

Professional Master's Degree

Therapeutic Yoga for Nursing





Professional Master's Degree Therapeutic Yoga for Nursing

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

Website: www.techtute.com/us/nursing/professional-master-degree/master-therapeutic-yoga-nursing

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01

Introduction

Some 1 billion people worldwide suffer from hypertension, a leading cause of stroke and heart attack. This is just one of the diseases that the Nursing professional can address through Therapeutic Yoga in adult patients. Scientific studies support its benefits for this and other pathologies, as well as the inclusion of its daily practice in people with chronic ailments. In this context, the nurse in continuous education now has a 100% online program that provides the latest information on the application of asana techniques and their integration in people with obesity, respiratory or neurological problems. All this, through innovative teaching resources that can be accessed 24 hours a day.





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This university program will provide you with the latest information about Therapeutic Yoga and its application in children, pregnant women or elderly people”

People suffering from anxiety, muscular pain due to fibromyalgia, osteoarthritis or with genitourinary problems have found in the practice of Therapeutic Yoga a series of exercises that favor the recovery or reduction of their ailments. In addition, recent scientific research in this field supports its multiple benefits for both physical and psychological health.

Beyond the initial boom in the practice of Yoga, the exercises used in each of the sessions have shown positive results, which has led to the consolidation of this activity worldwide. Health professionals in favor of the well-being of their patients must be aware of everything that can contribute to the overall improvement of their health. For this reason TECH offers this program designed to provide the latest knowledge in this area and taught exclusively online.

Through multimedia content developed by specialists with extensive professional experience in Therapeutic Yoga, students can delve into a much more agile and dynamic biomechanics, the latest developments in the application of asanas or clinical approach in patients with spina bifida, paraplegia or obesity. Likewise, the case studies provided by the teaching staff will allow you to integrate them into your daily practice.

This Professional Master's Degree also includes the participation of an internationally renowned teacher in the field of Therapeutic Yoga. Through a series of exclusive *Masterclasses*, the nurse will be able to access the main latest innovations and developments in topics such as the neurophysiological bases of meditative techniques, the application of asana techniques and their integration, and the most common pathologies treated in Therapeutic Yoga. All this, under the perspective and experience of one of the most representative figures in this field.

Moreover, this is a program designed for professionals who wish to pursue a quality university education compatible with the most demanding responsibilities. Students taking this program will only need an electronic device to access the syllabus hosted on the Virtual Campus. Without on-site attendance or classes with fixed schedules, the nurse will be able to distribute the teaching load according to their needs. An ideal academic option to update knowledge with a Professional Master's Degree that is at the forefront of the academic panorama.

This **Professional Master's Degree in Therapeutic Yoga 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 content 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



An academic itinerary that will bring you up to date on the chakras-asana-pranayama Bandha synchrony and its benefits in patients with respiratory problems"

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You have the opportunity to keep up to date with the developments in breathing control techniques with a quality university proposal”

The program's teaching staff includes professionals from the sector who contribute their work experience to this program, in addition to 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.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

Update your knowledge of biomechanics and core stability assessment methods.

You are presented with a 100% online program to which you will have 24-hour access to the most up-to-date content on Therapeutic Yoga and its application in chronic patients.



02 Objectives

With the Professional Master's Degree in Therapeutic Yoga, the Nursing professional will keep up to date with the latest developments in this physical activity and the important benefits it generates in patients with chronic pathologies. Therefore, at the end of this program, they will have acquired up-to-date knowledge on asana techniques, the adaptation of sessions according to the characteristics and ailments of the person or the different areas of Yoga prescription.





