

Postgraduate Diploma

Asanas, Alignments and Variations for
Use in Therapeutic Yoga for Nursing



Postgraduate Diploma Asanas, Alignments and Variations for Use in Therapeutic Yoga for Nursing

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

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

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

Certificate

p. 30

01

Introduction

Yoga has emerged as a very effective alternative therapy to improve people's physical well-being. For this reason, there are more and more users of this discipline, so health professionals must have a broad knowledge of the biomechanical performance of the postures of this activity. With this in mind, TECH presents a program that will keep nurses up to date on Asanas, Alignments and Variations, 100% online, allowing them to study with flexibility and without fixed schedules.





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This is the best opportunity to acquire a professional update in Therapeutic Yoga. Enroll now and master in a specialized way the most modern Asanas and Alignments"

In Therapeutic Yoga, professionals responsible for its application must adapt the Asanas to the specific needs and limitations of each person, mainly taking into account the pathology to be treated. This is because several researches, have shown that these alignments can alleviate symptoms of diseases such as arthritis, asthma, diabetes, heart problems or back pain. For this reason, there is a large number of users who have decided to opt for this activity, which is why specialist nurses in this field must be constantly up-to-date with the latest developments in this area.

Therefore, and with the aim of meeting the current demand in this context, TECH has developed this Postgraduate Diploma that provides the nurse with an up-to-date understanding of the use of Asanas as effective treatment strategies for patients with chronic pain. In addition, it will address the most modern techniques to reduce muscle discomfort and promote proper mobility in patients will be addressed.

All these competences will be acquired by the student from a complete syllabus where the different Asanas and Alignments that contribute to reduce pain will be examined in detail. Likewise, the counterposes will be addressed, analyzing in depth the biomechanics of the human body. Also, we will delve into different supports, as well as the adaptations that can be made with them.

And all this, thanks to the *Relearning* methodology, which will allow students to strengthen their practical skills as they learn in a dynamic way. This Postgraduate Diploma also includes multimedia resources that have been designed so that students can effectively reinforce the knowledge taught. On the other hand, these subjects will be taught from the innovative TECH platform, 100% online and accessible anywhere in the world through any device connected to the Internet.

This **Postgraduate Diploma in Asanas, Alignments and Variants for use in Therapeutic Yoga for Nursing** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of case studies presented by experts in Asanas, Alignments and Variants for use in Therapeutic Yoga for Nursing.
- ♦ 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



Your motivation to be in constant improvement and all that this Postgraduate Diploma has prepared for you will be the best components to keep you solidly up to date in the field of Yoga"

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A Postgraduate Diploma that will address all the benefits of Therapeutic Yoga as an alternative treatment for pain or related diseases”

Thanks to the innovative Relearning methodology, you will learn at your own pace and from the comfort of your home with the contents that TECH has prepared for you.

Master in a specialized way the biomechanics of the most used asanas in the field of Yoga.

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

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

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



02 Objectives

This Postgraduate Diploma seeks to update the knowledge of professionals for the correct development of Asanas and Alignments in Therapeutic Yoga. In particular, the students will have a superior mastery of the postures that help improve discomfort in the locomotor system and provide greater physical well-being to patients. In addition, this TECH program offers a comprehensive overview of the biomechanics of different parts of the human body and how to treat latent pathologies in them from the practice of this activity.





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This program will allow you to keep up to date with the latest developments in Asanas and their variations, enabling you to identify the most efficient postures for each patient's therapy"



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 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



With this Postgraduate Diploma you will be able to excel in the implementation of Yoga as an alternative therapy and enhance its benefits taking into account the limitations of each patient"





Specific Objectives

Module 1. Application of Asana Techniques and their Integration

- ◆ Delve into the philosophical and physiological contribution of the different asanas
- ◆ Identify the principles of minimal action: *Sthira*, *Sukham* and *Asanam*
- ◆ Delve into the concept of standing asanas
- ◆ Describe the benefits and contraindications of stretching asanas
- ◆ Point out the benefits and contraindications of asanas in rotation and lateral bending
- ◆ Describe counter postures and when to use them
- ◆ Delve into the *bandhas* and their application in Therapeutic Yoga

Module 2. Analysis of the Main Standing Asanas

- ◆ Delve into the biomechanical fundamentals of *Tadasana* and its importance as a base posture for other standing asanas
- ◆ Identify the different variations of sun salutations and their modifications, and how they affect the biomechanics of standing asanas
- ◆ Point out the main standing asanas, their variations and how to correctly apply biomechanics to maximize their benefits
- ◆ Update knowledge on the biomechanical fundamentals of the main spinal flexion and lateral bending asanas, and how to perform them safely and effectively
- ◆ Point out the main balancing asanas and how to use biomechanics to maintain stability and balance during these postures
- ◆ Identify the main prone position extensions and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the main twists and hip poses, and how to use biomechanics to perform them safely and effectively

