

# Professional Master's Degree

## Therapeutic Yoga



## Professional Master's Degree Therapeutic Yoga

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/in/medicine/professional-master-degree/master-therapeutic-yoga](http://www.techtute.com/in/medicine/professional-master-degree/master-therapeutic-yoga)

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# 01

# Introduction

In recent years, there has been a boom in the practice of yoga around the world, due to the health benefits, including reduced anxiety, improved flexibility or increased lung capacity. However, not all poses that are practised in this activity are suitable for all pathologies, which is why a medical professional with extensive knowledge in this field is key in recommending certain exercises according to the characteristics of each patient. That is why this program was created: to provide the most up-to-date information on the clinical approach through yoga, the latest developments in the design of sessions and the asanas used. All in a 100% online format with comprehensive content that can be accessed 24 hours a day.





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*With this Professional Master's Degree, you will learn about the latest findings in Therapeutic Yoga and its application in patients with mental health problems"*

Sport and health have always gone hand in hand, however, if this practice is not properly supervised, it can produce new pathologies or fail to improve existing ones. Among the most demanded activity in recent years in gyms is yoga. Its proven physical and psychological benefits, and the wide range of ages of people who can practice it have caused a boom, which goes beyond the trend to consolidate as a daily activity to complement traditional medicine.

Therefore, in the case of lower back pain, asthma, obesity or anxiety disorders, the medical professional can use their extensive knowledge to prescribe the practice of therapeutic yoga, taking into account the most relevant exercises and postures according to the disease suffered by each patient. For this reason, TECH has designed this Professional Master's Degree, where students can find the latest and most relevant information about Therapeutic Yoga.

To do this, students will have a syllabus that has been prepared by a specialized teaching team, which, over the course of 12 months, will provide an in-depth study of biomechanics, kinesiotherapy, the effects on the health of people who practice yoga, as well as its integration in patients with disabilities or chronic health problems. In addition, case study simulations will be very useful for the professional, who will be able to integrate them into their usual clinical practice.

Medical professionals have an excellent opportunity to update their knowledge comfortably, with content they can access whenever and wherever they wish. You will only need an electronic device with an Internet connection to view the innovative teaching resources that have been designed for this Professional Master's Degree. With no classroom attendance or fixed class schedules, students have a program that allows them to balance their professional and/or personal responsibilities with a quality education.

This **Professional Master's Degree 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



*Update your knowledge on the benefits of Therapeutic Yoga in patients with anxiety or hypertension"*



*Multimedia resources will lead you into the latest techniques in the management of the obese patient through yoga"*

*No attendance, no classes with fixed schedules. Access the most advanced knowledge about asanas and poses whenever you want.*

*This is an academic option that brings you closer to the latest trends in the design of Therapeutic Yoga sessions.*

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 professionals must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts





# 02 Objectives

The main objective of this Professional Master's Degree is to provide students with the latest clinical knowledge in Therapeutic Yoga. Therefore, at the end of this program, you will be up to date with the advances and new techniques used in this practice for the improvement of patients with migraines, hypertension or paraplegia. All this, with a teaching team with extensive experience that will accompany you to successfully achieve these goals.





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*This 100% online program brings you the latest knowledge about Therapeutic Yoga and its prescription for pregnant women"*



## 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



*Learn about the latest studies of patients with paraplegia or spina bifida treated with Therapeutic Yoga"*





## Specific Objectives

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### Module 1. Structure of the Locomotor System

- ♦ Manage the different anatomical concepts: axes, planes and anatomical position
- ♦ Differentiate the different elements that make up the locomotor apparatus
- ♦ See the functioning processes of the integrated active and passive locomotor apparatus

### Module 2. Spinal Column, Instability and Injuries

- ♦ Assess intrinsic and extrinsic factors that may precipitate the onset of spinal cord injury
- ♦ Formulate functional diagnoses that correlate the user's condition with the pathophysiological limitations
- ♦ Design physiotherapy intervention protocols adapted to the injured anatomical region and sport performed
- ♦ Educate the patient and other collaborators in the detection and assessment of risks

### Module 3. Global Postural Re-Education and Injuries

- ♦ Learn a global, causal and individualized method of assessment, diagnosis and treatment
- ♦ Innovate biomechanical and pathophysiological notions of the patient
- ♦ Provide a structured method of manual therapy that allows both morphological and symptomatic pathologies to be addressed



#### **Module 4. Biomechanics and Kinesiotherapy**

- ♦ Analyze the benefits of Therapeutic Yoga
- ♦ Acquire knowledge that allows to favor the correct evolution of patients with spinal problems and other health alterations derived from a weakening of the Core
- ♦ Recover and improve the psychomotor coordination of people, as well as the prevention and promotion of the user's health
- ♦ Describe practical postural techniques in health education for healthy patients to improve their quality of life
- ♦ Identify those locomotor system problems that have greater indications towards exercises based on Therapeutic Yoga
- ♦ Describe the exercise patterns that act more specifically on each joint
- ♦ Identify the general problems of the locomotor system that require a different approach

