

# Postgraduate Certificate

## Biomechanics of Floor Asanas and Supported Adaptations





## Postgraduate Certificate Biomechanics of Floor Asanas and Supported Adaptations

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

Website: [www.techtitute.com/us/physiotherapy/postgraduate-certificate/biomechanics-floor-asanas-supported-adaptations](http://www.techtitute.com/us/physiotherapy/postgraduate-certificate/biomechanics-floor-asanas-supported-adaptations)

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# 01

# Introduction

It has been proven that the practice of Yoga can significantly improve the quality of life for patients suffering from muscle pain, musculoskeletal pathologies or during pregnancy. However, in order to apply it properly in therapy, it is essential that physiotherapy professionals have a deep knowledge of both Biomechanics and the different elements used in this discipline. That is why it is fundamental that those physiotherapists who wish to incorporate this discipline into their work praxis have access to updated and rigorous information about the Floor Asanas and the Supports used, together with the corresponding Biomechanical studies. To meet this need, TECH has designed a 100% online program that provides the most current and complete content on this field.





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*A program that offers advanced instruction in the Biomechanics of yoga postures on the floor and Supported Adaptations from a physiotherapeutic approach"*

The practice of Yoga has proven to be beneficial in improving body posture, preventing injuries and increasing patients' flexibility. For this reason, many physiotherapists are interested in incorporating this complementary discipline into their traditional treatments. Not only for the benefits it offers, but also for its innocuousness.

To apply this therapeutic system in an effective way, it is essential to know the Floor Asanas, their adaptations and the Biomechanics involved in each posture. For this reason, a unique and completely online program has been developed that offers updated and detailed information on this therapeutic system.

This program is led by recognized experts in the field of the Biomechanics of Floor Asanas and Supported Adaptations, so that students can expand their knowledge and complement their practice with proven techniques to improve the physical and mental health of their patients.

In addition, the 100% online modality allows for greater flexibility, as professionals can adapt according to their own schedule and study wherever and whenever they wish.

This **Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations** contains the most complete and up-to-date scientific program on the market. The most important features of the include:

- ◆ The development of case studies presented by Yoga experts
- ◆ The graphic, schematic, and practical contents with which they are created, compile 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 have a variety of complementary resources to access more detailed information about the benefits of practicing Floor Asanas"*

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*A Postgraduate Certificate that will allow you to deepen in the different techniques and elements used in the variations of Asanas of sitting and lying postures"*

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

Its 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 an 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 student will be assisted by an innovative interactive video system created by renowned experts.

*You will be able to download all the multimedia content, including research addressing the various auxiliary materials used in the Yoga posture variations.*

*You will delve into Yoga as a technique to improve postural alignment, reduce the likelihood of injury and increase body mobility.*



# 02

# Objectives

This program aims to provide physiotherapeutic professionals with a detailed knowledge of Floor Biomechanics and Supported Adaptations.

During this 6 week course, graduates will be able to learn various techniques to treat patients with stress, muscle tension and pathologies of the musculoskeletal system and apply them in their specific treatments.





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*TECH fits your schedule and your interest  
in staying up to date at all times"*



## 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 the person and the injuries that they present.
- ◆ 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



*The video procedures will bring you closer to the latest technique for performing Floor Asanas using various supports"*





## Specific Objectives

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- ◆ Identify the main Floor Asanas, their variations and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the Biomechanical fundamentals of the Closing Asanas, and how to perform them safely and effectively
- ◆ Update 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 use them to improve Biomechanics of Floor Asanas
- ◆ Investigate the use of the Supports to adapt the asanas to different needs and physical abilities
- ◆ Delve into the first steps in Restorative Yoga and how to apply the Biomechanics to relax the body and mind



03

# Course Management

This Postgraduate Certificate is conformed by an outstanding team of teachers chosen for their expert knowledge and work experience in the area of Therapeutic Yoga. Additionally, it has a Masterclass given by an internationally distinguished instructor in this field at an international level. In this way, students can be sure to have the most complete and updated information in relation to the Biomechanics of Floor Asanas and Supported Adaptations, while at the same time maintaining the rigorous approach offered by the scientific evidence in this discipline.





