

# Postgraduate Diploma

## Different Therapeutic Yoga Techniques





## 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/pk/medicine/postgraduate-diploma/postgraduate-diploma-different-therapeutic-yoga-techniques](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-different-therapeutic-yoga-techniques)

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# 01

# Introduction

The breathing techniques used during Yoga practice promote relaxation during the gestation period, in menopausal processes, and in patients with depression. These benefits lead medical professionals to incorporate this activity into their patients' treatments in order to promote optimal therapeutic results. In this sense, it is essential that they are aware of the existing trends in Yoga, as well as the appropriate existing asanas for each pathology and in line with different developmental processes. For this reason, TECH has designed this 100% online program that allows graduates to obtain a complete update in this field through content created by authentic experts and with the flexibility of self-managing access to the syllabus.







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*A 100% online Postgraduate Diploma  
that will enhance your competencies in  
various Therapeutic Yoga techniques”*

Existing scientific literature on Yoga shows significant positive effects on the physical and mental health of patients suffering from stress, anxiety, or those who are pregnant. However, not all asanas and variations are suitable for every condition or patient, and there are contraindications in some cases.

Therefore, with the increasing number of practitioners of this physical activity, medical professionals must be aware of the soundness of its techniques, their advantages, and disadvantages for inclusion in various treatments. In this context, this 6-month University Postgraduate Diploma in Different Therapeutic Yoga Techniques, which integrates the most exhaustive syllabus, delves into this line.

This program has been created by high-level specialists with a prestigious reputation in the field. Throughout the three modules of this certificate, they have provided the most comprehensive and rigorous information about Yoga in childhood, adulthood, advanced age, and for individuals with functional diversity or those who are pregnant. This academic option further explores the wide variety of existing techniques and their execution procedures in an agile and dynamic manner.

The presence of a renowned expert in Therapeutic Yoga in this university program offers a unique opportunity for students to strengthen and update their knowledge in this discipline. The masterclasses conducted by the international teacher allow students to stay current in Different Therapeutic Yoga Techniques.

This certificate is perfectly compatible with the most demanding professional and personal responsibilities. Students pursuing this university program only need a mobile phone, tablet, or computer with internet access to view the content hosted on the virtual platform at any time. This way, without the need for in-person attendance or rigid class schedules, graduates will have greater freedom to self-manage their study time and complete a high-quality update that fits into their daily schedule.

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:

- ♦ 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



*A comprehensive update in  
the Physiology of Respiratory  
Techniques through the  
most innovative content"*

“

*From any digital device with an Internet connection, you can delve into the different types of Pranayamas and their benefits”*

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 practice of Yoga in patients with Down Syndrome, Autism, and Cerebral Palsy to promote their physical and mental well-being.*

*Investigate the contraindications and advantages of specific techniques in the practice of Therapeutic Yoga for elderly individuals.*



# 02 Objectives

This academic institution has designed a 450-hour program with the aim of providing a comprehensive update of knowledge on Different Therapeutic Yoga Techniques. These goals will be much easier to achieve thanks to the educational resources and the theoretical-practical approach presented in an advanced curriculum, crafted by leading specialists in this field.





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*Incorporate meditation techniques and  
Indra Yoga into your medical guidelines  
to enhance the quality of patients' rest”*



## General Objectives

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- 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



*Do you want to stay updated on the advancements in the application of Yoga techniques for patients with special physical needs? Achieve it with this university Certificate”*





## 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 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

### Module 2. Physiology of 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 in general
- ♦ Identify the various components of breathing, such as inhalation, exhalation, and retentions, and how each of them affects the physiology of the body
- ♦ Deepen your understanding of the concepts of energy channels or nadis and how they relate to the physiology of breathing and the practice of pranayama
- ♦ Describe the different types of pranayamas 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 physiology of the body and how these effects can help improve health and well-being