Module 3. Breakdown of the Main Floor Asanas and Supported Adaptations

- ◆ Identify the main floor asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the biomechanical fundamentals of closing asanas and how to perform them safely and effectively
- ◆ Refresh knowledge of restorative asanas and how to apply biomechanics to relax and restore the body
- ◆ Identify the main inversions and how to use biomechanics to perform them safely and effectively
- ◆ Delve into the different types of supports (blocks, belt and chair) and how to apply them to improve the biomechanics of floor asanas
- ◆ Explore the use of supports to adapt asanas to different needs and physical abilities
- ◆ Delve into the first steps in Restorative Yoga and how to apply biomechanics to relax the body and mind

03

Course Management

In order to provide quality education and give immediate access to the most contemporary knowledge in the market, TECH has rigorously selected the teaching staff for this program. In this way, the student will be able to update their knowledge about the correct way to perform a posture, as well as the biomechanics that the body does when practicing it. In addition, the student will broaden their vision on the context of this activity, focusing on the benefits it offers in the field of health.





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Learning from the best professionals in Therapeutic Yoga is one of the many advantages of this program. Start now and embark on an experience full of teachings"

International Guest Director

As the **Director of Teachers and Head of Instructor Education** 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.

Thus, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines 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 assessing the challenges that may arise. Throughout her career she has worked 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 a careful and customized 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, most notably the E-RYT 500 from Yoga Alliance, Basic Life Support (BLS) from American Health Training and Certified Exercise Instructor from the Somatic Movement Center.



Ms. Galliano, Dianne

- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa - New York
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary 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 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. Villalba, Vanessa

- Instructor at Gimnasios Villalba
- Vinyasa Yoga and *Power Yoga* Instructor at the European Institute of Yoga (IEY), Seville
- Aerial Yoga Instructor, Seville
- Integral Yoga Instructor at IEY Sevilla
- *Body Intelligence TM Yoga Level* at IEY Huelva
- Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- Yoga Nidra, Therapeutic Yoga and *Shamanic Yoga* Instructor
- Basic Pilates Instructor at FEDA
- Floor Pilates Instructor with Equipment
- Advanced Technician in Fitness and Personal Training at FEDA
- *Spinning Start I* Instructor at Federación Española de Spinning
- *Power Dumbell* Instructor at Aerobic and Fitness Association
- Chiromassage Therapist at Quirotema at Escuela Superior de Quiromasaje y Terapias
- Lymphatic Drainage Training at PRAXIS in Seville



04

Structure and Content

The contents of this program have been developed by leading experts in the application of Yoga as a clinical therapy method. In this way, the nurse will acquire an up-to-date knowledge about the new dynamics in which this activity is developed and the most modern methods on the integration of the Asanas during a therapy routine. In addition, they will learn in depth about the benefits that each posture brings to the body and the biomechanics that the body performs when practicing them.





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This academic itinerary will provide you with an up-to-date knowledge of Yoga and will allow you to strengthen the Asana techniques that exist today in order to apply them with greater dexterity in therapies"

Module 1. Application of Asana Techniques and their Integration

- 1.1. Asana
 - 1.1.1. Definition of asana
 - 1.1.2. Asana in Yoga sutras
 - 1.1.3. Deeper purpose of asanas
 - 1.1.4. Asanas and alignment
- 1.2. Principle of minimum action
 - 1.2.1. *Sthira Sukham Asanam*
 - 1.2.2. How to apply this concept in practice?
 - 1.2.3. Theory of the gunas
 - 1.2.4. Influence of the gunas in practice
- 1.3. Standing asanas
 - 1.3.1. The importance of standing asanas
 - 1.3.2. How to practice them
 - 1.3.3. Benefits
 - 1.3.4. Contraindications and considerations
- 1.4. Sitting and supine asanas
 - 1.4.1. Importance of sitting asanas
 - 1.4.2. Sitting asanas for meditation
 - 1.4.3. Supine asanas: Definition
 - 1.4.4. Benefits of supine postures
- 1.5. Stretching asanas
 - 1.5.1. Why is stretching important?
 - 1.5.2. How to practice them safely
 - 1.5.3. Benefits
 - 1.5.4. Contraindications
- 1.6. Flexion asanas
 - 1.6.1. Importance of spinal flexion
 - 1.6.2. Implementation
 - 1.6.3. Benefits
 - 1.6.4. Most frequent errors and how to avoid them