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Delve into the latest trends for the planning and scheduling of Therapeutic Yoga sessions for patients with obesity”



General Objectives

- ◆ Incorporate the knowledge and skills 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 meditation and relaxation techniques



This program will show you how to optimize clinical resources in the treatment of pathologies through the application of Therapeutic Yoga”





Specific Objectives

Module 1. Structure of the Locomotor System

- ◆ Delve into the anatomy and physiology of the skeletal, muscular and articular systems of the human body
- ◆ Identify the different structures and functions of the locomotor system and how they interrelate with one another
- ◆ Explore the different postures and movements of the human body, and understand how they affect the structure of the locomotor system
- ◆ Delve into common injuries of the musculoskeletal system and how to prevent them

Module 2. Spine and Limbs

- ◆ Describe the muscular, nervous and skeletal system
- ◆ Delve into the anatomy and functions of the spine
- ◆ Delve into hip physiology
- ◆ Describe the morphology of the upper and lower limbs
- ◆ Delve into the Diaphragm and core

Module 3. 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 4. 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 5. Breakdown of the Main Floor Asanas and Adaptations with Supports

- ♦ 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

Module 6. Most Common Pathologies

- ♦ Identify the most common spinal pathologies and how to adapt the practice of yoga to avoid injury
- ♦ Delve into degenerative diseases and how yoga practice can help in their management and symptom reduction
- ♦ Delve into lumbago and sciatica and how to apply therapeutic yoga to relieve pain and improve mobility
- ♦ Identify scoliosis and how to adapt yoga practice to improve posture and reduce discomfort
- ♦ Recognize knee malalignments and injuries and how to adapt the yoga practice to prevent them and improve recovery
- ♦ Identify shoulder injuries and how to adapt yoga practice to reduce pain and improve mobility
- ♦ Delve into wrist and shoulder pathologies and how to adapt yoga practice to prevent injury and reduce discomfort
- ♦ Delve into postural basics and how to apply biomechanics to improve posture and prevent injury
- ♦ Identify autoimmune diseases and how yoga practice can help in their management and symptom reduction

Module 7. Fascial System

- ♦ Delve into the history and concept of fascia, and its importance in yoga practice
- ♦ Delve into the different types of fascial mechanoreceptors and how to apply them in different styles of yoga
- ♦ Point out the need to apply the term fascia in yoga classes for a more effective and conscious practice
- ♦ Explore the origin and development of the term tensegrity, and its application in yoga practice
- ♦ Identify the different myofascial pathways and the specific postures for each of the chains
- ♦ Apply the biomechanics of fascia in yoga practice to improve mobility, strength and flexibility
- ♦ Identify the main postural imbalances and how to correct them through yoga practice and fascia biomechanics

Module 8. Yoga in the Different Evolutionary Moments

- ♦ 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

Module 9. Respiratory Techniques

- ♦ Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- ♦ Delve into the different types of breathing and how they affect the respiratory system and the body as a whole
- ♦ Identify the different components of breathing, such as inhalation, exhalation, and retentions, and how each affects the body's physiology
- ♦ Delve into the concepts of the energy channels, or nadis, and how they relate to the physiology of breathing and the practice of pranayama
- ♦ Describe the different types of pranayama and how they affect the physiology of the body and mind
- ♦ Identify the basic concepts of mudras and how they relate to the physiology of breathing and the practice of pranayama
- ♦ Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and well-being

Module 10. Meditation and Relaxation Techniques

- ♦ Describe the neurophysiological basis of meditation and relaxation techniques in yoga practice
- ♦ Delve into the definition of mantra, its application and benefits in the practice of meditation
- ♦ Identify the inner aspects of yoga philosophy, including Pratyahara, Dharana, Dhyana, and Samadhi, and how they relate to meditation
- ♦ Inquire about the different types of brain waves and how they occur in the brain during meditation
- ♦ Identify the different types of meditation and guided meditation techniques and how they are applied in yoga practice
- ♦ Delve into the concept of Mindfulness, its methods and differences with meditation
- ♦ Delve into Savasana, how to guide a relaxation, the different types and adaptations
- ♦ Identify the first steps in Yoga Nidra and its application in yoga practice

03 Skills

The professional who enters this academic program will be able to enhance their competencies and technical skills in asanas, the dynamization of individual and group sessions, as well as the ability to make the necessary adaptations to address patients with disabilities. The students will also have an expert team in this field that will guide them during the 1,500 teaching hours of this program, so that they can successfully achieve these goals.





