives

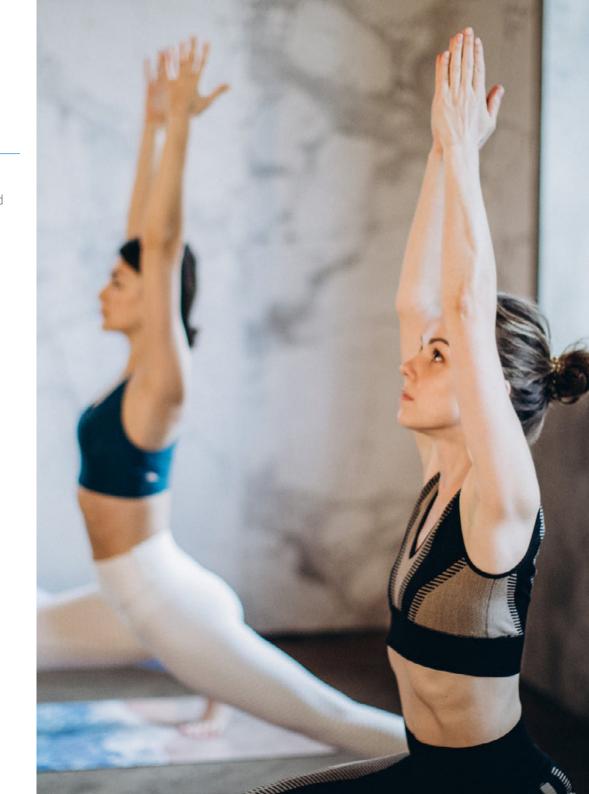


General Objectives

- 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 suitable Asanas based on individual characteristics and existing injuries
- Explore in-depth studies on biomechanics and their application to Therapeutic Yoga Asanas
- Describe the adaptation of Yoga Asanas to each person's specific pathologies
- Delve into the neurophysiological foundations of existing meditative and relaxation techniques



Raise your competences on the practice of Yoga in patients with menopause or pain during the menstruation process"





Specific Objectives

Module 1. Structure of the Locomotor System

- Delve into the anatomy and physiology of the skeletal, muscular, and articular system of the human body
- Identify the different structures and functions of the musculoskeletal system and how they interrelate
- Explore the different postures and movements of the human body and understand how they affect the structure of the musculoskeletal system
- Deepen your understanding of common musculoskeletal system injuries and how to prevent them

Module 2. Fascial System

- Delve into the history and concept of fascia, and its importance in yoga practice
- Delve into different types of mechanoreceptors in fascia and how to apply them in different styles of yoga
- Point out the need to incorporate the term "fascia" into yoga classes for a more effective and mindful practice
- Examine the origin and development of the term "tensegrity" and its application in yoga practice
- Identify the different myofascial pathways and the specific postures for each of these chains
- * Apply fascial biomechanics in yoga practice to enhance mobility, strength, and flexibility
- Recognize the main postural imbalances and how to correct them through yoga practice and fascial biomechanics

Module 3. Yoga in The Human Life Cycle

- Delve into the different needs of the body and yoga practice at various stages of life, such as childhood, adulthood, and the old age
- Explore how yoga practice can assist women during the menstrual cycle and menopause and how to adapt the practice to meet their needs
- Delve into the care and yoga practice during pregnancy and postpartum, and how to adapt the practice to meet the needs of women during these times
- Identify the suitability of yoga practice for individuals 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 life stage and individual need
- Identify and apply best practices to ensure safety and well-being during yoga practice at different life stages and special situations





tech 14 | Course Management

International Guest Director

As the director of teachers and head of instructor training at the Integral Yoga Institute in New York, Dianne Galliano stands as one of the most prominent figures in this field on an international level. Its primary academic focus has been on therapeutic yoga, with over 6,000 documented hours of teaching and ongoing training.

Her work has involved mentoring, developing training protocols and criteria, and providing ongoing education to instructors at the Integral Yoga Institute. In addition to her role at the Integral Yoga Institute, they also works as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa, and the Educational Alliance: Center for Balanced Living.

