

Postgraduate Diploma Pathologies Treated with Therapeutic Yoga



Postgraduate Diploma Pathologies Treated with 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/us/medicine/postgraduate-diploma/postgraduate-diploma-pathologies-treated-therapeutic-yoga

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01

Introduction

The different postural principles and movements executed in the practice of Yoga allow patients with scoliosis, lumbago or arthrosis to suffer a significant improvement in their ailments. These benefits are a determining factor for many people to practice this modality as a complement to their treatments. In this sense, it is essential that medical professionals are aware of the most recent scientific studies that support this discipline and its suitability for certain conditions. This is the origin of this program, which enables graduates to achieve a complete update in just 6 months on the most common pathologies and their approach using this physical activity. All with the flexibility that comes with a 100% online modality and without classes with restricted schedules.





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A process of updating on Pathologies Treated with Therapeutic Yoga through multimedia pills and the best teaching resources”

Around 300 million people worldwide practice Yoga due to its health benefits. Strengthening muscles, improving flexibility, and reducing ailments through breathing exercises have led many to choose this activity as a complement to more conventional treatments.

In this scenario, medical professionals have the opportunity to integrate the benefits of this discipline into the established guidelines for their patients. For this reason, TECH has designed this Postgraduate Diploma in Pathologies Treated with Therapeutic Yoga, which encompasses 450 teaching hours, providing the most rigorous and comprehensive information on addressing specific conditions through different asanas and variations.

This program will first lead you to delve into the fascial system, the anatomy of the spine, and the movements performed in this discipline. Special emphasis will be placed on managing scoliosis, sprains, autoimmune and degenerative diseases, as well as lower back pain, among others.

Furthermore, the inclusion of an internationally experienced and recognized teacher in the field of Therapeutic Yoga in this program demonstrates its academic excellence. This program will first lead you to delve into the fascial system, the anatomy of the spine, and the movements performed in this discipline. Special emphasis will be placed on managing scoliosis, sprains, autoimmune and degenerative diseases, as well as lower back pain, among others.

Undoubtedly, it is a flexible university program that caters to the real needs of medical professionals. It only requires a digital device with an internet connection to access its content at any time of the day. This qualification allows for an effective update through a pedagogical system aligned with current academic trends.

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

- ♦ The development of Clinical Cases 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 unique academic option that allows you to stay up to date in the practice of Yoga and its direct application in patients with autoimmune diseases”

“

It delves into the approach to scoliosis, sciatica, or knee dislocation through Therapeutic Yoga”

TECH adapts to you and has designed a flexible, comfortable program that is compatible with your daily professional and personal activities.

Comfortably from your home and at any time of the day, you can delve into myofascial chains and their application in the world of Yoga.

The teaching staff includes a team of prestigious urologists, who bring their experience to this training program, as well as renowned specialists from leading scientific societies.

Its multimedia content, developed with the latest educational technology, will allow professionals to learn in a contextual and situated learning environment, i.e., a simulated environment that will provide immersive specialization for real situations.

The design of this program focuses on Problem-Based Learning, in which medical professionals will have to try to solve the different situations of professional practice that arise throughout the academic course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in respiratory rehabilitation who also have extensive teaching experience.



02 Objectives

Throughout this academic itinerary, medical professionals will have the opportunity to effectively update their knowledge in just 6 months on the main Pathologies Treated with Therapeutic Yoga. It is an updating process that will allow them to incorporate the advances in this field into their daily procedures and tailor treatments to each patient's unique characteristics.



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Obtain a practical and highly useful insight into the main conditions treated with Yoga through the clinical case study simulations in this program”



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



Explore the Therapeutic Yoga Treated Pathologies over 6 months in a dynamic manner and incorporate it into your clinical practice"





Specific Objectives

Module 1. Spine Column and Limbs

- ♦ Describe the muscular, nervous, and skeletal systems
- ♦ Delve in Spine Column Anatomy and Function
- ♦ Delve into the Physiology of Hip
- ♦ Describe the morphology of the upper and lower extremities
- ♦ Explore the diaphragm and core

Module 2. Most Common Pathologies

- ♦ Identify the most common spinal pathologies and how to adapt yoga practice to prevent injuries
- ♦ Delve into degenerative diseases and how yoga practice can assist in their management and symptom reduction
- ♦ Learn more about lumbago and sciatica and how to apply therapeutic yoga to alleviate pain and improve mobility
- ♦ Identify scoliosis and how to adapt the yoga practice to improve posture and reduce discomfort
- ♦ Recognize scoliosis and how to adapt yoga practice to improve posture and reduce discomfort
- ♦ Identify knee misalignments and injuries and how to adapt yoga practice to prevent them and enhance recovery
- ♦ Explore wrist and shoulder pathologies and how to adapt yoga practice to prevent injuries and reduce discomfort
- ♦ Deepen your understanding of foundational postures and how to apply biomechanics to improve posture and prevent injuries
- ♦ Identify Autoimmune diseases and how yoga practice can assist in their management and symptom reduction