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This qualification will enable you to expand your skills in asana techniques and their integration with patients with fibromyalgia or spina bifida"



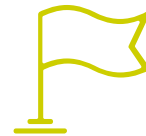
General Skills

- Apply Therapeutic Yoga from a clinical point of view to the care of patients
- Create specific programs for each patient according to their ailments and characteristics
- Encourage communication skills with patients
- Address the most common pathologies of the spine, joints and muscular system
- Perform relaxation techniques
- Apply the fundamentals of Therapeutic Yoga

“

An ideal academic option for professionals who wish to combine their work responsibilities with a quality university program”





Specific Skills

- ◆ Improve patients' psychomotor coordination.
- ◆ Apply the benefits of Therapeutic Yoga to treatments
- ◆ Inform healthy patients about the most appropriate postural techniques to avoid diseases
- ◆ Apply yoga techniques according to the age of the patients
- ◆ Apply Therapeutic Yoga as a complementary tool to certain treatments
- ◆ Encourage the adequate practice of yoga techniques to prevent possible injuries

04

Course Management

Specialists of the highest level in the world of Yoga will be responsible for transferring to the Nursing professional the most updated content in Therapeutic Yoga. To this end, they have incorporated their extensive knowledge in this field into a syllabus, which can be accessed by students at any time. In addition, this teaching team has been selected by TECH for its human quality, which will allow students to resolve any doubts that may arise about the content of this program during the course of this program.





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In this Professional Master's Degree, you will be accompanied by a teaching team specialized in Therapeutic Yoga applied to recovery and rehabilitation”

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.

In this way, 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).
- ♦ Trainer in Yoga Therapy
- ♦ Degree in Biological Sciences from the Autonomous University of Madrid.
- ♦ Course in Teacher of:
- ♦ Ashtanga Yoga Progressive
- ♦ FisiomYoga
- ♦ Myofascial Yoga
- ♦ Yoga and Cancer
- ♦ Course in Floor Pilates Instructor
- ♦ Course in Phytotherapy and Nutrition
- ♦ Meditation Teacher Course

Professors

Ms. Salvador Crespo, Inmaculada

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

Ms. Bermejo Busto, Aránzazu

- ♦ Translator of the Yoga for Children with Autism and Special Needs Module with Louise Goldberg
- ♦ Online Yogaespecial Yoga Teacher Trainer
- ♦ Collaborator and Yoga trainer for the Spanish Yogaespecial Association, Modern Teachings Company, Om Shree Om School, SatNam Center, the Cercedilla Sports Center, among others

- ♦ Yoga and Meditation Teacher and Coordinator of Wellness courses
- ♦ Yoga classes in individual sessions to children with disabilities and special needs through the Respirávila Association
- ♦ Organizer and creator of yogic trips to India
- ♦ Former director of the Yamunadeva Center
- ♦ Gestalt and Systemic Therapist at the Yamunadeva Center
- ♦ Master's Degree in Conscious Breathing at the IRC
- ♦ Nada Yoga Course with the Nada Yoga Brazil School, in collaboration with Nada Yoga School of Rishikesh
- ♦ Course of the Playtherapy Method, of therapeutic accompaniment with Playmobil
- ♦ Online Yoga course with Louise Goldberg from the Yoga Center of Deerfield Beach, Florida

Mr. Ferrer, Ricardo

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

Ms. Villalba, Vanessa

- ♦ Instructor at Gimnasios Villalba
- ♦ Vinyasa Yoga and Power Yoga Instructor at the European Institute of Yoga (IEY), Sevilla
- ♦ Aerial Yoga Instructor, Sevilla
- ♦ Integral Yoga Instructor at IEY Sevilla
- ♦ Body Intelligence TM Yoga Level at IEY Huelva
- ♦ Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- ♦ Yoga Nidra, Yoga Therapeutic and Shamanic Yoga Instructor
- ♦ Basic Pilates Instructor by FEDA
- ♦ Floor Pilates Instructor with implements
- ♦ Advanced Technician in Fitness and Personal Training by FEDA
- ♦ Spinning Start I Instructor by the Spanish Federation of Spinning
- ♦ Power Dumbbell Instructor for Aerobic and Fitness Association
- ♦ Chiromassagie in Quirotema by the Superior School of Quiromassage and Therapies
- ♦ Training in Lymphatic Drainage by PRAXIS, Sevilla