#### **Module 5. Diagnostic Assessment and Counseling**

- ♦ Review body kinematics based on the interaction of the different myofascial chains
- ♦ Make diagnoses based on the involvement of muscle chains according to the GDS and Mezieres technique
- ♦ Assimilate the theoretical and practical knowledge necessary for postural assessment and the evaluation of joint and myofascial chains
- ♦ Apply the knowledge acquired in the modification of exercises according to clinical profiles
- ♦ Prevent injuries and promote postural hygiene in the daily clinical practice of health professionals
- ♦ Establish a critical analysis of Yoga based on scientific evidence

#### **Module 6. Application of Asana Techniques and their Integration**

- ♦ Describe the steps to follow in applying the different disciplines according to the clinical profile of the patient
- ♦ Develop effective application skills to the different techniques of daily clinical practice
- ♦ Incorporate into professional use procedures of awareness to the field of Therapeutic Yoga
- ♦ Encourage the use of Yoga research and other postural disciplines as a field of action

#### **Module 7. Neurophysiological Principles of Relaxation and Meditation**

- ♦ Promote the empowerment of the user to train and to take physical exercise activities in an autonomous and responsible manner
- ♦ Teach meditation techniques that allow the patient to prevent states of anxiety and agitation and to treat possible states of emotional disturbance
- ♦ Design customized worksheets and exercise prescriptions

#### **Module 8. Yoga in The Human Life Cycle**

- ♦ Understand the different concepts of Yoga applied in the different evolutionary stages of human beings (childhood, adulthood, old age)
- ♦ Sensitize children to exercise in leisure and free time activities through education
- ♦ Provide the professional with tools for working with Yoga in childhood
- ♦ Apply the knowledge acquired in specific clinical cases through the various teaching methodologies employed



### Module 9. Clinical Approach

- ♦ Determine the injuries caused by Yoga as a common discipline when practiced inappropriately
- ♦ Identify the sources of documentation for a correct praxis in certain clinical situations that occur frequently in health care
- ♦ Optimize the existing resources in the field of clinical health for the correct diagnosis and treatment of pathologies
- ♦ Recognize, select the information and the adequate methodology for a correct health education of the patient once the case has been treated: general recommendations, treatment, etc

### Module 10. Mental Relaxation

- ♦ Know the historical basis of relaxation training
- ♦ Delve into the influence of relaxation on the body
- ♦ Know the different therapeutic interventions of relaxation

### Module 11. Mindfulness

- ♦ Delve into the origin of Mindfulness
- ♦ Knowing the different models of Mindfulness
- ♦ Delve into mindfulness techniques
- ♦ Further study of postural techniques for the practice of Mindfulness
- ♦ Know the fields of application of Mindfulness

# 03 Skills

Thanks to this university program, the medical professional will be able to enhance their abilities and technical skills in Therapeutic Yoga. As a result, you will expand your knowledge about the best specific programs for each patient and the most appropriate prescription of exercises according to the ailment or disease that the person is suffering from. The case studies provided in this course will be of great direct application in your regular clinical practice.





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*This program will allow you to enhance your skills for the detection of pathologies caused by an inadequate yoga practice”*



## General Skills

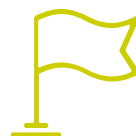
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- ♦ Apply Therapeutic Yoga from a clinical point of view in patient care
- ♦ Create specific programs for each patient according to their ailments and characteristics

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*You are presented with a 100% online program that allows you to get up to date in Therapeutic Yoga without neglecting your professional responsibilities”*





## Specific Skills

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- Improve patients' psychomotor coordination
- Know the benefits of Therapeutic Yoga and apply them in your treatments
- Inform healthy patients about the most appropriate postural techniques to avoid pathologies
- Apply yoga techniques according to the age of the patients
- Apply Therapeutic Yoga as a complementary tool to certain treatments
- Know the possible injuries that yoga can cause if done incorrectly
- Teach patients proper meditation techniques

04

# Course Management

TECH carefully selects all the faculty that teaches each of its programs. On this occasion, students will meet a teaching team specialized in Yoga, Physiotherapy and Natural Medicine. Thanks to their extensive knowledge of Therapeutic Yoga and their extensive experience, they have been able to develop a comprehensive syllabus that students can access 24 hours a day. Likewise, the proximity of the teaching staff will also be key, as it will allow the professional to resolve any doubts that may arise regarding the syllabus during the development of this program.