Her work extends to creating and directing yoga programs, developing exercises, and evaluating potential challenges. Throughout her career, she has worked with various profiles of individuals, including older and middle-aged men and women, prenatal and postnatal individuals, young adults, and even war veterans dealing with a range of physical and mental health issues.

For each of them, she provides careful and personalized care, having worked with people dealing with conditions such as osteoporosis, post-heart surgery recovery, post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome, and obesity. She holds several certifications, with notable ones being E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by the American Health Training, and Certified Exercise Instructor by the Center for Somatic Movement.



Ms. Galliano, Dianne

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



tech 16 | Course Management

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
- Trainer in Yoga Therapy
- Degree in Biological Sciences from the Autonomous University of Madrid
- Course in Teacher of: Ashtanga Yoga Progressive, FisiomYoga, Myofascial Yoga, Yoga and Cancer
- Course in Floor Pilates Instructor
- Course in Phytotherapy and Nutrition
- Meditation Teacher Course



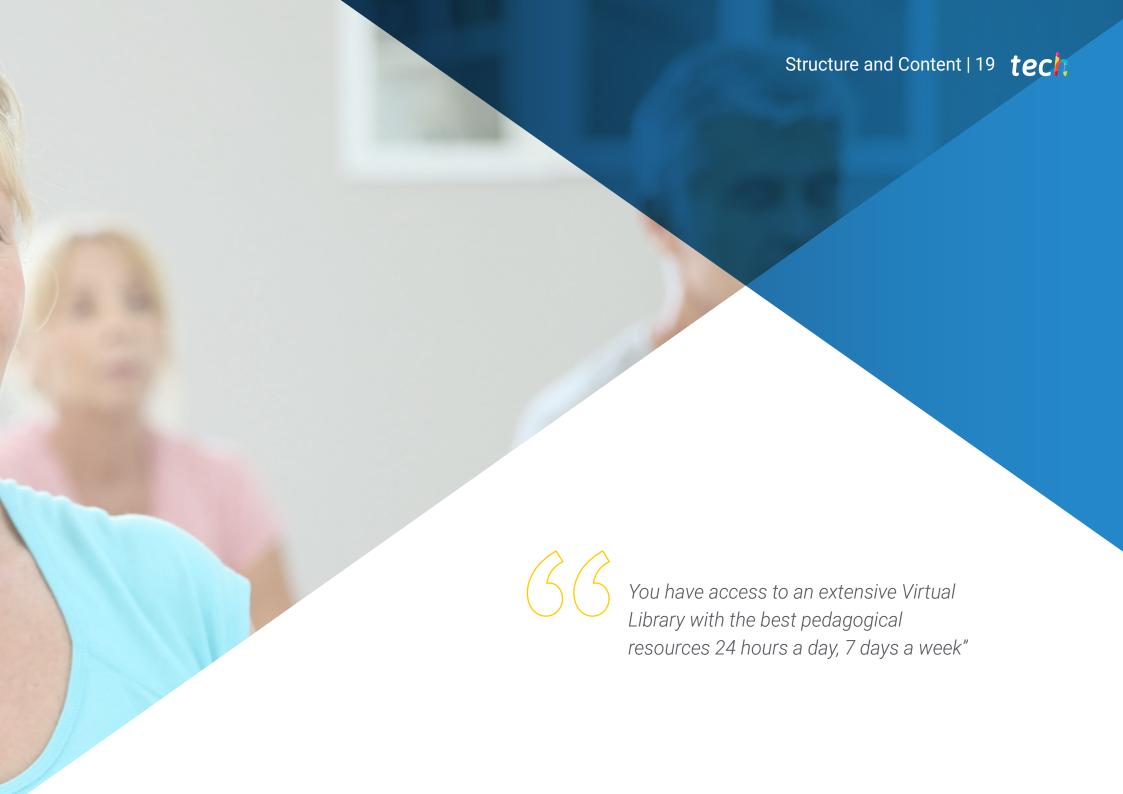
Course Management | 17 tech

Professors

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

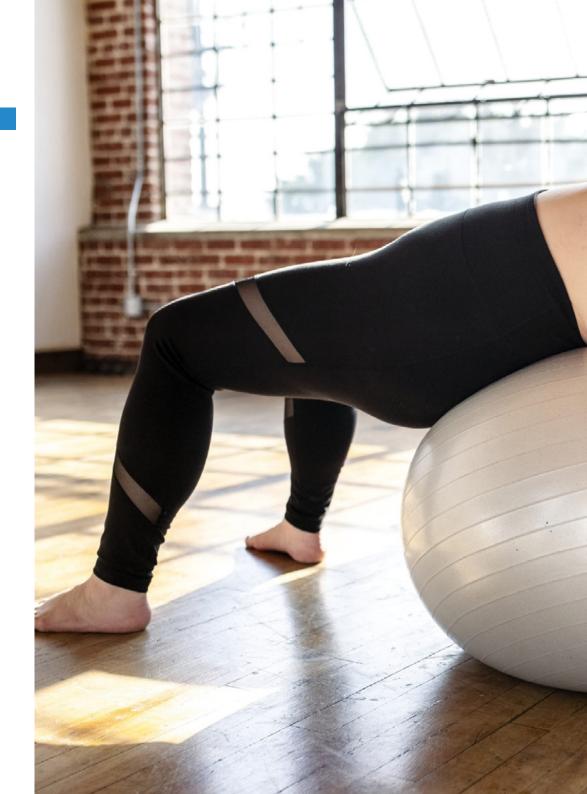




tech 20 | Structure and Content

Module 1. Structure of Locomotor System

- 1.1. Anatomical Position, Axes and Planes
 - 1.1.1. Basic anatomy and physiology of the human body
 - 1.1.2. Anatomic position
 - 1.1.3. Body Axes
 - 1.1.4. Anatomical Planes
- 1.2. Bone
 - 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 to 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 Body 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 Body Cartilage
 - 1.4.2. Different Types of Cartilage and Their Function in the Body
 - 1.4.3. The Role of Cartilage in Joint Function and Mobility