### Module 3. Neurophysiological Bases of Meditative and Relaxation Techniques

- ♦ Describe neurophysiological foundations of meditative and relaxation techniques in yoga practice
- ♦ Delve into the definition of mantra, its application, and benefits in meditation practice
- ♦ Identify the internal aspects of yoga philosophy, including Pratyahara, Dharana, Dhyana, and Samadhi, and how they relate to meditation
- ♦ Explore the different types of brain waves and how they occur in the brain during meditation
- ♦ Identify the various 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 from meditation
- ♦ Deepen your understanding of Savasana, how to guide relaxation, the different types, and adaptations
- ♦ Identify the initial steps in Yoga Nidra and its application in yoga practice



03

# Course Management

In order to maintain an academic philosophy based on providing all students with a high-quality knowledge update, TECH rigorously selects each of the teachers who are part of its programs. For this reason, graduates will have access to a program developed by distinguished specialists in the field of Yoga, whose experience and profound mastery of various techniques serve as a guarantee for professionals seeking an up-to-date education from true experts.







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*A Postgraduate Diploma led by genuine experts in Yoga Therapy will provide you with the update you seek on the techniques used in this physical activity”*

## 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

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- 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

- ♦ Vice President of the Spanish Association of Yoga Therapy
- ♦ Founder of the Air Core method (classes that combine TRX and functional training with Yoga)
- ♦ Therapeutic Yoga Instructor
- ♦ Degree in Biological Sciences from the Autonomous University of Madrid
- ♦ Course in Progressive Ashtanga Yoga Teacher, PhysioMyoga, Myofascial Yoga, Yoga and Cancer
- ♦ Pilates Mat Instructor Course
- ♦ Herbalism and Nutrition Course
- ♦ Meditation Teacher Course

## Professors

### Ms. García, Mar

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

### Ms. Salvador Crespo, Inmaculada

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

### Mr. Ferrer, Ricardo

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







# 04

# Structure and Content

The syllabus of this university program has been prepared by an excellent team of Yoga instructors with a well-established track record in the industry. As a result, graduates will receive a comprehensive update of their knowledge about Different Therapeutic Yoga Techniques through a syllabus made up of innovative educational material that is accessible from any Internet-connected digital device.





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*A comprehensive itinerary  
that will keep you informed  
about Therapeutic Yoga and its  
application in pregnant patients”*