- 1.7. Twisting asanas: Twists
 - 1.7.1. Mechanics of twisting
 - 1.7.2. How to perform them correctly
 - 1.7.3. Physiological benefits
 - 1.7.4. Contraindications
- 1.8. Asanas in lateral bending
 - 1.8.1. Importance
 - 1.8.2. Benefits
 - 1.8.3. Most common mistakes
 - 1.8.4. Contraindications
- 1.9. Importance of counterposes
 - 1.9.1. What are they?
 - 1.9.2. When to perform them
 - 1.9.3. Benefits during practice
 - 1.9.4. Most commonly used counterpostures
- 1.10. *Bandhas*
 - 1.10.1. Definition
 - 1.10.2. Main *bandhas*
 - 1.10.3. When to use them
 - 1.10.4. *Bandhas* and therapeutic yoga

Module 2. Analysis of the Main Standing Asanas

- 2.1. Tadasana
- 2.2. Sun Salutation
- 2.3. Standing Asanas
- 2.4. Spinal Flexion Standing Asanas
- 2.5. Lateral Flexion Asanas
- 2.6. Balance Asanas
- 2.7. Prone Position Extensions
- 2.8. Extensions
- 2.9. Twists
- 2.10. Hips

Module 3. Breakdown of the Main Floor Asanas and Supported Adaptations

- 3.1. Main Floor Asanas
- 3.2. Supine Push-ups
- 3.3. Twists and Lateral Bends
- 3.4. Closing Asanas
- 3.5. Inverted
- 3.6. Blocks
- 3.7. Belt
- 3.8. Asanas in Chair
- 3.9. Yoga in Chair
- 3.10. Restorative Asanas

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You will find the most innovative contents in this program. Look no further and keep up to date with the latest developments in the field of Therapeutic Yoga”

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





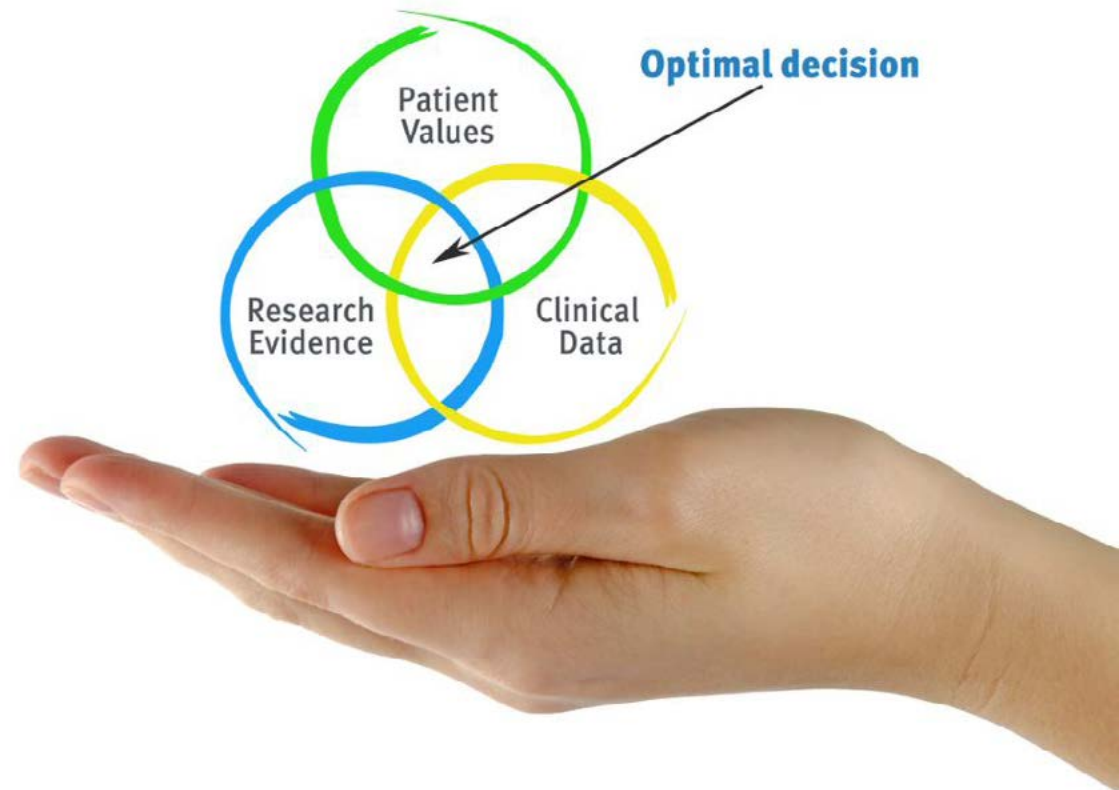
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH 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 Diploma in Asanas, Alignments and Variations for Use in Therapeutic Yoga for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This **Postgraduate Diploma in Asanas, Alignments and Variants for use in Therapeutic Yoga for Nursing** contains the most complete and up-to-date program on the market.

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

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

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

Official N° of Hours: **450 h.**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present online training

development language

virtual classroom

tech technological
university

Postgraduate Diploma

Asanas, Alignments
and Variations for
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- » Modality: online
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