Module 3. Facial 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
- ♦ Identify the different myofascial pathways and the specific postures for each of these chains
- ♦ Recognize the main postural imbalances and how to correct them through yoga practice and fascial biomechanics

03

Course Management

TECH has gathered in the following university degree an excellent team of specialists in Therapeutic Yoga, Vinyasa Yoga and Power Yoga with an accumulated experience in this sector. As a result, students are guaranteed access to a rigorous and highly practical curriculum for their regular clinical practice. Additionally, with the proximity of the faculty, students can address any questions they may have about the content of this program.



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Experts in Therapeutic Yoga and its various modalities make up the excellent teaching team of this 100% online University Certificate”

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

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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

Mr. Losada, Óscar

- ♦ Vinyasa Yoga and Power Yoga instructor and Osteopath at El Árbol de la Vida Center
- ♦ Vinyasa Yoga Trainer and Yoga Coach at IEY in Madrid
- ♦ Yin Yoga Trainer at IEY in Barcelona
- ♦ Vinyasa Yoga and Power Yoga Teacher at Fitness Madrid Gym
- ♦ Osteopath and Sports Masseur at Fitness Madrid Gym
- ♦ Specialist in Rocket Yoga from IEY Huelva
- ♦ Specialist in Therapeutic Yoga, Yin Yoga, and Fascias from IEY Huelva
- ♦ Specialist in Yoga for Children from IEY Alicante
- ♦ Structural Osteopath II from Kabat
- ♦ Sports Massage and Quiromassage from Orthos

04

Structure and Content

Students who undertake this university certificate will delve into a syllabus that encompasses the main pathologies treated through Yoga practice. In this way, the graduate will be able to integrate this activity into their clinical practice according to each patient's ailments and physical characteristics. Additionally, they can complement this information with the program's Virtual Library, available 24 hours a day, 7 days a week.





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A comprehensive 450-hour study plan that will lead you to achieve an effective update in Pathologies Treated with Therapeutic Yoga”

Module 1. Spine Column and Limbs

- 1.1. The Muscular System
 - 1.1.1. Muscle: functional unit
 - 1.1.2. Types of Muscles
 - 1.1.3. Tonic and phasic muscles
 - 1.1.4. Isometric and isotonic contraction and their relevance in Yoga styles
- 1.2. Nervous system
 - 1.2.1. Neurons: functional unit
 - 1.2.2. Central Nervous System: Brain and Spinal Cord
 - 1.2.3. Peripheral Nervous System somatic: nerves
 - 1.2.4. Peripheral Autonomic Nervous System: Sympathetic and Parasympathetic
- 1.3. Skeletal System
 - 1.3.1. Osteocyte: functional unit
 - 1.3.2. Axial and appendicular skeleton
 - 1.3.3. Tendons
 - 1.3.4. Ligaments
- 1.4. Spinal Column
 - 1.4.1. Evolution of the spine and functions
 - 1.4.2. Structure
 - 1.4.3. Typical vertebra
 - 1.4.4. Spinal movements
- 1.5. Cervical and Dorsal Region
 - 1.5.1. Cervical vertebrae: typical and atypical
 - 1.5.2. Dorsal vertebrae
 - 1.5.3. Main Muscles of the Cervical Region
 - 1.5.4. Main Muscles of the Dorsal Region
- 1.6. Lumbar Region
 - 1.6.1. Lumbar vertebrae
 - 1.6.2. Sacro
 - 1.6.3. Coccyx
 - 1.6.4. Main muscles

- 1.7. Pelvis
 - 1.7.1. Anatomy: difference between male and female pelvis
 - 1.7.2. Two key concepts: anteversion and retroversion
 - 1.7.3. Main muscles
 - 1.7.4. Pelvic floor
- 1.8. Upper Limb
 - 1.8.1. Shoulder joint
 - 1.8.2. Rotator Cuff Muscles
 - 1.8.3. Brazo, codo y antebrazo
 - 1.8.4. Main muscles
- 1.9. Lower Limb
 - 1.9.1. Coxofemoral joint
 - 1.9.2. Knee: tibiofemoral and patellofemoral joint
 - 1.9.3. Knee ligaments and menisci
 - 1.9.4. Main leg muscles
- 1.10. Diaphragm and core
 - 1.10.1. Diaphragm anatomy
 - 1.10.2. Diaphragm and respiration
 - 1.10.3. "Core" muscles
 - 1.10.4. Core and its importance in Yoga