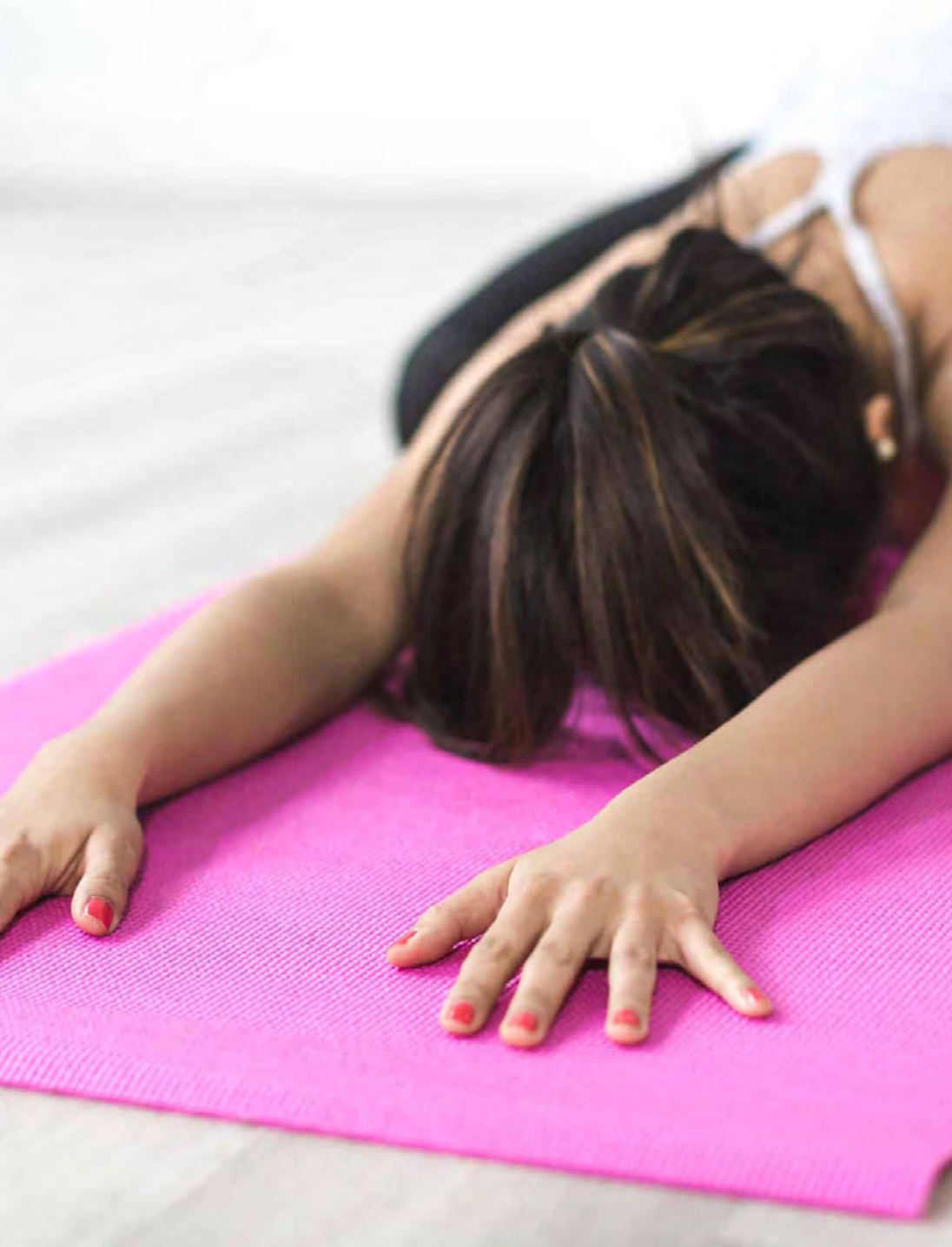
## Module 1. Yoga in The Human Life Cycle

- 1.1. Childhood
  - 1.1.1. Why Is It Important?
  - 1.1.2. Benefits
  - 1.1.3. What a class looks like
  - 1.1.4. Example of an adapted sun salutation
- 1.2. Women and the 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 the 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 from practice
  - 1.4.4. Recommended asanas
- 1.5. Pregnancy
  - 1.5.1. Why practice it
  - 1.5.2. First-trimester Asanas
  - 1.5.3. Second-trimester Asanas
  - 1.5.4. Third-trimester Asanas
- 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 we will encounter
  - 1.7.2. Benefits
  - 1.7.3. General Considerations
  - 1.7.4. Contraindications
- 1.8. Physical Disability
  - 1.8.1. Brain Injuries
  - 1.8.2. Spinal cord injuries
  - 1.8.3. Muscle Injuries
  - 1.8.4. How to design a class
- 1.9. Sensory Disability
  - 1.9.1. Auditory
  - 1.9.2. Visual
  - 1.9.3. Sensory
  - 1.9.4. How to design a sequence
- 1.10. General considerations for the most common disabilities 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. Physiology of Respiratory Techniques

- 2.1. Pranayama Physiology
  - 2.1.1. Definition
  - 2.1.2. Origin
  - 2.1.3. Benefits
  - 2.1.4. Concept of prana
- 2.2. Types of Breathing
  - 2.2.1. Ultrasound
  - 2.2.2. Wall
  - 2.2.3. Clavicular
  - 2.2.4. Complete yogic breathing





