

# Postgraduate Certificate

Application of Asana  
Techniques and their  
Integration



## Postgraduate Certificate

### Application of Asana Techniques and their Integration

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/physiotherapy/postgraduate-certificate/application-asana-techniques-integration](http://www.techtitute.com/us/physiotherapy/postgraduate-certificate/application-asana-techniques-integration)

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# 01

# Introduction

Relieving stress, muscle tension, improving strength and promoting digestion are just some of the benefits that Yoga brings to people's physical and mental health. These benefits are highly relevant in the clinical setting, as they can be applied specifically to different ailments and pathologies. Therefore, it is crucial that physiotherapists acquire knowledge in Asana Techniques and their Integration to adopt a multidisciplinary approach that promotes the health and well-being of their patients. In this way, TECH has developed a 100% online program, designed to bring the knowledge of graduates up to date and improve their competencies in this field. All this through an exhaustive syllabus to which you will have access 24 hours a day.





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*A 100% online program that will keep you up to date and with which you will obtain the necessary skills to make a difference in the well-being of your patients”*

Several studies support the effectiveness of Yoga and the use of the various postures used in this discipline in its application in Physiotherapy. In general terms, it has been proven that the regular practice of this discipline and the application of postures can improve the physical and mental health of patients, which contributes to improve the treatment of various diseases and ailments, including those related to the cardiovascular, respiratory, musculoskeletal and neurological systems.

These new approaches show professionals the importance of keeping up to date in order to be able to apply new and effective therapeutic treatment techniques as a complement to treatments. For this reason TECH has developed this Postgraduate Certificate in Application of Asana Techniques and their Integration, with the aim that physiotherapists are aware of the specific techniques of postures and their implementation in daily clinical practice.

This academic option is perfectly adapted to the real needs of physiotherapists who seek to keep up to date through a flexible and convenient program. In that sense, students only need a device with an Internet connection to access the syllabus at any time of the day and from anywhere. This is an ideal academic program to reconcile the most demanding daily activities with an innovative approach.

In addition, the inclusion of an internationally renowned expert in the field in the university syllabus is an outstanding advantage for specialists who wish to delve into the application of Asana Techniques and their Integration. Students will benefit from her extensive experience and advanced knowledge in an exclusive TECH masterclass.

This **Postgraduate Certificate in Application of Asana Techniques and Their Integration** 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



*You will be able to optimize digestion through the use of flexion postures and their application in patients with gastrointestinal conditions”*



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*You will have access to an exclusive syllabus created by renowned professionals in different audiovisual supports and, in addition, you can download it!”*