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*This Professional Master's Degree brings together a reference teaching team in the field of Therapeutic Yoga, so that you get from them the most current information"*

## Management



### García Coronado, Luis Pablo

- Director at Fisoespaña C. B
- Director at Fisioganas S.L
- Director at Pilates Wellness & Beauty S.L
- Physiotherapist at La Paz University Hospital
- Supervisor of the Physiotherapy Department at La Paz University Hospital
- Specialist in sports Physiotherapy, Re-training, electrotherapy, Pilates and Therapeutic exercise

## Professors

### Rodríguez Picazo, Pedro

- ♦ University Specialist in Natural Medicine by the Faculty of Medicine of Murcia (Osteopathy, Kinesiology and Acupuncture)
- ♦ Postgraduate in Therapeutic Yoga
- ♦ Instructor in Pilates for Health by the University of Alicante
- ♦ Diploma in Acupuncture by ADEATA and FEDINE
- ♦ Director of the Medintegra Health Clinic in Alicante
- ♦ Head of the health area of the CAI of the Alicante City Council. Professor of therapeutic Yoga and Pilates
- ♦ Coordinator of the Postgraduate Diploma in Natural Therapies Barcelona University IL3
- ♦ Collaborating professor at EVES and the Alicante School of Nursing

### Ms. Morcillo Atienza, Rosa María

- ♦ Diploma in Physiotherapy from the Rey Juan Carlos University
- ♦ Expert in Osteopathy by the University of Alcalá de Henares, EOM
- ♦ Physiotherapist and member of the Pain Commission of HULP
- ♦ Physiotherapist at La Paz University Hospital - Carlos III
- ♦ Physiotherapist at FISIS clinic
- ♦ Physiotherapist at Sanitas Residencial Almenara
- ♦ Physiotherapist at the Fibromyalgia Association, AFIBROM
- ♦ Physiotherapist at ADEMPA (Early Childhood Care)





**Ms. Hernández Benedicto, Laura**

- ♦ Diploma in Physiotherapy from the Pontifical University
- ♦ Physiotherapist at Cantoblanco Hospital (La Paz University Hospital)
- ♦ Physiotherapist at the National Dance Company (INAEM. Ministry of Culture and Sports)
- ♦ Interim Physiotherapist at SERMAS

**Ms. Martín García, Laura**

- ♦ Physiotherapist focused on the field of neurology at La Paz University Hospital
- ♦ Physiotherapist in the treatment of children with sensory-motor disorders in special education schools in Madrid
- ♦ Higher Training in Osteoarticular Physiotherapy by the ONCE University

# 05

## Structure and Content

TECH provides medical professionals with the latest teaching tools to get the knowledge update they need in a much more dynamic and attractive way. Therefore, in this study plan, students will find a library of multimedia resources with the most comprehensive and recent content on therapeutic yoga and its clinical application. Likewise, the *Relearning* system, used by this academic institution, will reduce the long hours of study so frequent in other methodologies.





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*The Relearning system allows you to delve deeper into the most exhaustive content on biomechanics and kinesiotherapy in an agile way"*

## Module 1. Structure of the Locomotor System

- 1.1. Anatomical Position, Axes and Planes
- 1.2. Bone
- 1.3. Joints
  - 1.3.1. Etiology
  - 1.3.2. Synarthrosis
  - 1.3.3. Amphiarthrosis
  - 1.3.4. Diarthrosis
- 1.4. Cartilage
- 1.5. Tendons and Ligaments
- 1.6. Skeletal Muscle
- 1.7. Development of the Musculoskeletal System
- 1.8. Components of the Musculoskeletal System
- 1.9. Nervous Control of Skeletal Muscles
- 1.10. Muscle Contraction
  - 1.10.1. Functioning of Muscle Contraction
  - 1.10.2. Type of Muscle Contraction
  - 1.10.3. Muscle Bioenergetics

## Module 2. Spinal Column, Instability and Injuries

- 2.1. Conceptual Aspects of the Movement Control System and its Dysfunctions in the Lumbopelvic and Cervico-Scapular Regions
- 2.2. Muscle Dysfunction
- 2.3. Proprioceptive Dysfunctions and Neuroplastic Changes at the CNS Level
- 2.4. Dysfunctions in Precision, Dissociation and Movement Quality
- 2.5. Association between Motor Control Dysfunctions and Sports Injuries
- 2.6. Lumbopelvic Rhythm and Lumbar Instability Tests
- 2.7. Analysis of Movement Control by Observation
- 2.8. Muscle Activation Patterns Assessment Test and Muscle Endurance Test
- 2.9. Sensorimotor Test
- 2.10. Integration and Clinical Reasoning

## Module 3. Global Postural Re-Education and Injuries

- 3.1. Risk Factors and Their Role in Posture
  - 3.1.1. Intrinsic Factors
  - 3.1.2. Extrinsic Factors
- 3.2. Athlete Assessment
  - 3.2.1. Static Assessment
  - 3.2.2. Dynamic Assessment
- 3.3. Assessment of Injury Movement
- 3.4. Treatment of Dysfunctions through the GPR Concept
- 3.5. Concepts on Neuropedagogy
- 3.6. Learning Phases
- 3.7. Squat Movement Integration