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*Keep your knowledge of this therapeutic discipline up to date with high quality content developed by one of the leading teachers of instructors at the Integral Yoga Institute in New York"*

## 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. 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 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

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- 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 Gym 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, Yoga Therapeutic and Shamanic Yoga Instructor
- ◆ Basic Pilates Instructor for FEDA
- ◆ Pilates Floor Instructor with implements
- ◆ Advanced Technician in Fitness and Personal Training by FEDA
- ◆ Spinning Start I Instructor by the Spanish Spinning Federation
- ◆ Power Dumbbell Instructor for Aerobic and Fitness Association
- ◆ Power Dumbbell Instructor for Aerobic and Fitness Association
- ◆ Chiropractor in Chiromassage by the Escuela Superior de Quiromasaje y Terapias
- ◆ Training in Lymphatic Drainage by PRAXIS, Seville





# 04

## Structure and Content

This Postgraduate Certificate is distinguished by its high quality pedagogical content. With the use of advanced didactic tools, the student will be able to enter in an attractive and dynamic way in the Biomechanics of Floor Asanas and Supported Adaptations, all this in a period of only 6 weeks. In addition, the virtual library will be available 24 hours a day, from any device with Internet access.





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*A 100% online Postgraduate degree with excellent teaching resources on the Biomechanics of Asanas on the Floor"*

## Module 1. Breakdown of the main Floor Asanas and Supported Adaptations

- 1.1. Beginner floor asanas
- 1.2. Supine bends
- 1.3. Lateral Torsions and tilts
- 1.4. End of practice Asanas
- 1.5. Inversions
- 1.6. Blocks
- 1.7. Belts
- 1.8. Chair Asanas
- 1.9. Chair Yoga
- 1.10. Restorative Asanas





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*Explore at your leisure, using the convenience of an electronic device with Internet access, the distinctions between Restorative Yoga and 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.





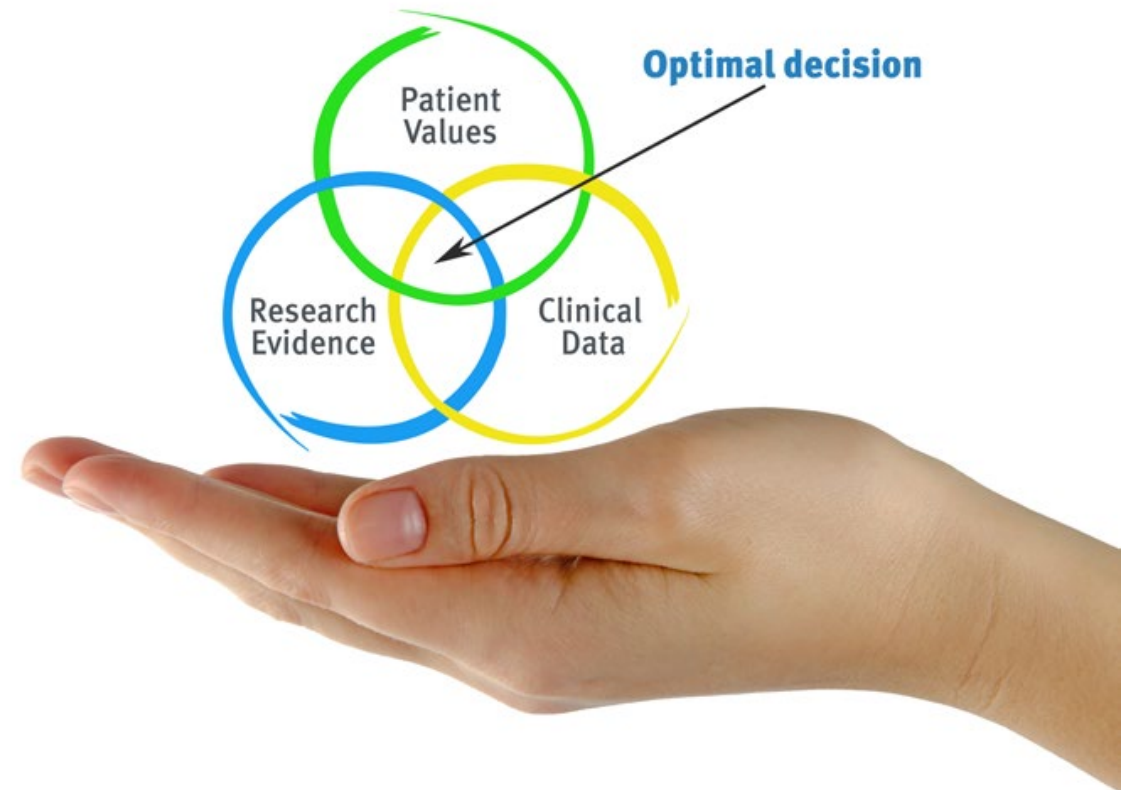
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH 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. Gervas, 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 highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### 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.



