

Postgraduate Certificate

Yoga in the Different
Evolutionary Moments
for Nursing





Postgraduate Certificate Yoga in the Different Evolutionary Moments for Nursing

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

Website: www.techtitute.com/pk/nursing/postgraduate-certificate/yoga-different-evolutionary-moments-nursing

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01

Introduction

Yoga plays a crucial role in the physical, emotional and mental development of children and adolescents. This is because Yoga postures (asanas) help develop strength, flexibility and physical coordination, which is essential for optimal growth and development. Likewise, in adulthood and old age, it offers a holistic approach to maintaining good physical health. As a result, more and more nursing professionals want to delve more deeply into Yoga as a complementary tool to conventional treatments. In response, TECH has developed a 100% online program with a theoretical-practical approach that allows students to keep up to date with advances in this discipline and its application in different stages of life.



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The most up-to-date contents in Yoga for Nursing are within your reach with this exclusive TECH Postgraduate Certificate”

Yoga plays a fundamental role in the physical, emotional and mental development of children and adolescents, as well as in the promotion of physical health in adulthood and old age. Therefore, in the early stages of life, Yoga postures contribute to the development of strength, flexibility and physical coordination, fundamental aspects for optimal growth and development. In adulthood and old age, Yoga offers a comprehensive approach to maintain good physical health, strengthening muscles and helping to prevent injuries and problems in aging. In addition, it promotes relaxation, reduces stress and improves sleep quality, essential aspects for mental and emotional well-being at all stages of life.

For all the above reasons, Nursing has been incorporating it as a complementary therapeutic discipline to conventional treatments. Precisely for this reason, TECH has developed this complete program, designed for those professionals who wish to delve into the techniques and benefits of this discipline. In it, students will have at their disposal the most avant-garde didactic materials, prepared by prestigious experts in the field. They will also have access to a large amount of materials presented in different audiovisual media that can be consulted and downloaded 24 hours a day from the Virtual Campus.

This is an exclusive academic program taught 100% online that includes the most comprehensive and advanced knowledge in Yoga in the Different Evolutionary Moments for Nursing. And the student will only need a device with Internet connection to access them. In this way, you can distribute the teaching load, integrating the concepts in a natural and progressive way with the best methodology, the Relearning.

This **Postgraduate Certificate in Yoga in the Different Evolutionary Moments for Nursing** 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 the self-assessment process can be carried out 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 100% online Postgraduate Certificate that will take you to update your knowledge in Therapeutic Yoga and its application in different stages of life"

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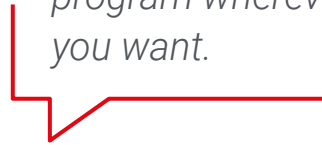
An academic option that will allow you to get up to date in the most recommended techniques for people with sensory needs”

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

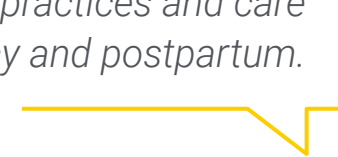
The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

Get up to date in Therapeutic Yoga without neglecting your personal activities thanks to the 100% online program wherever and whenever you want.



You will delve into the most beneficial Yoga practices and care during pregnancy and postpartum.



02

Objectives

The graduate of this Postgraduate Certificate in Yoga in the Different Evolutionary Moments for Nursing will acquire a solid understanding of the needs and particularities of Yoga in each stage of life. In this way, you will be immersed in topics such as the practice of yoga during childhood, the menstrual cycle, menopause, pregnancy, postpartum, old age and physical and sensory disabilities. This knowledge will help you become a more complete and qualified professional, able to adapt and design specific Yoga classes for each evolutionary stage, taking into account the particular considerations and benefits of each phase.





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Keep up to date with the best multimedia and audiovisual material, in and out of the classroom”



General Objective

- ◆ 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 appropriate asanas according to the characteristics of the person and their injuries
- ◆ Delve into studies on biomechanics and its application to the asanas of Therapeutic Yoga
- ◆ Describe the adaptation of Yoga asanas to the pathologies of each person
- ◆ Delve into the Neurophysiological bases of the existing meditative and relaxation techniques



Delve into Therapeutic Yoga from the hand of the director of teachers and head of instructor training at the Integral Yoga Institute in New York





