

Postgraduate Diploma

Asanas, Alignments
and Variations for use
in Therapeutic Yoga



Postgraduate Diploma

Asanas, Alignments and Variations for use in Therapeutic Yoga

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

Website: www.techtute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-asanas-alignments-variations-use-therapeutic-yoga

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01

Introduction

The daily hectic pace, poor body postures, and lack of physical activity increase stress, anxiety, and musculoskeletal problems. In this regard, the practice of therapeutic yoga has become a key tool for reducing discomfort, preventing pathologies, and increasing physical and emotional relaxation. In this sense, the medical professional must be aware of the different asanas, alignments, and variations that are advisable for each patient, based on their physical and mental health. This 100% online program delves into this field, providing graduates with the most comprehensive content on biomechanics, adaptations with supports, and the integration of various techniques within this discipline. All of this is in a 100% online format, accessible 24 hours a day, 7 days a week.





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A Postgraduate Diploma that will keep you up to date on Asanas and Therapeutic Yoga for addressing musculoskeletal discomfort”

From back pain, neck issues, anxiety, and stress to the most common lower back problems, therapeutic yoga can be used to treat a wide range of conditions. Its benefits and excellent results have led to an increase in the number of people practicing this physical activity and using it as a complement to their medical treatments.

In view of this reality, it is essential for medical professionals to stay informed about advances in different asanas, alignments, and variations for prescription based on the patient's condition. Addressing this need, this 450-hour Postgraduate Diploma was created, featuring the most advanced and up-to-date syllabus in the academic landscape.

This program stands out due to its content developed by true specialists in the field, as well as its numerous pedagogical resources. Students enrolled in this university program will have access to video summaries for each topic, detailed videos, scientific readings, and clinical case studies.

This dynamic approach allows students to delve into various existing asana techniques and their integration, delve deeper into the biomechanics of standing and seated asanas, and explore adaptations using the most commonly used supports in this discipline. Furthermore, thanks to the Relearning method, which is based on the repetition of content throughout the program, graduates will reinforce the most crucial concepts, reducing the need for long hours of study and memorization.

Additionally, the inclusion of a highly prestigious international teacher in Therapeutic Yoga is an excellent opportunity for students in this university program. The masterclasses provided will allow students to gain top-level skills and knowledge, delving into the latest trends and developments in Asanas, Alignments, and Variations.

TECH offers an excellent opportunity to update your knowledge through this flexible program. All graduates require a mobile, tablet or computer with an Internet connection to be able to access, at any time, syllabus hosted on the virtual platform. Undoubtedly, an ideal option for balancing with the most demanding professional responsibilities.

This **Postgraduate Diploma in Asanas, Alignments, and Variations for use 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



You are facing a flexible academic option, with no rigid classes and the convenience of accessing its syllabus at any time of the day”

“

Are you looking for an update on Alignments and Variations in Therapeutic Yoga that is compatible with your clinical activity? You have found the ideal university program”

The program's teaching staff includes professionals from the sector 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. This will be done with the help of an innovative system of interactive videos made by renowned experts.

Delve into standing Asanas, their benefits, and contraindications in therapeutic processes.

Explore comfortably from your tablet the biomechanical fundamentals of Tadasana and its importance as a foundational posture for other standing Asanas.



02 Objectives

This Postgraduate Diploma, designed from a theoretical-practical perspective, aims to provide graduates with a comprehensive update on Asanas, Alignments, and Variations for use in Therapeutic Yoga. This objective will be much easier to achieve thanks to clinical case study simulations, multimedia modules, and comprehensive syllabus.





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*Integrate into your practice the floor
Asanas most recommended for patients
who need to reduce stress and anxiety”*



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
- ♦ Dive deep into the neurophysiological foundations of existing meditative and relaxation techniques





Specific Objectives

Module 1. Application of Asana Techniques and their Integration

- Delve into the philosophical and physiological contributions of different Asanas
- Identify the principles of minimal effort: sthira, sukham, and asanam
- Explore the concept of standing Asanas in-depth
- Describe the benefits and contraindications of extension Asanas
- Indicate the benefits and contraindications of rotational and lateral bending Asanas
- Describe counterposes and when to use them
- Deepen your understanding of bandhas and their application in Therapeutic Yoga

Module 2. Dive deep into

- The biomechanical foundations of Tadasana and its significance as the foundational posture for other standing Asanas
- Identify the different variations of sun salutations and their modifications, and how they affect the biomechanics of standing Asanas
- Specify the primary standing Asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- Update your knowledge on the biomechanical fundamentals of major spinal flexion and lateral flexion Asanas, and how to perform them safely and effectively
- Point out the main balance Asanas and how to use biomechanics to maintain stability and balance during these postures
- Identify the primary prone extensions and how to apply biomechanics to maximize their benefits
- Delve into the primary twists and hip postures, and how to use biomechanics to perform them safely and effectively

