

# Postgraduate Certificate

## Application of Asana Techniques and their Integration

Endorsed by the NBA





## Postgraduate Certificate

### Application of Asana Techniques and their Integration

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

Website: [www.techtitute.com/pk/sports-science/postgraduate-certificate/application-asana-techniques-integration](http://www.techtitute.com/pk/sports-science/postgraduate-certificate/application-asana-techniques-integration)

# 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

Within the world of Yoga, Asana techniques have become an important tool, as they allow greater flexibility, strength, balance and a better body posture. In addition, the integration of these techniques can be an effective alternative to increase their benefits, ensuring practitioners a very high physical and mental well-being. Therefore, it is essential that professionals in this field have comprehensive training in the application of these postures, which has led TECH to design the following 100% online program. Over the next few weeks the student will delve into an up-to-date syllabus, enriched with audiovisual resources, complementary readings and practical exercises based on the Relearning methodology.





“

*A program that allows you to develop  
it in your preferred schedule and from  
the place of your choice”*



Therapeutic Yoga has proposed new strategies for the treatment of diseases or chronic pain, therefore its use must be guided by qualified professionals with extensive knowledge of Asana techniques, in order to improve spine movements and those involved with flexion, extension, bending and twisting.

In view of this, TECH has created the following program for professionals who wish to specialize in this field. It is a 100% online program filled with the most up-to-date audiovisual resources and with the greatest impact in the academic field. In this way, over the next few weeks the student will be presented with the most up-to-date and rigorous information on the Asana techniques, the principles of minimal action and the most complex movements that are carried out in the integration of Yoga.

In addition to this, the Postgraduate Certificate has the Relearning methodology, focused on developing various practical exercises based on real cases and simulation. In this way, the professional in the field will not only update their knowledge, but will also face the current challenges imposed by Yoga.

Another advantage of this program being completely digital is that the student will only need a device with Internet connection, which will allow them to combine their daily routine with the acquisition of new knowledge, all from the place they want and at the time of their choice.

This **Postgraduate Certificate in Application of Asana Techniques and their Integration** 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 Application of Asana Techniques and their Integration
- ◆ 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 acquire a broad knowledge of the Asana Techniques, so it will be easier to identify which ones work best for each person"*

“

*With the Relearning methodology as a means of learning, you will receive a rigorous training focused on the challenges of the current field”*

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 can take this program at your own pace and from the comfort of your home, needing only a device with Internet connection.*

*This is the opportunity you have been waiting for to specialize in a booming and constantly evolving sector.*



# 02 Objectives

In order to expand the student's knowledge and improve their skills and abilities, TECH has combined the program's syllabus with the Relearning methodology. In this way, the professional will learn through practical exercises based on real cases and simulation, having a prior knowledge of the demands of the current labor field. In this way, they will be qualified in a booming sector with a variety of professional opportunities.







“

*You will develop a broad vision of this field and skillfully apply the Asana Techniques within the yoga sessions you perform”*



## 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





## Specific Objectives

---

- ◆ 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 face real and simulation cases, having a direct approach to the needs of the labor field”*

03

# Course Management

In order to provide a quality education and ensure a great growth in the career of its students, TECH has carefully selected the team of teachers for this program. In this way, students will learn from the best working professionals in this sector, who will share with them all the practical tools to apply the Asana Techniques effectively within the Yoga sessions they perform.





“

*The content of this program has been designed by TECH together with experts and specialists in the sector, so you will have access to exclusive and high-impact information”*



## 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

---

- 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

“

*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 2017 at IEY Sevilla
- ◆ Aerial Yoga Instructor 2017 in 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
- ◆ FEDA Advanced Technician in Fitness and Personal Training
- ◆ 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

Within the field of Yoga, mastering the Asana techniques is a mandatory element for any instructor of this activity. Therefore, the syllabus of this Postgraduate Certificate is made up of contents developed by leading experts and complemented with multimedia resources that will provide students with the necessary tools to improve the Integration of their own postures in this discipline.







“

*You will master in a professional way all the Asana techniques in order to create more complete and effective yoga sessions”*

## 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

“ *This Postgraduate Certificate will be your best ally to grow professionally 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.





“

*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"*



### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*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.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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.