## Module 4. Biomechanics and Kinesiotherapy

- 4.1. New Trends and Method Contextualization
  - 4.1.1. Analysis From the Scientific Perspective and Evidence
- 4.2. Biomedical Basis
  - 4.2.1. Biomechanics. Principles and Basis
    - 4.2.1.1. Basic Concepts of the Locomotor System
    - 4.2.1.2. Range of Movement (ROM)
  - 4.2.2. Fundamentals of Exercise Physiology
    - 4.2.2.1. Energy Pathways and Thresholds
    - 4.2.2.2. Muscle and Nerve Structure
    - 4.2.2.3. Cardiovascular Response
  - 4.2.3. Postural Physiology
  - 4.2.4. Functional and Mechanical Anatomy of the Spine
- 4.3. Kinesiological and Biomechanical Fundamentals of Exercise
  - 4.3.1. Muscle Chains
    - 4.3.1.1. Muscles and Their Properties
    - 4.3.1.2. Proprioceptive System

- 4.3.2. Relationship Between the Locomotor System, Chains
  - 4.3.2.1. Muscle Chains and Acupoints, an Approach from Oriental Medicine
  - 4.3.2.2. Main Channel and Secondary Channel Concepts
  - 4.3.2.3. Concept of Acupoint
  - 4.3.2.4. YANG: To Move Away, To Abduct. Pathways of Yang Channels
  - 4.3.2.5. YIN: To Bring Closer, To Adduct. Paths of Yin Channels
- 4.3.3. Conditions
- 4.4. Yoga From the Osteopathic Viewpoint
  - 4.4.1. What is Osteopathy?
    - 4.4.1.1. Osteopathy and Yoga
  - 4.4.2. Movement
    - 4.4.2.1. Diaphragmatic Lung Movement
    - 4.4.2.2. Cardiac Movement
    - 4.4.2.3. Cranial Sacral Movement
    - 4.4.2.4. Visceral Movement
    - 4.4.2.5. Liver Visceral Movement
    - 4.4.2.6. Kidney Visceral Movement
    - 4.4.2.7. Stomach Visceral Movement
    - 4.4.2.8. Visceral Movement of the Intestine
    - 4.4.2.9. Global Movement
- 4.5. Methods for the Assessment of Core Stability of the CORE
  - 4.5.1. Healthy Training of the Lumbo-Abdominal Musculature (CORE)
  - 4.5.2. Introduction
  - 4.5.3. The Role of the CORE Musculature in Spinal Stabilization Capability
  - 4.5.4. Proposal for Training the Abdominal Musculature: Progressions in Integration of Stabilization and Lumbo-Pelvic Control (PIECLB)
  - 4.5.5. Passive Stabilization Subsystem
  - 4.5.6. Active Stabilization Subsystem
  - 4.5.7. Control Subsystem
  - 4.5.8. Practical Proposals for the Design of Progressions in Integration of Stabilization and Lumbo-Pelvic Control (PIECLB)

- 4.6. Body Kinematics based on the Interaction of the Different Myofascial Chains
  - 4.6.1. Relationship Between Locomotor System, Acupoint and Acupuncture Channel
  - 4.6.2. Concepts
    - 4.6.2.1. Main Channel and Secondary Channel
    - 4.6.2.2. Concept of Acupuncture Point
    - 4.6.2.3. Points "su ancients"
    - 4.6.2.4. Other points located between hands and elbows, and feet and knees
- 4.7. Muscle and Joint Chains. Relationship to Postural Health
  - 4.7.1. GDS
  - 4.7.2. Attitudes in Relation to Personality
  - 4.7.3. Attitudes in Relation to the Way of Relating
- 4.8. Benefits of Isometric Exercises on Human Health
  - 4.8.1. Definition
  - 4.8.2. Benefits
  - 4.8.3. Contraindications and Adaptations
  - 4.8.4. Complementing Posturology

## Module 5. Diagnostic Assessment and Counseling

- 5.1. Medical History
  - 5.1.1. Medical History
  - 5.1.2. Clinical Parameters
- 5.2. Areas in which Therapeutic Yoga can Be Prescribed
  - 5.2.1. Introduction
    - 5.2.1.1. Musculoskeletal
  - 5.2.2. Problems
    - 5.2.2.1. Cardiovascular Problems
    - 5.2.2.2. Musculoskeletal Problems
    - 5.2.2.3. Digestive Problems



- 5.3. Assessment of the Physical Condition of the Patient in the Practice of Yoga (Anthropometry, Kinesiological and Osteopathic Assessment)
  - 5.3.1. Introduction
  - 5.3.2. Exploration of the Movement
  - 5.3.3. Kinesiological Testing
    - 5.3.3.1. What Happens With Hypo- or Hypertonic Muscles?
  - 5.3.4. Pulsology and Herald Points
    - 5.3.4.1. Exploration of the Pulses
  - 5.3.5. Pulsological Tones
- 5.4. Basic Principles to be Considered when Implementing Physical Activity Programs
  - 5.4.1. Introduction
    - 5.4.1.1. Duration and Frequency
    - 5.4.1.2. Rate of Progression
    - 5.4.1.3. After Continuous Incision
- 5.5. Theory and Fundamental Bases of Learning and Motor Development Applied to Yoga
  - 5.5.1. Motor Development
    - 5.5.1.1. Motor Learning
    - 5.5.1.2. Maturation
  - 5.5.2. Biological Age:
  - 5.5.3. Factors That Impact Growth
  - 5.5.4. Theoretical Framework
  - 5.5.5. Conclusions
- 5.6. Teaching Methodology
  - 5.6.1. Teaching Aspects
    - 5.6.1.1. Before the Beginning of Each Class
    - 5.6.1.2. Class Dynamics
    - 5.6.1.3. Professional Competence
  - 5.6.2. Aspects of Space
  - 5.6.3. Participant Aspects