Module 3. Biomechanics of Floor Asanas and Adaptations with Supports

- Identify key floor Asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- Delve into the biomechanical foundations of closing Asanas and how to perform them safely and effectively
- Update your knowledge on restorative Asanas and how to apply biomechanics to relax and restore the body
- Identify the primary inversions and how to use biomechanics to perform them safely and effectively
- Deepen your understanding of different types of props (blocks, belts, and chairs) and how to use them to improve the biomechanics of floor Asanas
- Investigate the use of props to adapt Asanas to different needs and physical capabilities
- Delve into the initial steps in Restorative Yoga and how to apply biomechanics to relax the body and mind



With this qualification, you will be aware of the refinement of floor asanas to promote relaxation and body restoration”

03

Course Management

The medical professional undertaking this university qualification has an excellent curriculum created by top yoga instructors and experts in physical health. Their extensive professional experience in this sector and their constant refinement in Asanas, Alignments, and Variations are reflected in a syllabus aimed at providing an effective update in just 6 months.





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*Enhance your competencies
in the field of Yoga Therapy
through a program developed by
genuine specialists in this field”*

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

- Director of Teachers at the Integral Yoga Institute – New York, United States
- 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

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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

- ♦ Founder of the Air Core method (classes that combine TRX and/or functional training with Yoga)
- ♦ Therapeutic Yoga Instructor
- ♦ Graduate in Biological Sciences from the UAM
- ♦ Course in Progressive Ashtanga Yoga Teacher, PhysioMyoga, Myofascial Yoga, Yoga and Cancer
- ♦ Course in Pilates Mat Instructor
- ♦ Course in Phytotherapy and nutrition
- ♦ Meditation teacher course



Professors

Ms. Villalba, Vanessa

- ◆ Instructor at Villalba Gyms
- ◆ Vinyasa Yoga and Power Yoga Instructor, 2017, Sevilla IEY
- ◆ Aerial Yoga Instructor, 2017, Sevilla
- ◆ Integral Yoga Instructor at IEY Sevilla IEY
- ◆ Body intelligence TM yoga. Level at IEY Huelva
- ◆ Prenatal and Postpartum Yoga Instructor at IEY Sevilla IEY
- ◆ Yoga Nidra, Therapeutic Yoga, and Shamanic Yoga Instructor
- ◆ Pilates Mat Instructor certified by FEDA
- ◆ Pilates Mat with Props Instructor
- ◆ Advanced Technician in Fitness and Personal Training certified by FEDA
- ◆ Spinning Start I Instructor certified by the Spanish Spinning Federation
- ◆ Power Dumbbell Instructor certified by the Aerobic and Fitness Association
- ◆ Massage Therapist at Quirotema, at the School of Massage and Therapies
- ◆ Lymphatic Drainage Training by PRAXIS in Sevilla

04

Structure and Content

The syllabus of this Postgraduate Diploma incorporates the most current and rigorous information on the application of Asana techniques, biomechanics, and the use of props in adaptations. The content is created by top specialists in the field who also provide a wealth of additional educational materials to enhance this process of updating in Therapeutic Yoga.





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Thanks to TECH, you will be aware of the supports used in Restorative Yoga adaptations”

Module 1. Application of Asana Techniques and their Integration

- 1.1. Asana
 - 1.1.1. Definition of asana
 - 1.1.2. Asana in the Yoga Sutras
 - 1.1.3. Deeper purpose of asanas
 - 1.1.4. Asanas and alignment
- 1.2. Principle of least effort
 - 1.2.1. Sthira Sukham Asanam
 - 1.2.2. How to apply this concept in practice?
 - 1.2.3. Gunas Theory
 - 1.2.4. Influence of the gunas in practice
- 1.3. Standing Asanas
 - 1.3.1. The Importance of Standing Asanas
 - 1.3.2. How to work with them
 - 1.3.3. Benefits
 - 1.3.4. Contraindications and considerations
- 1.4. Seated and Supine Asanas
 - 1.4.1. Importance of seated asanas
 - 1.4.2. Seated asanas for meditation
 - 1.4.3. Supine asanas: definition
 - 1.4.4. Benefits of supine postures
- 1.5. Extension Asanas
 - 1.5.1. Why are extensions important?
 - 1.5.2. How to work with them safely
 - 1.5.3. Benefits
 - 1.5.4. Contraindications
- 1.6. Flexion Asanas
 - 1.6.1. Importance of spinal flexion
 - 1.6.2. Implementation
 - 1.6.3. Benefits
 - 1.6.4. Common mistakes and how to avoid them
- 1.7. Rotation Asanas: Twists
 - 1.7.1. Mechanics of twisting
 - 1.7.2. How to perform them correctly
 - 1.7.3. Physiological benefits
 - 1.7.4. Contraindications
- 1.8. Lateral Bending Asanas
 - 1.8.1. Importance
 - 1.8.2. Benefits
 - 1.8.3. Most common mistakes
 - 1.8.4. Contraindications
- 1.9. Importance of Counterposes
 - 1.9.1. What are they?
 - 1.9.2. When to perform them
 - 1.9.3. Benefits during practice
 - 1.9.4. Most commonly used counterposes
- 1.10. Bandhas
 - 1.10.1. Definition
 - 1.10.2. Main bandhas
 - 1.10.3. When to Use Them
 - 1.10.4. Bandhas and therapeutic yoga