 - 1.4.4. Common Cartilage Injuries and Their Prevention
- 1.5. Tendons and Ligaments
 - 1.5.1. Anatomy and Physiology of Human Body 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 in the Human Body
 - 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 to Therapeutic Yoga Practice
 - 1.6.4. Common Muscle Injuries and How to Prevent Them





Structure and Content | 21 tech

- 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 Therapeutic Yoga Practice
 - 1.8.2. The Role of Bones in the Musculoskeletal System and Their Relationship to 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 to Therapeutic Yoga Practice
- 1.9. Nervous Control of Skeletal Muscles
 - 1.9.1. Anatomy and Physiology of the Nervous System and Its Relationship to 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 the 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 Practice
- 1.10. Muscle Contraction
 - 1.10.1. Anatomy and Physiology of Muscle Contraction and Its Relationship to 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 to Therapeutic Yoga Practice
 - 1.10.4. The Importance of Muscle Stretching and Strengthening for Injury Prevention and Performance Improvement in Therapeutic Yoga Practice

tech 22 | Structure and Content

Module 2. Fascial System

- 2.1. Fascia
 - 2.1.1. History
 - 2.1.2. Fascia vs. Aponeurosis
 - 2.1.3. Types
 - 2.1.4. Functions
- 2.2. Types of mechanoreceptors and their significance in various styles of Yoga
 - 2.2.1. Importance
 - 2.2.2. Golgi
 - 2.2.3. Paccini
 - 2.2.4. Ruffini
- 2.3. Myofascial Chains
 - 2.3.1. Definition
 - 2.3.2. Importance in Yoga
 - 2.3.3. Concept of Tensegrity
 - 2.3.4. The Three Diaphragms
- 2.4. SPS: Superficial Posterior Line
 - 2.4.1. Definition
 - 2.4.2. Anatomical Pathways
 - 2.4.3. Passive Postures
 - 2.4.4 Active Postures
- 2.5. APS: Anterior Posterior Line
 - 2.5.1 Definition
 - 2.5.2. Anatomical Pathways
 - 2.5.3. Passive Postures
 - 2.5.4. Active Postures
- 2.6. LSL: Lateral Side Line
 - 2.6.1. Definition
 - 2.6.2. Anatomical Pathways
 - 2.6.3. Passive Postures
 - 2.6.4. Active Postures