A unique, key, and decisive educational experience to boost your professional development”

05

Structure and Content

The syllabus of this Professional Master's Degree will lead the Nursing professional to acquire an up-to-date knowledge of Therapeutic Yoga and the different existing techniques in just 12 months. In this way, through video summaries, detailed videos or clinical cases, students will delve into the neurophysiological bases of meditation and relaxation, the application of Yoga techniques for patients with migraine, hypertension or digestive problems. All this, in addition, with the Relearning system, which will allow you to advance through the program in a much more natural way and even reduce the long hours of study.



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TECH provides you with all the necessary educational tools so that you can update your knowledge in Therapeutic Yoga in an agile and attractive way”

Module 1. Structure of the Locomotor System

- 1.1. Anatomical Position, Axes and Planes
 - 1.1.1. Basic anatomy and physiology of the human body
 - 1.1.2. Anatomic position
 - 1.1.3. Body axes
 - 1.1.4. Anatomical planes
- 1.2. Bone
 - 1.2.1. Bone anatomy of the human body
 - 1.2.2. Bone structure and function
 - 1.2.3. Different types of bones and their relationship to posture and movement
 - 1.2.4. The relationship between the skeletal system and the muscular system
- 1.3. Joints
 - 1.3.1. Anatomy and physiology of the joints of the human body
 - 1.3.2. Different Types of Joints
 - 1.3.3. The role of joints in posture and movement
 - 1.3.4. The most common joint injuries and how to prevent them
- 1.4. Cartilage
 - 1.4.1. Anatomy and physiology of the cartilage of the human body
 - 1.4.2. Different types of cartilage and their function in the body
 - 1.4.3. The role of cartilage in joints and mobility
 - 1.4.4. The most common cartilage injuries and their prevention
- 1.5. Tendons and Ligaments
 - 1.5.1. Anatomy and physiology of tendons and ligaments of the human body
 - 1.5.2. Different types of tendons and ligaments and their function in the body
 - 1.5.3. The role of tendons and ligaments in posture and movement
 - 1.5.4. Most common tendon and ligament injuries and how to prevent them
- 1.6. Musculoskeletal
 - 1.6.1. Anatomy and physiology of the musculoskeletal system of the human body
 - 1.6.2. The relationship between muscles and bones in posture and movement
 - 1.6.3. The role of fascia in the musculoskeletal system and its relationship to the practice of therapeutic yoga
 - 1.6.4. The most common muscle injuries and how to prevent them



- 1.7. Development of the Musculoskeletal System
 - 1.7.1. Embryonic and fetal development of the musculoskeletal system
 - 1.7.2. Growth and development of the musculoskeletal system in childhood and adolescence
 - 1.7.3. Musculoskeletal changes associated with aging
 - 1.7.4. Development and adaptation of the musculoskeletal system to physical activity and training
- 1.8. Components of the Musculoskeletal System
 - 1.8.1. Anatomy and physiology of skeletal muscles and their relationship to the practice of therapeutic yoga
 - 1.8.2. The role of bones in the musculoskeletal system and their relationship to posture and movement
 - 1.8.3. The function of the joints in the musculoskeletal system and how to take care of them during the practice of therapeutic yoga
 - 1.8.4. The role of fascia and other connective tissues in the musculoskeletal system and their relationship to the practice of therapeutic yoga
- 1.9. Nervous Control of Skeletal Muscles
 - 1.9.1. Anatomy and physiology of the nervous system and its relationship to the practice of therapeutic yoga
 - 1.9.2. The role of the nervous system in muscle contraction and movement control
 - 1.9.3. The relationship between the nervous system and the musculoskeletal system in posture and movement during the practice of therapeutic yoga
 - 1.9.4. The importance of neuromuscular control for injury prevention and performance enhancement during the practice of therapeutic yoga
- 1.10. Muscle Contraction
 - 1.10.1. Anatomy and physiology of muscle contraction and its relationship to the practice of therapeutic yoga
 - 1.10.2. The different types of muscle contraction and their application during the practice of therapeutic yoga
 - 1.10.3. The role of neuromuscular activation in muscle contraction and its relationship to the practice of therapeutic yoga
 - 1.10.4. The importance of stretching and muscle strengthening in injury prevention and performance enhancement during the practice of therapeutic yoga