Module 2. Common Pathologies

- 2.1. Spinal Pathology
 - 2.1.1. Protrusions
 - 2.1.2. Hernias
 - 2.1.3. Hyperlordosis
 - 2.1.4. Rectifications
- 2.2. Degenerative Diseases
 - 2.2.1. Arthrosis
 - 2.2.2. Muscular dystrophy
 - 2.2.3. Osteoporosis
 - 2.2.4. Spondylosis

- 2.3. Lumbago and sciatica
 - 2.3.1. Low Back Pain
 - 2.3.2. Sciatica
 - 2.3.3. Piriformis syndrome
 - 2.3.4. Trochanteritis
- 2.4. Scoliosis
 - 2.4.1. Understanding scoliosis
 - 2.4.2. Types
 - 2.4.3. What Should We Do
 - 2.4.4. Things to avoid
- 2.5. Knee misalignments
 - 2.5.1. Genu Vagum
 - 2.5.2. Genu Varum
 - 2.5.3. Genu flexum
 - 2.5.4. Genu recurvatum
- 2.6. Shoulder and Elbow
 - 2.6.1. Bursitis
 - 2.6.2. Subacromial Syndrome
 - 2.6.3. Epicondylitis
 - 2.6.4. Epitrochleitis
- 2.7. Knees
 - 2.7.1. Patellofemoral pain
 - 2.7.2. Chondropathy
 - 2.7.3. Meniscus injuries
 - 2.7.4. Goosefoot tendinitis
- 2.8. Wrists and ankles
 - 2.8.1. Carpal Tunnel
 - 2.8.2. Sprains
 - 2.8.3. Bunions
 - 2.8.4. Flat and cavus foot

- 2.9. Postural basics
 - 2.9.1. Different planes
 - 2.9.2. Plumb line technique
 - 2.9.3. Superior crossed syndrome
 - 2.9.4. Inferior crossed syndrome
- 2.10. Autoimmune Diseases
 - 2.10.1. Definition
 - 2.10.2. Lupus
 - 2.10.3. Crohn's Disease
 - 2.10.4. Arthritis

Module 3. Fascial System

- 3.1. Fascia
 - 3.1.1. History
 - 3.1.2. Fascia vs aponeurosis
 - 3.1.3. Types
 - 3.1.4. Functions
- 3.2. Types of mechanoreceptors and their significance in various styles of Yoga
 - 3.2.1. Importance
 - 3.2.2. Golgi
 - 3.2.3. Paccini
 - 3.2.4. Ruffini
- 3.3. Myofascial Chains
 - 3.3.1. Definition
 - 3.3.2. Importance in Yoga
 - 3.3.3. Concept of Tensegrity
 - 3.3.4. The Three Diaphragms
- 3.4. SPS: Superficial Posterior Line
 - 3.4.1. Definition
 - 3.4.2. Anatomical Pathways
 - 3.4.3. Passive Postures
 - 3.4.4. Active Postures

- 3.5. APS: Anterior Posterior Line
 - 3.5.1. Definition
 - 3.5.2. Anatomical Pathways
 - 3.5.3. Passive Postures
 - 3.5.4. Active Postures
- 3.6. LSL: Lateral Side Line
 - 3.6.1. Definition
 - 3.6.2. Anatomical Pathways
 - 3.6.3. Passive Postures
 - 3.6.4. Active Postures
- 3.7. LS: Spiral Line
 - 3.7.1. Definition
 - 3.7.2. Anatomical Pathways
 - 3.7.3. Passive Postures
 - 3.7.4. Active Postures
- 3.8. Functional lines
 - 3.8.1. Definition
 - 3.8.2. Anatomical Pathways
 - 3.8.3. Passive Postures
 - 3.8.4. Active Postures
- 3.9. Arm lines
 - 3.9.1. Definition
 - 3.9.2. Anatomical Pathways
 - 3.9.3. Passive Postures
 - 3.9.4. Active Postures
- 3.10. Main Imbalances
 - 3.10.1. Ideal Pattern
 - 3.10.2. Flexion and Extension Group
 - 3.10.3. Opening and Closing Group
 - 3.10.4. Inspiratory and Expiratory Pattern





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Delve into the different yoga poses used to work on the fascia and address muscular imbalances”

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 Pathologies Treated with 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 Pathologies Treated with 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 Diploma** issued by **TECH Technological University** via tracked delivery*.

The diploma 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 Pathologies Treated with Therapeutic Yoga**

Official N° of Hours: **450 h.**



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



Postgraduate Diploma
Pathologies Treated
with Therapeutic Yoga

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

Postgraduate Diploma Pathologies Treated with Therapeutic Yoga