Specific Objectives

- ◆ Delve into the different needs of the body and yoga practice at different times of life, such as childhood, adulthood and old age
- ◆ Explore how yoga practice can help women during the menstrual cycle and menopause, and how to adapt the practice to meet their needs
- ◆ Delve into the care and practice of yoga during pregnancy and postpartum, and how to adapt the practice to meet women's needs at these times
- ◆ Identify the suitability of yoga practice for people with special physical and/or sensory needs, and how to adapt the practice to meet their needs
- ◆ Learn how to create yoga sequences specific to the human life cycle and individual need
- ◆ Identify and apply best practices to ensure safety and well-being during yoga practice in the human life cycle and special situations

03

Course Management

In order to ensure excellence in learning, TECH is proud to have a team of outstanding professionals who have collaborated closely in the creation of the syllabus for this Yoga in the Different Evolutionary Moments course. Each module has been carefully designed by highly qualified professionals who will share their extensive experience and knowledge in key areas such as infancy, the menstrual cycle, menopause, pregnancy, postpartum, old age, and physical and sensory disabilities. Through this comprehensive training, participants will be able to apply the latest trends and innovative approaches in the field of Yoga.





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With this program you will be up to date with the most notable advances in the management of autistic patients through Yoga”

International Guest Director

As the **Director of Teachers and Head of Instructor Training** at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been mainly **therapeutic yoga**, with more than 6,000 documented hours of teaching and continuing education.

As such, she has been tutoring, developing protocols and training criteria and providing continuing education to the instructors of the Integral Yoga Institute. She balances this work with her role as a therapist and instructor at other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

Her work also extends to **creating and directing yoga programs**, developing exercises and evaluating the challenges that may arise. She has worked throughout her career with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.

For each of them she performs careful and personalized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, highlighting the E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by the American Health Training and Certified Exercise Instructor by the Somatic Movement Center.



Ms. Galliano, Dianne

- Yoga Therapy Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa in New York City
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- B.A. in Elementary Education from the State University of New York
- Master's Degree in Yoga Therapy 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 Therapeutic Yoga
- ♦ Founder of the Air Core method (classes that combine TRX and Functional Training with Yoga)
- ♦ Therapeutic Yoga Trainer
- ♦ Degree in Biological Sciences from the Autonomous University of Madrid
- ♦ Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- ♦ Floor Pilates Instructor Course
- ♦ Phytotherapy and Nutrition Course
- ♦ Meditation Teaching Course

Professors

Ms. García, Mar

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



04

Structure and Content

In this program, the nurse will delve into the Different Evolutionary Moments, focusing on relevant topics such as the menstrual cycle, menopause, pregnancy, with examples of recommended asanas. In addition, topics on the old age and physical and sensory disabilities are addressed, including how to design an appropriate class. A 100% online program that gives the possibility of access to different didactic and audiovisual materials for a better in-depth study of the subject of Yoga.



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*A comprehensive program that will put you
at the forefront of Therapeutic Yoga”*

Module 1. Yoga in the Different Evolutionary Moments

- 1.1. Childhood
 - 1.1.1. Why is it important?
 - 1.1.2. Benefits
 - 1.1.3. What is a class like?
 - 1.1.4. Example of adapted sun salutation
- 1.2. Women and 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 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 of the practice
 - 1.4.4. Recommended asanas
- 1.5. Pregnancy
 - 1.5.1. Why practice it
 - 1.5.2. First quarter asanas
 - 1.5.3. Second quarter asanas
 - 1.5.4. Third quarter asanaa
- 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 that we will encounter
 - 1.7.2. Benefits
 - 1.7.3. General considerations
 - 1.7.4. Contraindications
- 1.8. Physical Disability
 - 1.8.1. Brain damage
 - 1.8.2. Spinal cord damage
 - 1.8.3. Muscle damage
 - 1.8.4. How to design a class
- 1.9. Sensory Disability
 - 1.9.1. Hearing
 - 1.9.2. Visual
 - 1.9.3. Sensory
 - 1.9.4. How to design a sequence
- 1.10. General considerations of the most frequent disabilities that we will encounter
 - 1.10.1. Down syndrome
 - 1.10.2. Autism
 - 1.10.3. Cerebral palsy
 - 1.10.4. Intellectual development disorder



With a flexible methodology that will allow you to keep up to date professionally and, at the same time, continue with your work and personal activities”

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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



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 suggesting that observing third-party experts can be useful.

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 Certificate in Yoga in the Different Evolutionary Moments for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Certificate in Yoga in the Different Evolutionary Moments for Nursing** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Yoga in the Different Evolutionary Moments for Nursing**

Official N° of Hours: **150 h.**



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

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community commitment
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