- 5.7. Application in Daily Life: Lifestyles and Patient Health Education
  - 5.7.1. Introduction
  - 5.7.2. Basic Concepts
  - 5.7.3. Orientations
  - 5.7.4. Tips for Health Education and Care

## Module 6. Application of Asana Techniques and their Integration

- 6.1. Technical-Methodological Basis. Basic Exercises and Progressions
  - 6.1.1. Origin and Meaning of the Asanas
  - 6.1.2. Creation of the Environment and Preliminaries
  - 6.1.3. Warm-Up Phase
    - 6.1.3.1. Classic Sun Salutation
    - 6.1.3.2. Psychophysical Gymnastics
  - 6.1.4. Warm-Up Phase
- 6.2. Exercise Planning and Prescription
  - 6.2.1. Introduction
  - 6.2.2. Exercises for Activation of Craniosacral Movement
  - 6.2.3. Prescription for Hip and Spine
  - 6.2.4. Kidney/Bladder Channel
  - 6.2.5. Liver/Gallbladder Channel
  - 6.2.6. Stomach/Pancreas/Spleen Channel
  - 6.2.7. Lung Channel/Large Intestine and Fire Element
- 6.3. Application of Asanas and Postures
  - 6.3.1. Main Asanas
    - 6.3.1.1. Janyasana
    - 6.3.1.2. Open Fetal Posture
    - 6.3.1.3. Setu Bandha Asana: The Bridge
    - 6.3.1.4. Paschimottanasana: The Clamp
    - 6.3.1.5. Ardha-Matsyendrasana or Half Pose of the Lord Fish (Twisting)



- 6.3.1.6. Sarvangasana or Posture on the Shoulders (The Candle)
- 6.3.1.7. Legs Up Posture
- 6.3.1.8. Halasana or Plow Posture
- 6.3.1.9. Matsyasana or Fish Posture
- 6.3.1.10. Bhujangasana: The Cobra
- 6.3.1.11. Sphinx
- 6.3.1.12. Dhanurasana: The Bow
- 6.3.1.13. Arch or Ardha Dhanurasan
- 6.3.1.14. Balasana: The Child
- 6.3.1.15. Vrikshasana: The Tree
- 6.3.1.16. Trikonasana: Triangle
- 6.3.2. Meditation
- 6.3.3. Final Guided Relaxation
- 6.4. Principles and Criteria for the Construction of a Session
  - 6.4.1. Establishment of Activities and Techniques
  - 6.4.2. Methodology in the Development of Therapeutic Yoga
  - 6.4.3. Intervention and Dynamization of the Session
    - 6.4.3.1. Basic Aspects of the Session
    - 6.4.3.2. Session Structure
    - 6.4.3.3. Management and Development of the Session
- 6.5. Designing a Therapeutic Yoga Session. Managing and Stimulating Individual and Group Sessions
  - 6.5.1. Introduction
  - 6.5.2. General Guidelines
  - 6.5.3. Modification of Asanas

## Module 7. Neurophysiological Principles of Relaxation and Meditation

- 7.1. The Neurophysiology of Brain Activity
  - 7.1.1. What is Neurophysiology?
  - 7.1.2. Brain Waves
  - 7.1.3. Enhancement of Yoga in Human Neurophysiology
  - 7.1.4. Conclusions

- 7.2. Western Relaxation Techniques (Mezieres, Vittoz, Benson, Jacobson, Schultz)
  - 7.2.1. Introduction
  - 7.2.2. Manifestations of Relaxation
  - 7.2.3. Most Commonly Used Western Relaxation Techniques
    - 7.2.3.1. Progressive Relaxation
    - 7.2.3.2. Psychosensory Relaxation
    - 7.2.3.3. Visualization Techniques
- 7.3. Most Used Oriental Relaxation Techniques. (Transcendental Meditation, Maharishi Mahesh Yogui, Paramahansa Yogananda, Osho)
  - 7.3.1. Maharishi Mahesh Yogi's Transcendental Meditation (TM)
  - 7.3.2. Paramahansa Yogananda
  - 7.3.3. Osho
- 7.4. Breathing Control, Pranayamas, Bandhas
  - 7.4.1. Breathing, Pranayama and Bandhas
    - 7.4.1.1. The Bandhas
  - 7.4.2. Breathing Work
- 7.5. Prana, Nadis, Kundalini and Mudras
  - 7.5.1. Introduction
  - 7.5.2. Prana
  - 7.5.3. Types of Prana
  - 7.5.4. Nadis
  - 7.5.5. Kundalini
  - 7.5.6. Mudras
    - 7.5.6.1. Gyan Mudra
    - 7.5.6.2. Shuni Mudra
    - 7.5.6.3. Surya Mudra
    - 7.5.6.4. Buddhi Mudra
    - 7.5.6.5. "Expansion of The Planets"
    - 7.5.6.6. Mudra of the Christ
    - 7.5.6.7. Padlock of Venus
    - 7.5.6.8. Bear Lock