Module 2. Spine and Limbs

- 2.1. The Muscular System
 - 2.1.1. Muscle: Functional unit
 - 2.1.2. Types of muscles
 - 2.1.3. Tonic and phasic muscles
 - 2.1.4. Isometric and isotonic contraction and its relevance in the styles of Yoga
- 2.2. Nervous system
 - 2.2.1. Neurons: Functional unit
 - 2.2.2. Central Nervous System: Brain and Spinal Cord
 - 2.2.3. Somatic peripheral nervous system: Nerves
 - 2.2.4. Autonomic peripheral nervous system: Sympathetic and Parasympathetic
- 2.3. Skeletal System
 - 2.3.1. Osteocyte: Functional unit
 - 2.3.2. Axial and appendicular skeleton
 - 2.3.3. Tendons
 - 2.3.4. Ligaments
- 2.4. Spine
 - 2.4.1. Evolution of the spine and functions
 - 2.4.2. Structure
 - 2.4.3. Vertebra type
 - 2.4.4. Spine movements
- 2.5. Cervical and Dorsal Region
 - 2.5.1. Cervical vertebrae: typical and atypical
 - 2.5.2. Dorsal vertebrae
 - 2.5.3. Major muscles of the cervical region
 - 2.5.4. Major muscles of the dorsal region
- 2.6. Lumbar Region
 - 2.6.1. Lumbar vertebrae
 - 2.6.2. Sacrum
 - 2.6.3. Coccyx
 - 2.6.4. Major muscles

- 2.7. Pelvis
 - 2.7.1. Anatomy: Difference between male and female pelvis
 - 2.7.2. Two key concepts: Anteversion and retroversion
 - 2.7.3. Major muscles
 - 2.7.4. Pelvic floor
- 2.8. Upper Limbs
 - 2.8.1. Shoulder joint
 - 2.8.2. Rotator cuff muscles
 - 2.8.3. Arm, elbow and forearm
 - 2.8.4. Major muscles
- 2.9. Lower Limbs
 - 2.9.1. Coxofemoral joint
 - 2.9.2. Knee: Tibiofemoral and patellofemoral joint
 - 2.9.3. Knee ligaments and meniscus
 - 2.9.4. Major muscles of the leg
- 2.10. Diaphragm and core
 - 2.10.1. Anatomy of the diaphragm
 - 2.10.2. Diaphragm and breathing
 - 2.10.3. Core muscles
 - 2.10.4. Core and its importance in Yoga

Module 3. Application of Asana Techniques and their Integration

- 3.1. Asana
 - 3.1.1. Definition of asana
 - 3.1.2. Asana in Yoga sutras
 - 3.1.3. Deeper purpose of asanas
 - 3.1.4. Asanas and alignment
- 3.2. Principle of minimum action
 - 3.2.1. Sthira Sukham Asanam
 - 3.2.2. How to apply this concept in practice?
 - 3.2.3. Theory of the gunas
 - 3.2.4. Influence of the gunas in practice