Module 2. Biomechanics of Standing Asanas

- 2.1. Biomechanics of Tadasana
 - 2.1.1. Importance
 - 2.1.2. Benefits
 - 2.1.3. Implementation
 - 2.1.4. Difference from samasthiti
- 2.2. Biomechanics of Sun Salutation
 - 2.2.1. Classic
 - 2.2.2. Type a
 - 2.2.3. Type b
 - 2.2.4. Adaptations
- 2.3. Biomechanics of Standing Asanas
 - 2.3.1. Utkatasana: Chair Pose
 - 2.3.2. Anjaneyasana: low lunge
 - 2.3.3. Virabhadrasana I: Warrior I
 - 2.3.4. Utkata Konasana: Goddess Pose
- 2.4. Biomechanics of Asanas Standing Spine Flexion
 - 2.4.1. Adho mukha
 - 2.4.2. Pasvotanassana
 - 2.4.3. Prasarita Padottanasana
 - 2.4.4. Uthanasana
- 2.5. Biomechanics of Lateral Flexion Asanas
 - 2.5.1. Uthhita trikonasana
 - 2.5.2. Virabhadrasana II Warrior II
 - 2.5.3. Parighasana
 - 2.5.4. Uthitta ParsvaKonasana
- 2.6. Biomechanics of balance Asanas
 - 2.6.1. Vkrisana
 - 2.6.2. Utthita hasta padangustasana
 - 2.6.3. Natarajasana
 - 2.6.4. Garudasana
- 2.7. Biomechanics of Prone Extensions
 - 2.7.1. Bhujangasana
 - 2.7.2. Urdhva Mukha Svanasana
 - 2.7.3. Saral Bhujangasana: Sphinx
 - 2.7.4. Shalabhasana
- 2.8. Biomechanics of Backbends
 - 2.8.1. Ustrasana
 - 2.8.2. Dhanurasana
 - 2.8.3. Urdhva Dhanurasana
 - 2.8.4. Setu Bandha Sarvangasana
- 2.9. Biomechanics of Twists
 - 2.9.1. Paravritta Parsvakonasana
 - 2.9.2. Paravritta trikonasana
 - 2.9.3. Paravritta Parsvotanassana
 - 2.9.4. Paravritta Utkatasana
- 2.10. Biomechanics of Hips
 - 2.10.1. Malasana
 - 2.10.2. Badha Konasana
 - 2.10.3. Upavista Konasana
 - 2.10.4. Gomukhasana

Module 3. Biomechanics of Floor Asanas and Adaptations with Supports

- 3.1. Biomechanics of main Asanas on floor
 - 3.1.1. Marjaryasana-Bitilasana
 - 3.1.2. Benefits
 - 3.1.3. Variants
 - 3.1.4. Dandasana
- 3.2. Biomechanics of Supine Bends
 - 3.2.1. Paschimottanasana
 - 3.2.2. Janu sirsasana
 - 3.2.3. Trianga Mukhaikapada Paschimottanasana
 - 3.2.4. Kurmasana
- 3.3. Biomechanics of lateral twisting and tilting
 - 3.3.1. Ardha Matsyendrasana
 - 3.3.2. Vakrasana
 - 3.3.3. Bharadvajasana
 - 3.3.4. Parivrita janu sirsasana
- 3.4. Biomechanics of Closing Asanas
 - 3.4.1. Balasana
 - 3.4.2. Supta Badha Konasana
 - 3.4.3. Ananda Balasana
 - 3.4.4. Jathara Parivartanasana A and B
- 3.5. Inverted Biomechanics
 - 3.5.1. Benefits
 - 3.5.2. Contraindications
 - 3.5.3. Viparita Karani
 - 3.5.4. Sarvangasana
- 3.6. Biomechanics of Blocks
 - 3.6.1. What are They and How to Use Them?
 - 3.6.2. Variants of Standing Asanas
 - 3.6.3. Variants of Seated and Supine Asanas
 - 3.6.4. Variations of Closing and Restorative Asanas