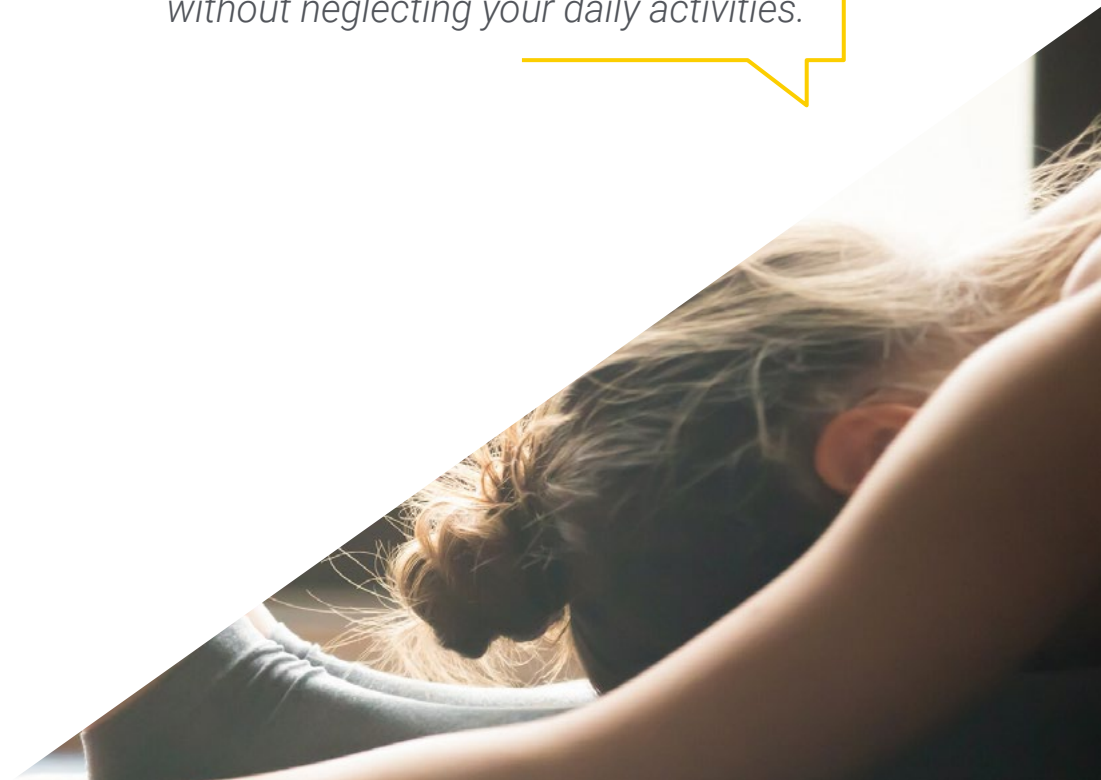
The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 students 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.

*You have before you the unique opportunity to become an updated physiotherapist that takes the Application of Asana Techniques and their Integration to the next level.*

*TECH offers you a flexible option for you to keep up to date professionally without neglecting your daily activities.*



# 02 Objectives

The objective of this program is to provide an update on the therapeutic techniques of yoga to physiotherapists so that they can apply the asana techniques and their integration in clinical practice. Therefore, at the end of this course, students will have an in-depth understanding of the proper application of asanas. All of this is available in a 100% online didactic material, which allows for constant updating without having to adapt to fixed schedules.







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*Explore in depth through a didactic material of excellence, the benefits of the Asanas in Lateral Inclination in patients with spinal anomalies”*



## General Objectives

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- ◆ Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view
- ◆ Create a Yoga program designed and based on scientific evidence
- ◆ 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





## Specific Objectives

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- ◆ 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



*You will master the most effective meditation and relaxation techniques to provide the patient with greater psychophysical stability with the tools offered by this program”*

# 03

# Course Management

In its commitment to elite education and for the development of the curriculum of this program TECH has carefully selected the teachers in charge of designing it. In this way, they have created an exhaustive syllabus based on their years of professional experience and have condensed it into this Postgraduate Certificate of only 6 weeks duration. In addition, they have prepared different didactic resources in different audiovisual supports to facilitate learning, maximizing the graduate's study time.







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*TECH gives you the opportunity to have the presence of an internationally renowned specialist in Yoga and Asana Application”*



## 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

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- 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. 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 Dumbbell 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

This program includes an advanced syllabus that covers the main asana techniques and their integration, as well as their benefits and limitations. All this, in only 6 weeks and with didactic materials presented in different audiovisual supports for a better assimilation by the student. In addition, graduates will be able to freely access the library of downloadable teaching resources at any time and from anywhere.