- 2.7. LS: Spiral Line
 - 2.7.1. Definition
 - 2.7.2. Anatomical Pathways
 - 2.7.3. Passive Postures
 - 2.7.4. Active Postures
- 2.8. Functional lines
 - 2.8.1. Definition
 - 2.8.2. Anatomical Pathways
 - 2.8.3. Passive Postures
 - 2.8.4. Active Postures
- 2.9. Arm lines
 - 2.9.1. Definition
 - 2.9.2. Anatomical Pathways
 - 2.9.3. Passive Postures
 - 2.9.4. Active Postures
- 2.10. Main Imbalances
 - 2.10.1. Ideal Pattern
 - 2.10.2. Flexion and Extension Group
 - 2.10.3. Opening and Closing Group
 - 2.10.4. Inspiratory and Expiratory Pattern

Module 3. Yoga in The Human Life Cycle

- 3.1. Childhood
 - 3.1.1. Why Is It Important?
 - 3.1.2. Benefits
 - 3.1.3. What a class looks like
 - 3.1.4. Example of an adapted sun salutation
- 3.2. Women and the menstrual cycle
 - 3.2.1. Menstrual phase
 - 3.2.2. Follicular Phase
 - 3.2.3. Ovulatory phase
 - 3.2.4. Luteal Phase

Structure and Content | 23 tech

- 3.3. Yoga and the menstrual cycle
 - 3.3.1. Follicular phase sequence
 - 3.3.2. Ovulatory phase sequence
 - 3.3.3. Luteal phase sequence
 - 3.3.4. Sequence during menstruation
- 3.4. Menopause
 - 3.4.1. General Considerations
 - 3.4.2. Physical and hormonal changes
 - 3.4.3. Benefits from practice
 - 3.4.4. Recommended asanas
- 3.5. Pregnancy
 - 3.5.1. Why practice it
 - 3.5.2. First-trimester Asanas
 - 3.5.3. Second-trimester Asanas
 - 3.5.4. Third-trimester Asanas
- 3.6. Postpartum
 - 3.6.1. Physical benefits
 - 3.6.2. Mental benefits
 - 3.6.3. General Recommendations
 - 3.6.4. Practice with the baby
- 3.7. Old Age
 - 3.7.1. Main pathologies we will encounter
 - 3.7.2. Benefits
 - 3.7.3. General Considerations
 - 3.7.4. Contraindications
- 3.8. Physical Disability
 - 3.8.1. Brain Injuries
 - 3.8.2. Spinal cord injuries
 - 3.8.3. Muscle Injuries
 - 3.8.4. How to design a class

3.9. Sensory Disability

- 3.9.1. Auditory
- 3.9.2. Visual
- 3.9.3. Sensory
- 3.9.4. How to design a sequence
- 3.10. General considerations for the most common disabilities we will encounter
 - 3.10.1. Down Syndrome
 - 3.10.2. Autism
 - 3.10.3. Cerebral Palsy
 - 3.10.4. Intellectual Development Disorder



Multimedia pills will take you to delve more dynamically into the most common pathologies in the elderly and their approach through Therapeutic Yoga"





tech 26 | Methodology

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method"

The effectiveness of the method is justified by four fundamental achievements:

- Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate 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.





Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



Methodology | 29 tech

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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.

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.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.

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.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



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".





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.

Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



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.



Classes

There is scientific evidence on the usefulness of learning by observing experts.

The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in 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.









tech 34 | Certificate

This program will allow you to obtain your **Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga

Modality: online

Duration: 6 months

Accreditation: 18 ECTS



Mr./Ms. _____, with identification document _____ has successfully passed and obtained the title of:

Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga

This is a program of 450 hours of duration equivalent to 18 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024



^{*}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.



Postgraduate Diploma

Anatomy and Physiology in Therapeutic Yoga

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