- 3.7. Biomechanics of Strap
 - 3.7.1. What are They and How to Use Them?
 - 3.7.2. Variants of Standing Asanas
 - 3.7.3. Variants of Seated and Supine Asanas
 - 3.7.4. Variations of Closing and Restorative Asanas
- 3.8. Biomechanics of Chair Asanas
 - 3.8.1. What Is It?
 - 3.8.2. Benefits
 - 3.8.3. Sun Salutations in a Chair
 - 3.8.4. Tadasana in a Chair
- 3.9. Biomechanics of Yoga in Chair
 - 3.9.1. Flexions
 - 3.9.2. Bends
 - 3.9.3. Twists and Tilts
 - 3.9.4. Inverted
- 3.10. Biomechanics of Restorative Asanas
 - 3.10.1. When to Use Them
 - 3.10.2. Seated and Forward Bends
 - 3.10.3. Backbends
 - 3.10.4. Inversions and Supine



A 100% online academic program with the most up-to-date information on Asanas, Alignments, and Variations for use in Therapeutic Yoga”

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.





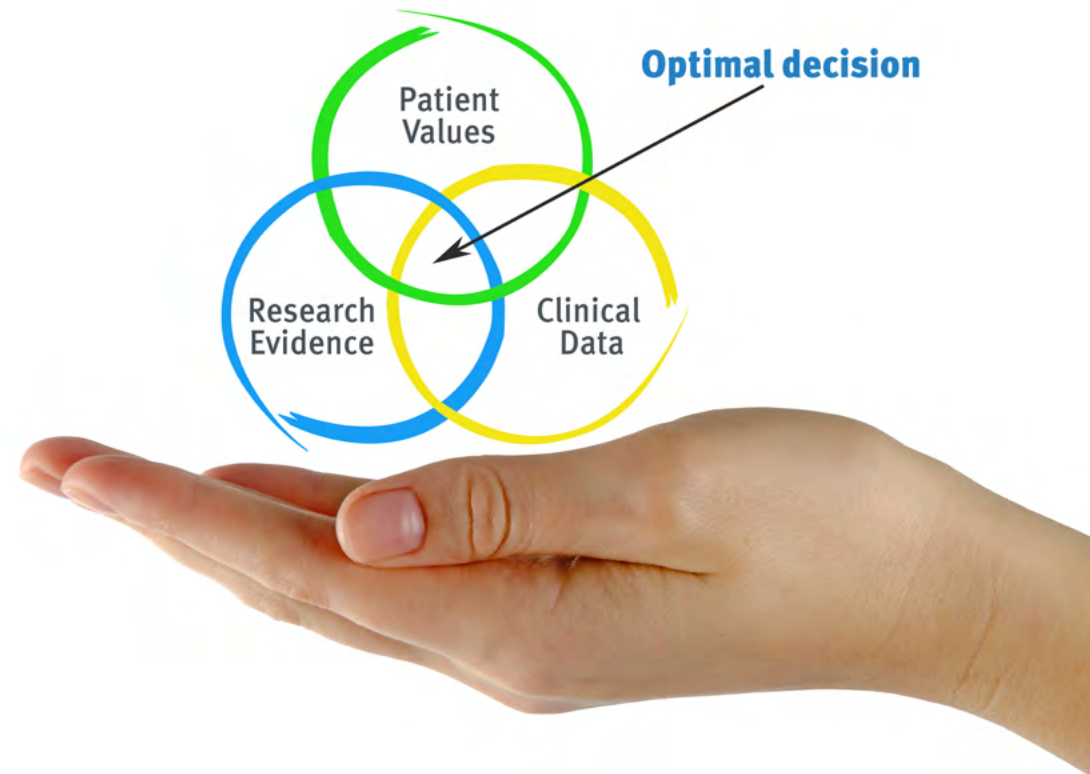
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

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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:

1. 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.



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.



06

Certificate

The Postgraduate Diploma in Asanas, Alignments and Variations for use in Therapeutic Yoga 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 Asanas, Alignments, and Variations for use in Therapeutic Yoga** 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 certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Asanas, Alignments and Variations for use in Therapeutic Yoga**

Official N° of Hours: **450 h.**



*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.



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