- 3.3. Standing asanas
 - 3.3.1. The importance of standing asanas
 - 3.3.2. How to practice them
 - 3.3.3. Benefits
 - 3.3.4. Contraindications and considerations
- 3.4. Sitting and supine asanas
 - 3.4.1. Importance of sitting asanas
 - 3.4.2. Sitting asanas for meditation
 - 3.4.3. Supine asanas: Definition
 - 3.4.4. Benefits of supine postures
- 3.5. Stretching asanas
 - 3.5.1. Why is stretching important?
 - 3.5.2. How to practice them safely
 - 3.5.3. Benefits
 - 3.5.4. Contraindications
- 3.6. Flexion asanas
 - 3.6.1. Importance of spinal flexion
 - 3.6.2. Implementation
 - 3.6.3. Benefits
 - 3.6.4. Most frequent errors and how to avoid them
- 3.7. Twisting asanas: Twists
 - 3.7.1. Mechanics of twisting
 - 3.7.2. How to perform them correctly
 - 3.7.3. Physiological benefits
 - 3.7.4. Contraindications
- 3.8. Asanas in lateral bending
 - 3.8.1. Importance
 - 3.8.2. Benefits
 - 3.8.3. Most common mistakes
 - 3.8.4. Contraindications



- 3.9. Importance of counterposes
 - 3.9.1. What are they?
 - 3.9.2. When to perform them
 - 3.9.3. Benefits during practice
 - 3.9.4. Most commonly used counterpostures
- 3.10. Bandhas
 - 3.10.1. Definition
 - 3.10.2. Main bandhas
 - 3.10.3. When to use them
 - 3.10.4. Bandhas and therapeutic yoga

Module 4. Analysis of the Main Standing Asanas

- 4.1. Tadasana
- 4.2. Sun Salutation
- 4.3. Standing Asanas
- 4.4. Spinal Flexion Standing Asanas
- 4.5. Lateral Flexion Asanas
- 4.6. Balance Asanas
- 4.7. Prone Position Extensions
- 4.8. Extensions
- 4.9. Twists
- 4.10. Hips

Module 5. Breakdown of the Main Floor Asanas and Supported Adaptations

- 5.1. Main Floor Asanas
- 5.2. Supine Push-ups
- 5.3. Twists and Lateral Bends
- 5.4. Closing Asanas
- 5.5. Inverted
- 5.6. Blocks
- 5.7. Belt
- 5.8. Asanas in Chair
- 5.9. Yoga in Chair
- 5.10. Restorative Asanas

Module 6. Most Common Pathologies

- 6.1. Spine Pathologies
 - 6.1.1. Protusions
 - 6.1.2. Hernias
 - 6.1.3. Hyperlordosis
 - 6.1.4. Rectifications
- 6.2. Degenerative Diseases
 - 6.2.1. Arthrosis
 - 6.2.2. Muscular dystrophy
 - 6.2.3. Osteoporosis
 - 6.2.4. Spondylosis
- 6.3. Lumbago and Sciatica
 - 6.3.1. Low back pain
 - 6.3.2. Sciatica
 - 6.3.3. Pyramidal syndrome
 - 6.3.4. Trochanteritis
- 6.4. Scoliosis
 - 6.4.1. Understanding scoliosis
 - 6.4.2. Types
 - 6.4.3. What to do
 - 6.4.4. Things to avoid
- 6.5. Knee malalignment
 - 6.5.1. Genu Valgum
 - 6.5.2. Genu Varum
 - 6.5.3. Genu Flexum
 - 6.5.4. Genu Recurvatum
- 6.6. Shoulder and Elbow
 - 6.6.1. Bursitis
 - 6.6.2. Subacromial syndrome
 - 6.6.3. Epicondylitis
 - 6.6.4. Golfer's elbow

- 6.7. Knees
 - 6.7.1. Patellofemoral pain
 - 6.7.2. Chondropathy
 - 6.7.3. Meniscus tears
 - 6.7.4. Goosefoot tendinitis
- 6.8. Wrists and Ankles
 - 6.8.1. Carpal Tunnel
 - 6.8.2. Sprains
 - 6.8.3. Bunions
 - 6.8.4. Flat foot and cavus foot
- 6.9. Postural bases
 - 6.9.1. Different planes
 - 6.9.2. Plumb technique
 - 6.9.3. Upper crossed syndrome
 - 6.9.4. Lower crossed syndrome
- 6.10. Autoimmune Diseases
 - 6.10.1. Definition
 - 6.10.2. Lupus
 - 6.10.3. Crohn's Disease
 - 6.10.4. Arthritis