- 7.5.6.9. Prayer Mudra
- 7.5.6.10. Buddha Mudra
- 7.5.6.11. Beggar's Mudra
- 7.5.6.12. Other Mudras
- 7.6. Energy and the Five Elements
  - 7.6.1. What is Energy?
    - 7.6.1.1. Energy in Living Beings
    - 7.6.1.2. Behavior of Energy in the Entire Cosmos or Universe
    - 7.6.1.3. The Bing-Bang: The Origin of the Cosmos
  - 7.6.2. The Yin and Yang: The Dual Behavior of Energy
    - 7.6.2.1. Characteristics of Yin and Yang
    - 7.6.2.2. Elementary Principles of the Theory of Yin-Yang
  - 7.6.3. A Complete Cycle in Five Phases: The Five Elements
    - 7.6.3.1. Formation and Evolution of the Earth, its Phases and Relationship to the Five Elements
  - 7.6.4. The five Elements, Behavior and Relationship Between Them: The " Law of Generation" and the "Law of Control"
    - 7.6.4.1. Law of Generation
    - 7.6.4.2. Law of Dominance or Control
- 7.7. Synchrony Chakras - Asana - Pranayama Bandha: Energy Circulation
  - 7.7.1. Introduction
  - 7.7.2. Synchronization Through Yoga
  - 7.7.3. Example of Practical Application of Yoga Synchronization
  - 7.7.4. Variables Affecting the Energetic Plane. Seasons
  - 7.7.5. Stations and Principles of Ayurveda
  - 7.7.6. Variables Affecting the Three Planes
  - 7.7.7. Light and Energy

## Module 8. Yoga in The Human Life Cycle

- 8.1. Application in Different Stages of the Human Life Cycle
  - 8.1.1. Infancy and Yoga
    - 8.1.1.1. Preconceptions of Yoga for Children
    - 8.1.1.2. The Adult as Mediator
    - 8.1.1.3. The Setting and the Preliminaries
    - 8.1.1.4. Proposed Classroom
  - 8.1.2. Women and Yoga
    - 8.1.2.1. Yoga and Pregnancy
    - 8.1.2.2. Yoga after Childbirth
  - 8.1.3. Elderly and Yoga
    - 8.1.3.1. Foundation
    - 8.1.3.2. Biomechanical Aspects to be Taken into Account
    - 8.1.3.3. Some Recommended Postures for the Elderly
- 8.2. Integration of Patients with Health Problems and Disabilities
  - 8.2.1. Introduction
  - 8.2.2. Objectives
  - 8.2.3. Basic Aspects
  - 8.2.4. Yoga and Disability and Yoga and Cerebral Palsy
    - 8.2.4.1. Background
    - 8.2.4.2. Theory
    - 8.2.4.3. Tests
  - 8.2.5. Functional Adaptations of Yoga to Disability
    - 8.2.5.1. Blind
    - 8.2.5.2. Hearing Loss or Cophosis
    - 8.2.5.3. Mute
    - 8.2.5.4. Down Syndrome
    - 8.2.5.5. Motor Disability
  - 8.2.6. Giberish: Concept and Development

- 8.3. Kriyas
  - 8.3.1. Concept of Kriya
  - 8.3.2. Kriya and Anthropology of the Human Being
  - 8.3.3. What does Science Say?
  - 8.3.4. Some Examples
    - 8.3.4.1. Kriya for Working with Blood Circulation
    - 8.3.4.2. Kriya to Adjust Body Heat, Improve Digestion and Lose Weight
    - 8.3.4.3. Kriya To Overcome Fatigue
- 8.4. The Importance of the PROP in Methodological Adaptation
  - 8.4.1. Introduction
  - 8.4.2. What is a PROP?
  - 8.4.3. Types of PROP in Therapeutic Yoga