- 2.3. Purification of the pranic energy channels or nadis
  - 2.3.1. What are nadis?
  - 2.3.2. Sushuma
  - 2.3.3. Ida
  - 2.3.4. Pindala
- 2.4. Inspiration: puraka
  - 2.4.1. Abdominal inhalation
  - 2.4.2. Diaphragmatic /costal inhalation
  - 2.4.3. General considerations and contraindications
  - 2.4.4. Relationship with bandhas
- 2.5. Exhalation: rechaka
  - 2.5.1. Abdominal exhalation
  - 2.5.2. Diaphragmatic /costal Exhalation
  - 2.5.3. General considerations and contraindications
  - 2.5.4. Relationship with bandhas
- 2.6. Holds: kumbakha
  - 2.6.1. Anthara Kumbhaka
  - 2.6.2. Bahya kumbhaka
  - 2.6.3. General considerations and contraindications
  - 2.6.4. Relationship with bandhas
- 2.7. Physiology of purifying Pranayamas
  - 2.7.1. Douti
  - 2.7.2. Anunasika
  - 2.7.3. Nadi Shodana
  - 2.7.4. Bhramari
- 2.8. Physiology of stimulating and refreshing Pranayamas
  - 2.8.1. Kapalabhati
  - 2.8.2. Bastrika
  - 2.8.3. Ujjayi
  - 2.8.4. Shitali

- 2.9. Physiology of Regenerative Pranayamas
  - 2.9.1. Surya bheda
  - 2.9.2. Kumbaka
  - 2.9.3. Samavritti
  - 2.9.4. Mridanga
- 2.10. Physiology of Mudras
  - 2.10.1. What are they?
  - 2.10.2. Benefits and when to incorporate them
  - 2.10.3. Meaning of each finger
  - 2.10.4. Main mudras used in a practice

### Module 3. Neurophysiological Bases of Meditative and Relaxation Techniques

- 3.1. Mantras
  - 3.1.1. What are they?
  - 3.1.2. Benefits
  - 3.1.3. Opening Mantras
  - 3.1.4. Closing Mantras
- 3.2. Internal Aspects of Yoga
  - 3.2.1. Pratyahara
  - 3.2.2. Dharana
  - 3.2.3. Dhyana
  - 3.2.4. Samadhi
- 3.3. Meditation
  - 3.3.1. Definition
  - 3.3.2. Posture
  - 3.3.3. Benefits
  - 3.3.4. Contraindications
- 3.4. Brain Waves
  - 3.4.1. Definition
  - 3.4.2. Classification
  - 3.4.3. From Sleep to Wakefulness
  - 3.4.4. During Meditation







- 3.5. Types of Meditation
  - 3.5.1. Spiritual
  - 3.5.2. Visualization
  - 3.5.3. Buddhist
  - 3.5.4. Movement
- 3.6. Meditation Techniques I
  - 3.6.1. Meditation to Achieve Your Desire
  - 3.6.2. Heart Meditation
  - 3.6.3. Kokyuhoo Meditation
  - 3.6.4. Inner Smile Meditation
- 3.7. Meditation Techniques II
  - 3.7.1. Chakra Cleansing Meditation
  - 3.7.2. Loving-Kindness Meditation
  - 3.7.3. Gifts of the Present Meditation
  - 3.7.4. Silent Meditation
- 3.8. Mindfulness
  - 3.8.1. Definition
  - 3.8.2. What does it Consist of?
  - 3.8.3. How to Apply It?
  - 3.8.4. Techniques
- 3.9. Relaxation / Savasana
  - 3.9.1. Closing Posture of the Classes
  - 3.9.2. How to Do It and Adjustments
  - 3.9.3. Benefits
  - 3.9.4. How to Guide a Relaxation
- 3.10. Yoga Nidra
  - 3.10.1. What Is Yoga Nidra?
  - 3.10.2. What Does a Session Look Like?
  - 3.10.3. Phases
  - 3.10.4. Example of a Session

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. Gervas, 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 Different Therapeutic 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 Therapeutic 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 Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Different Therapeutic Yoga Techniques**

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.



## Postgraduate Diploma

### Different Therapeutic Yoga Techniques

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- » Dedication: 16h/week
- » Schedule: at your own pace
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