Module 7. Fascial System

- 7.1. Fascia
 - 7.1.1. History
 - 7.1.2. Fascia vs. Aponeurosis
 - 7.1.3. Types
 - 7.1.4. Functions
- 7.2. Types of mechanoreceptors and their importance in the different styles of Yoga
 - 7.2.1. Importance
 - 7.2.2. Golgi
 - 7.2.3. Paccini
 - 7.2.4. Ruffini

- 7.3. Myofascial Chains
 - 7.3.1. Definition
 - 7.3.2. Importance in Yoga
 - 7.3.3. Concept of tensegrity
 - 7.3.4. The 3 diaphragms
- 7.4. SBL: Superficial Back Line
 - 7.4.1. Definition
 - 7.4.2. Anatomical pathways
 - 7.4.3. Passive postures
 - 7.4.4. Active postures
- 7.5. SFL: Superficial Front Line
 - 7.5.1. Definition
 - 7.5.2. Anatomical pathways
 - 7.5.3. Passive postures
 - 7.5.4. Active postures
- 7.6. LL: Lateral Line
 - 7.6.1. Definition
 - 7.6.2. Anatomical pathways
 - 7.6.3. Passive postures
 - 7.6.4. Active postures
- 7.7. SL: Spiral Line
 - 7.7.1. Definition
 - 7.7.2. Anatomical pathways
 - 7.7.3. Passive postures
 - 7.7.4. Active postures
- 7.8. Functional Lines
 - 7.8.1. Definition
 - 7.8.2. Anatomical pathways
 - 7.8.3. Passive postures
 - 7.8.4. Active postures

- 7.9. Arm Lines
 - 7.9.1. Definition
 - 7.9.2. Anatomical pathways
 - 7.9.3. Passive postures
 - 7.9.4. Active postures
- 7.10. Main Imbalances
 - 7.10.1. Ideal pattern
 - 7.10.2. Flexion and stretching group
 - 7.10.3. Opening and closing group
 - 7.10.4. Inspiratory and expiratory pattern

Module 8. Yoga in the Different Evolutionary Moments

- 8.1. Childhood
 - 8.1.1. Why is it important?
 - 8.1.2. Benefits
 - 8.1.3. What is a class like?
 - 8.1.4. Example of adapted sun salutation
- 8.2. Women and Menstrual Cycle
 - 8.2.1. Menstrual phase
 - 8.2.2. Follicular phase
 - 8.2.3. Ovulatory phase
 - 8.2.4. Luteal phase
- 8.3. Yoga and Menstrual Cycle
 - 8.3.1. Follicular phase sequence
 - 8.3.2. Ovulatory phase sequence
 - 8.3.3. Luteal phase sequence
 - 8.3.4. Sequence during menstruation
- 8.4. Menopause
 - 8.4.1. General considerations
 - 8.4.2. Physical and hormonal changes
 - 8.4.3. Benefits of the practice
 - 8.4.4. Recommended asanas

- 8.5. Pregnancy
 - 8.5.1. Why practice it
 - 8.5.2. First quarter asanas
 - 8.5.3. Second quarter asanas
 - 8.5.4. Third quarter asanaa
- 8.6. Postpartum
 - 8.6.1. Physical benefits
 - 8.6.2. Mental benefits
 - 8.6.3. General recommendations
 - 8.6.4. Practice with the baby
- 8.7. Old Age
 - 8.7.1. Main pathologies that we will encounter
 - 8.7.2. Benefits
 - 8.7.3. General considerations
 - 8.7.4. Contraindications
- 8.8. Physical Disability
 - 8.8.1. Brain damage
 - 8.8.2. Spinal cord damage
 - 8.8.3. Muscle damage
 - 8.8.4. How to design a class
- 8.9. Sensory Disability
 - 8.9.1. Hearing
 - 8.9.2. Visual
 - 8.9.3. Sensory
 - 8.9.4. How to design a sequence
- 8.10. General considerations of the most frequent disabilities that we will encounter
 - 8.10.1. Down syndrome
 - 8.10.2. Autism
 - 8.10.3. Cerebral palsy
 - 8.10.4. Intellectual development disorder