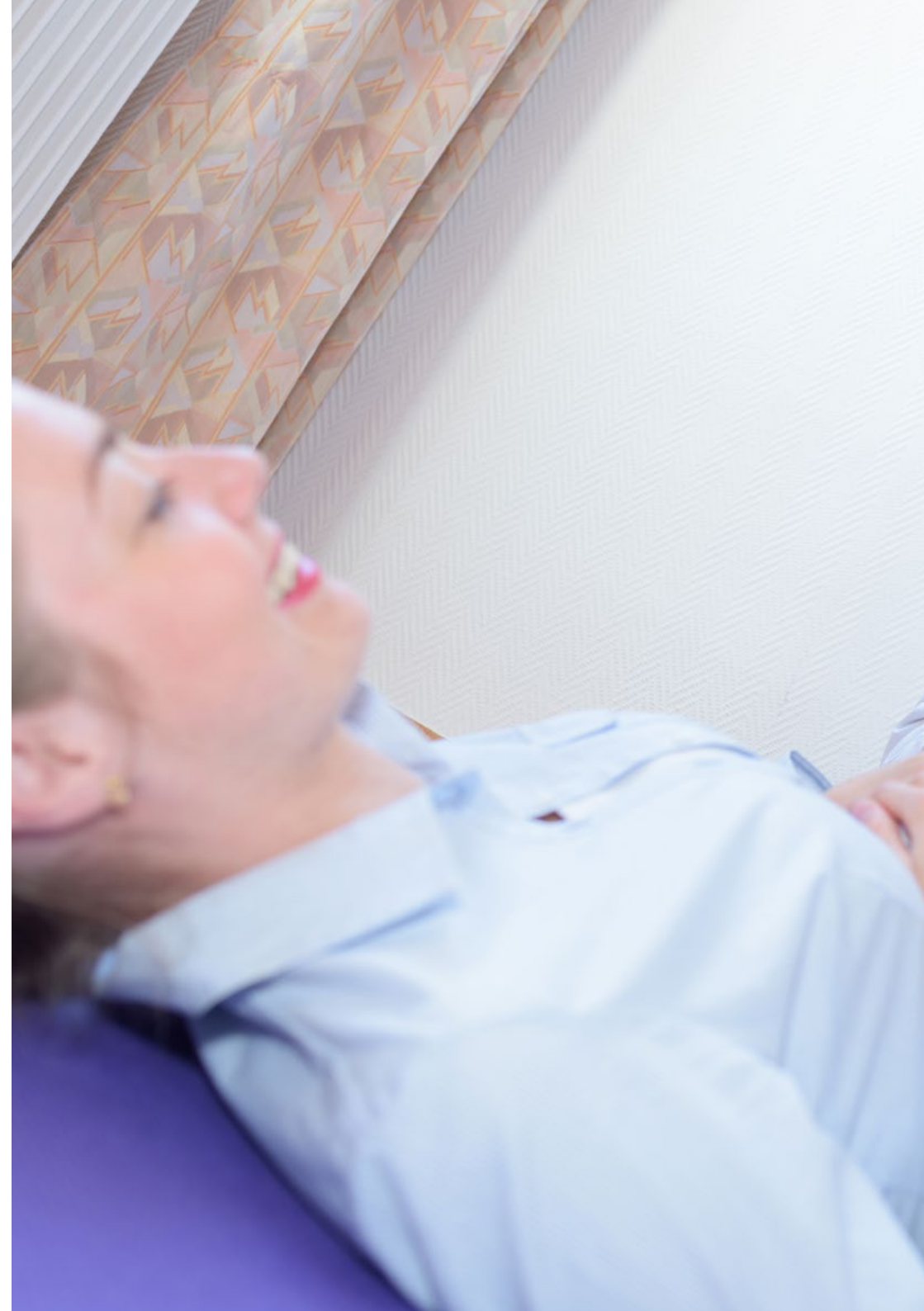


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*You will delve into the principles of minimum action with a unique syllabus developed by renowned professionals”*

## 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 counterpostures
  - 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



*A flexible academic option that adapts to your personal and work needs so you can stay at the forefront of your profession”*



# 05 Methodology

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

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





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



## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional physiotherapy 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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. 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 unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Application of Asana Techniques and Their Integration 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 Application of Asana Techniques and Their Integration** 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 diploma 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 Application of Asana Techniques and Their Integration**

Official N° of Hours: **150 h.**



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



future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



## Postgraduate Certificate

Application of Asana  
Techniques and their  
Integration

- » Modality: online
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