## Module 9. Clinical Approach

- 9.1. Before Starting
  - 9.1.1. Objectives
  - 9.1.2. Yogic Hygiene
    - 9.1.2.1. DHAUTI or Cleansing of the Stomach
    - 9.1.2.2. NETI or Nasal Cleansing
    - 9.1.2.3. NAULLI or Colon Cleansing
  - 9.1.3. Hepatic Purification
  - 9.1.4. Before Performing a Kriya
- 9.2. Locomotor System
  - 9.2.1. Introduction
  - 9.2.2. Flexibility of the Spine
  - 9.2.3. Alterations of the Spine
  - 9.2.4. Fibromyalgia
  - 9.2.5. Sprain
  - 9.2.6. Osteoarthritis
  - 9.2.7. Paraplegia
- 9.3. Neurology
  - 9.3.1. Vertigo
    - 9.3.1.1. Asana Gorakhajaali
    - 9.3.1.2. Transfer from Posture to Kaani Paava Asana
    - 9.3.1.3. Other Natural Therapies
  - 9.3.2. Migraines
    - 9.3.2.1. Etiopathogenesis
    - 9.3.2.2. Nutritional Supplementation
    - 9.3.2.3. Other Aspects to Take Into Account
    - 9.3.2.4. Kriya 1
    - 9.3.2.5. Kriya 2
- 9.4. Cardiovascular Problems
  - 9.4.1. Arterial Hypertension
    - 9.4.1.1. First Kriya
    - 9.4.1.2. Second Kriya
  - 9.4.2. Arterial Hypotension
    - 9.4.2.1. Kriya
- 9.5. Genito-Urinary System
  - 9.5.1. Affection of the Muscle Chains
  - 9.5.2. Etiopathogenesis and Complementary Treatment
  - 9.5.3. Specific Kriya
  - 9.5.4. Sat Kriya
- 9.6. Digestive System
  - 9.6.1. Constipation
    - 9.6.1.1. Etiopathogenesis and Complementary Treatment
    - 9.6.1.2. Affection of Muscle Chains
    - 9.6.1.3. Specific Kriya
  - 9.6.2. Irritable Bowel
    - 9.6.2.1. Etiopathogenesis
    - 9.6.2.2. Affection of Muscle Chains
    - 9.6.2.3. Performance

- 9.7. Mental Health
  - 9.7.1. Depression
  - 9.7.2. Anxiety
- 9.8. Respiratory System
  - 9.8.1. Introduction
  - 9.8.2. Kriya
    - 9.8.2.1. Meditation
    - 9.8.2.2. Head Turns
    - 9.8.2.3. Sufi Turns
    - 9.8.2.4. Lateral Stretches
    - 9.8.2.5. Spinal Flexions
    - 9.8.2.6. Yogamudra, Raising Arms
- 9.9. Other Cases Susceptible to Yoga Intervention
  - 9.9.1. Introduction
  - 9.9.2. Thyroid Dysfunction
    - 9.9.2.1. Hypothyroidism
    - 9.9.2.2. Hyperthyroidism
    - 9.9.2.3. Yoga in Thyroid Dysfunction
    - 9.9.2.4. Wahe Guruu Kriya (Trikuti Kriya)
  - 9.9.3. Addictive Behaviors
    - 9.9.3.1. Approach to Addictions from a Meditation Kriya
  - 9.9.4. Neurocardiogenic Syncope
  - 9.9.5. Pulmonary Hypertension
  - 9.9.6. Chronic Pain in Pediatrics
  - 9.9.7. Other Mentions

## Module 10. Mental Relaxation

- 10.1. Historical Keys in Relaxation Training
- 10.2. Discoveries in the Relationship Between Stress and Muscle Tension
- 10.3. Influence of Imagination on the Organism
- 10.4. Psychotherapeutic Intervention with Mental Relaxation: Systematic Desensitization (J. Wolpe, 1948)
- 10.5. Psychotherapeutic Intervention with Mental Relaxation: Covert Conditioning (Cautioning)
- 10.6. Psychotherapeutic Intervention with Mental Relaxation: Sophrology (A. Caycedo, 1960)
- 10.7. Edmund Jacobson's Progressive Relaxation (1901)
- 10.8. Schultz's Autogenous Relaxation (1901)
- 10.9. Creative Relaxation by Dr. Eugenio Herrero (1950)
- 10.10. Chromatic Relaxation by R. Aguado (1990)
- 10.11. Differences and Similarities of Mental Relaxation and Clinical Hypnosis
- 10.12. SDF (Selective Dissociation Focusing)

## Module 11. Mindfulness

- 11.1. From the Origin Meditation
  - 11.1.1. Definition What is Meditation?
    - 11.1.1.1. Meditation as a State of Consciousness
    - 11.1.1.2. Meditation as a Technique to Develop Consciousness
- 11.2. What is Mindfulness?
  - 11.2.1. The Beginnings
  - 11.2.2. What is Mindfulness?
  - 11.2.3. Benefits and Scientific Evidence
  - 11.2.4. Formal and Informal Practice
  - 11.2.5. Mindfulness Exercise for Today