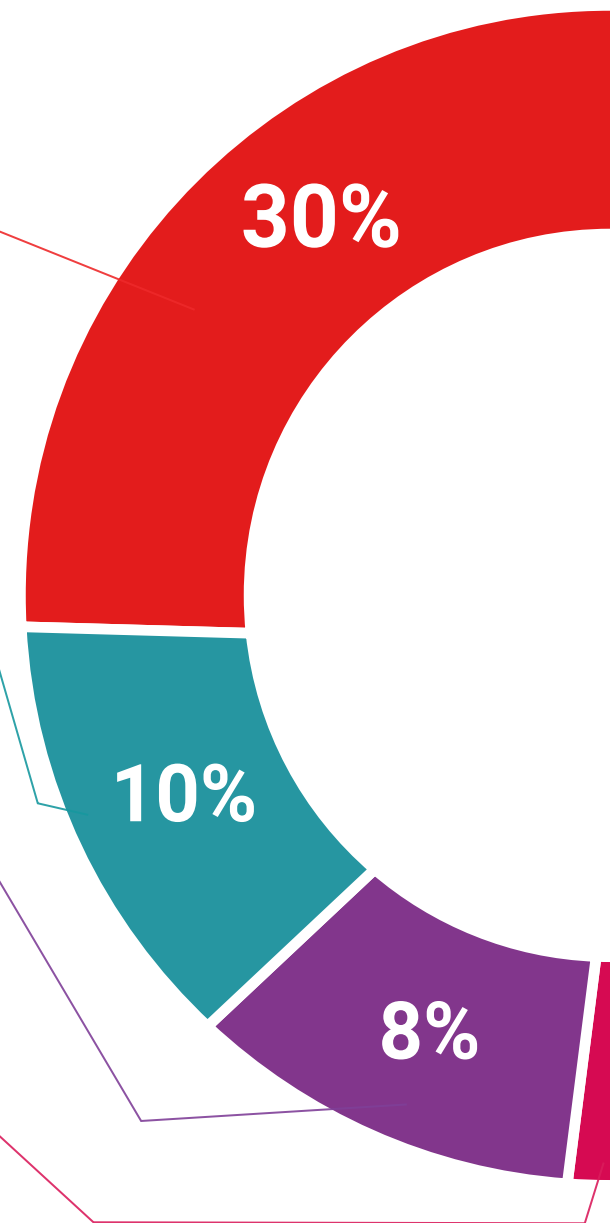
### Practising Skills and Abilities

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.

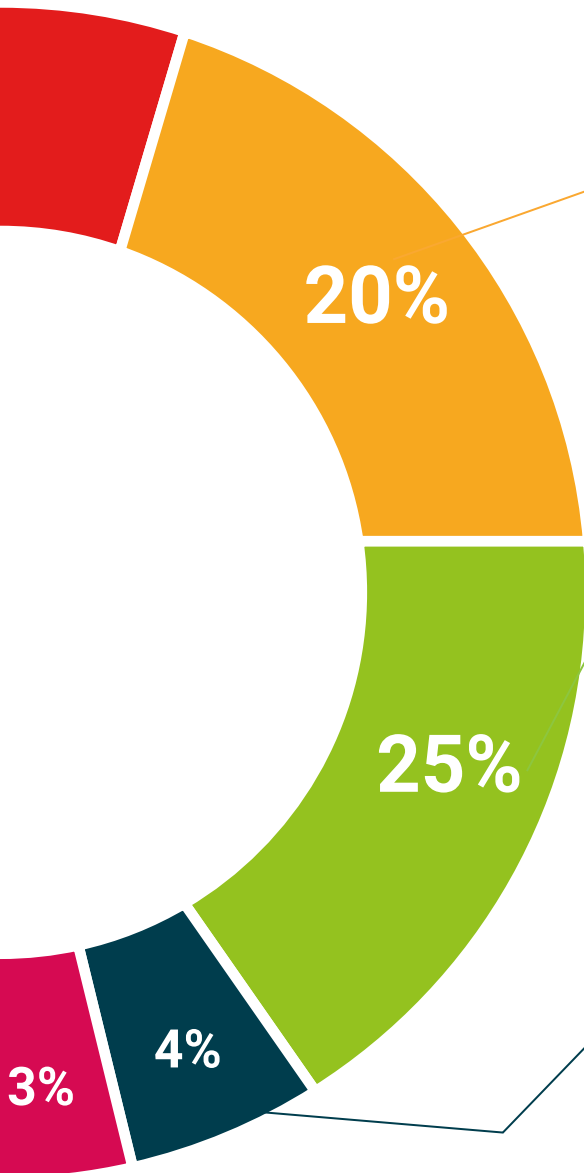


### Additional Reading

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 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.



“

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

Title: **Postgraduate Certificate in Application of Asana Techniques and their Integration**

Official N° of Hours: **150 h.**

**Endorsed by the NBA**



\*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.



## Postgraduate Certificate

Application of Asana Techniques  
and their Integration

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



# Postgraduate Certificate

## Application of Asana Techniques and their Integration

Endorsed by the NBA