Module 9. Respiratory Techniques

- 9.1. Pranayama
- 9.2. Types of breathing
- 9.3. Purification of the pranic energy conduits or nadis
- 9.4. Inhalation: Puraka
- 9.5. Exhalation: Rechaka
- 9.6. Retentions: Kumbakha
- 9.7. Purifying Pranayamas:
- 9.8. Stimulating and Refreshing Pranayamas
- 9.9. Regenerative Pranayamas
- 9.10. Mudras

Module 10. Meditation and Relaxation Techniques

- 10.1. Mantras
- 10.2. Internal aspects of Yoga
- 10.3. Meditation
- 10.4. Brain Waves
- 10.5. Types of meditation
- 10.6. Meditation techniques 1
- 10.7. Meditation techniques 2
- 10.8. Mindfulness
- 10.9. Relaxation/ Savasana
- 10.10. Yoga Nidra



Delve into the Western and Eastern Relaxation techniques currently used in Therapeutic Yoga”

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 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.

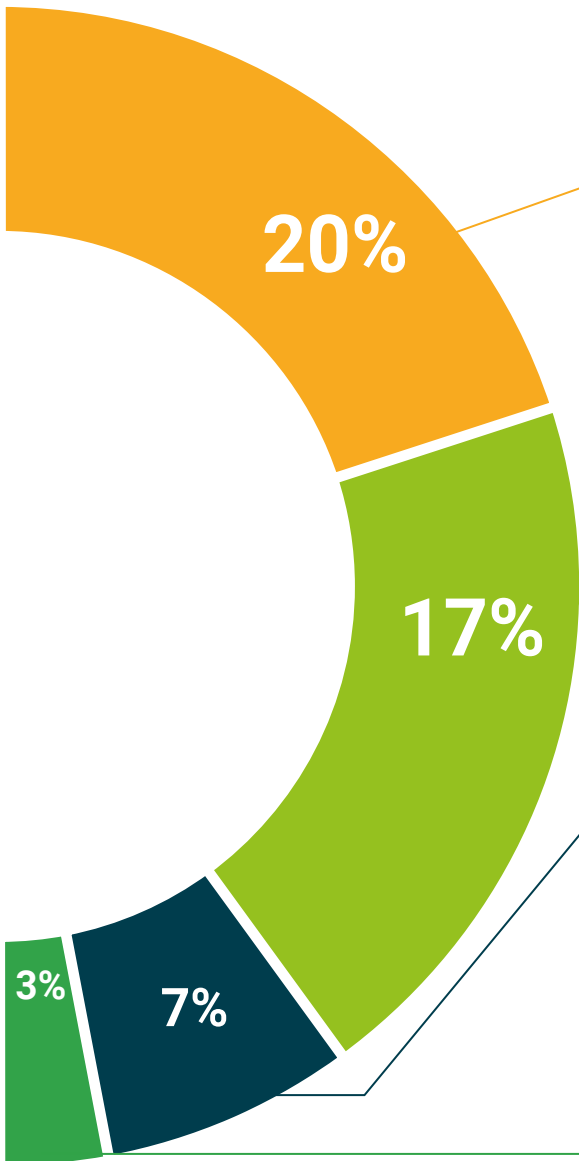
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.



07

Certificate

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



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

This private qualification will allow you to obtain a **Professional Master's Degree diploma in Therapeutic Yoga for Nursing** 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** private qualification, 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 for Nursing**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**



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



Professional Master's Degree

Therapeutic Yoga for Nursing

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

Professional Master's Degree Therapeutic Yoga for Nursing