- 11.3. Attitudes in Mindfulness
  - 11.3.1. Don't Judge
  - 11.3.2. Patience
  - 11.3.3. Beginner's Mind
  - 11.3.4. Trust
  - 11.3.5. No Effort
  - 11.3.6. Acceptance
  - 11.3.7. Release
- 11.4. Compassion and Self-Compassion
  - 11.4.1. Introduction
  - 11.4.2. Compassion
  - 11.4.3. Self-Compassion
- 11.5. Directing Attention
  - 11.5.1. Find a Comfortable Posture
  - 11.5.2. Focus on Your Breathing
  - 11.5.3. Feel Your Body
  - 11.5.4. Allows Entry to Feelings and Emotions
  - 11.5.5. Stop Fighting Your Thoughts
- 11.6. Fields of Application
  - 11.6.1. Mindfulness in the West
  - 11.6.2. Mindfulness in Companies
  - 11.6.3. Mindfulness in the Educational Context
  - 11.6.4. Mindfulness in the Sports Context
  - 11.6.5. Mindfulness and Health
- 11.7. Mindfulness for Children
  - 11.7.1. Application and Benefits of Mindfulness in the Child Population
  - 11.7.2. The Role of the Mindfulness Mentor or Companion for Children
- 11.8. Mindfulness and ADHD
  - 11.8.1. Justifying the Use of Mindfulness in Patients with ADHD
  - 11.8.2. A Mindfulness Program for ADHD
- 11.9. Stress, Anxiety and Mindfulness
  - 11.9.1. Stress and Anxiety in the Society of the 21st Century
  - 11.9.2. Mindfulness as a Technique to Decrease Stress and Anxiety
  - 11.9.3. Mindfulness-Based Stress Reduction Program (REBAP)
- 11.10. Mindfulness and Impulse Disorder Related Disorders
  - 11.10.1. Mindfulness and Addictions
    - 11.10.1.1. The Addict Patient
    - 11.10.1.2. How Can Mindfulness Help?
  - 11.10.2. Mindfulness and Obsessive Compulsive Disorder
- 11.11. Mindfulness and Eating Disorders
  - 11.11.1. The Complexity of Eating Disorders
  - 11.11.2. Benefits of Using Mindfulness
- 11.12. Mindfulness in Psychotherapy: Cognitive Therapy based on Mindfulness
  - 11.12.1. Introduction and Fundamental Objectives
  - 11.12.2. Intervention Protocol
- 11.13. Mindfulness in Psychotherapy: Acceptance and Commitment Therapy
  - 11.13.1. Relational Frame Theory (RFT)
  - 11.13.2. Experiential Avoidant Disorder (EAD)
  - 11.13.3. Acceptance and Commitment Therapy Research
- 11.14. Mindfulness in Psychotherapy: Dialectical Behavioral Therapy
  - 11.14.1. Dialectical Behavioral Therapy and Borderline Personality Disorder
  - 11.14.2. The Three Fundamentals of Dialectical Behavior Therapy
  - 11.14.3. Treatment

06

# 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.

“

*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.





# 07 Certificate

The Professional Master's Degree in Therapeutic Yoga guarantees you, in addition to the most rigorous and up-to-date training, access to a Professional Master's Degree issued by TECH Global University.





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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This program will allow you to obtain your **Professional Master's Degree certificate 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.

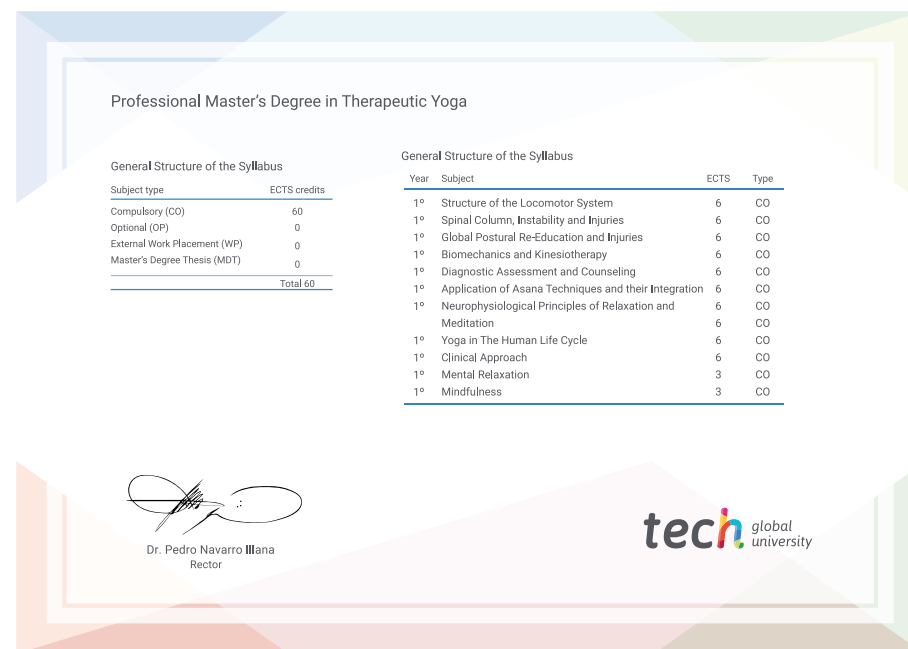
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Professional Master's Degree in Therapeutic Yoga**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development language

virtual classroom

**tech** global  
university

## Professional Master's Degree

### Therapeutic Yoga

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60 ECTS
- » Schedule: at your own pace
- » Exams: online



# Professional Master's Degree Therapeutic Yoga