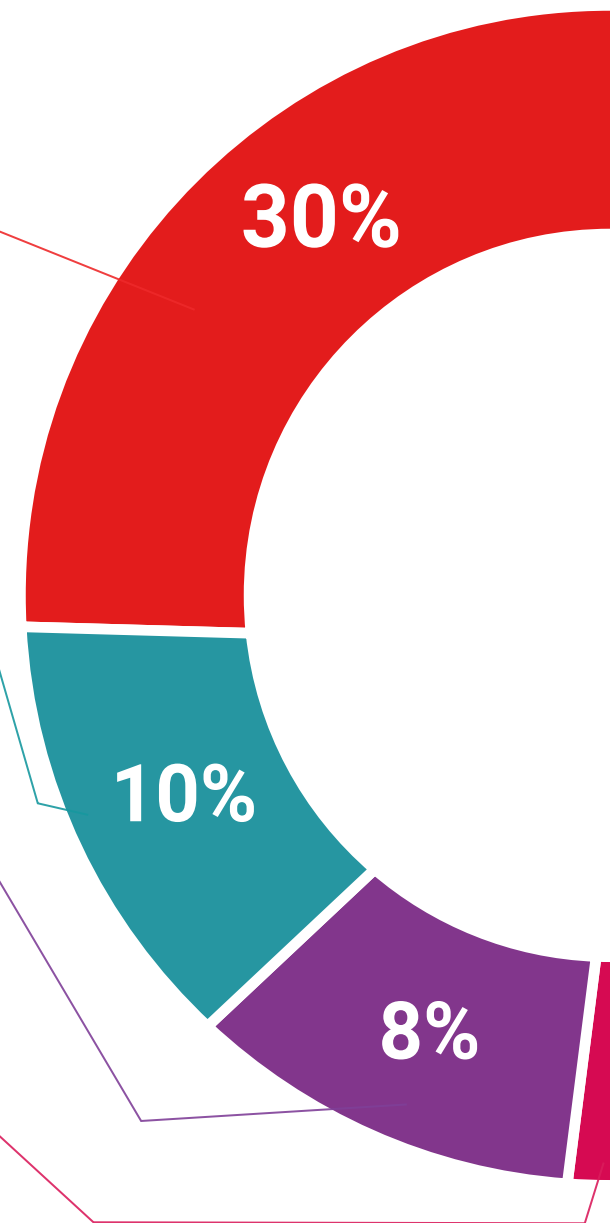
### Practising Skills and Abilities

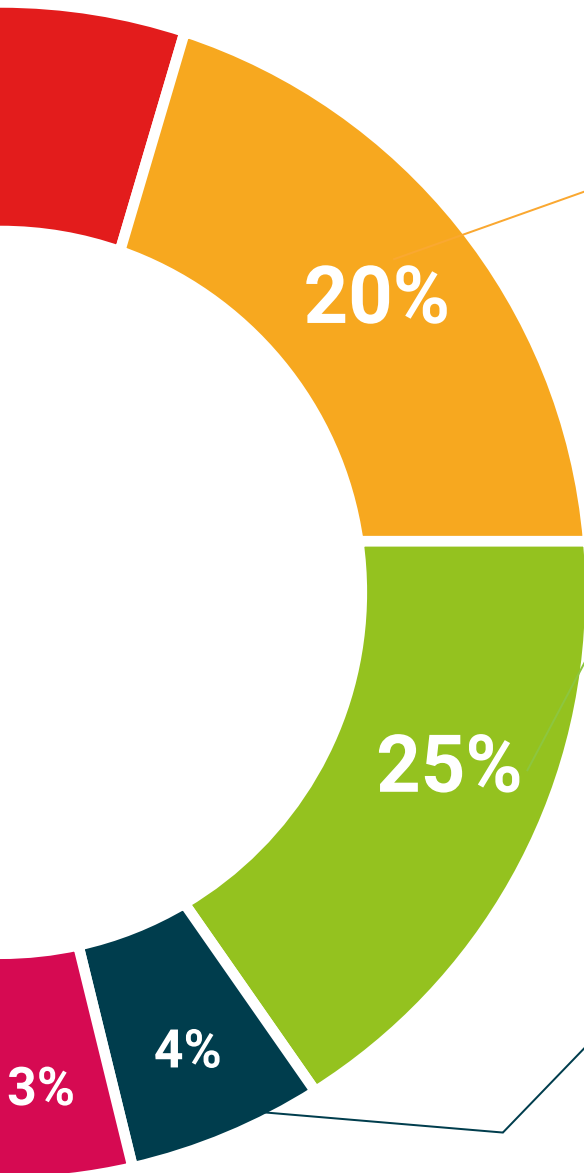
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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".



#### 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.



# 06 Certificate

The Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations guarantees students, in addition to the most rigorous and up-to-date scientific, 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 Biomechanics of Floor Asanas and Supported Adaptations** contains the most complete and up-to-date scientific program 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 Biomechanics of Floor Asanas and Supported Adaptations**

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.





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