

# Postgraduate Certificate

## Neurophysiological Principles of Relaxation and Meditation

Endorsed by the NBA





## Postgraduate Certificate Neurophysiological Principles of Relaxation and Meditation

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

Website: [www.techtitute.com/in/sports-science/postgraduate-certificate/neurophysiological-principles-relaxation-meditation](http://www.techtitute.com/in/sports-science/postgraduate-certificate/neurophysiological-principles-relaxation-meditation)

# 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

In the practice of Therapeutic Yoga, the Neurophysiological Principles of Relaxation and Meditation can be particularly important in postures that involve deep and sustained stretching, such as the hip opening and twisting Asanas. For this reason, if an instructor of this activity does not understand how this apparatus affects posture and movement, they could run the risk of teaching positions incorrectly, leading to injuries in people who practice this discipline. With this in mind, TECH has developed a program focused on teaching professionals in this field in a didactic way and doing it 100% online, a benefit that will allow them to have more control over their time.





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*This is the only Postgraduate Certificate that will allow you to increase your career expectations and stand out as a specialist in the Neurophysiological Principles of Relaxation and Meditation"*

Currently, Yoga has positioned itself as a popular practice and more and more people are joining this activity to improve their quality of life. For this reason, it is important that professionals in this area have a deep knowledge of the Neurophysiological Principles of Relaxation and Meditation, as this is key to understand the relationship between the different parts of the body and its influence on the physical deployment as stretching and contractions.

That is why this Postgraduate Certificate is presented as a fundamental tool for Yoga instructors to gain in-depth knowledge and, in this way, offer their students a more enriching experience. In addition, they will have a select group of teachers made up of prestigious experts in the field, who will convey the real picture of this profession through exercises proposed with the Relearning methodology.

Therefore, through the study of this syllabus, students will be able to identify the main imbalances that may affect the performance of postures and how to solve them through specific techniques. The functional and arm lines, as well as lateral, spiral, posterior and anterior superficial lines will also be studied in depth.

All this content will be hosted in the Virtual Campus, which can be accessed from any device with an Internet connection, thereby avoiding unnecessary visits to on-site centers. Another advantage of this program is that the teaching material has the option of being downloadable, so that it can be consulted even when offline.

This **Postgraduate Certificate in Neurophysiological Principles of Relaxation and Meditation** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Neurophysiological Principles of Relaxation and Meditation
- ♦ 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 self-assessment can be used 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



*Develop this qualification at your convenience, without disrupting any of the personal aspects of your life"*

“

*Once you have passed this Postgraduate Certificate you will be able to boast of having graduated from the world's largest online university"*

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

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

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

*Learn at your own pace and without the need to travel to a learning center.*

*Neurophysiological Principles of Relaxation and Meditation, as well as its application to the world of Therapeutic Yoga.*





# 02 Objectives

The main objective for which this Postgraduate Certificate has been designed is to offer its participants a complete and immersive education on the practical aspects that are encompassed around the Neurophysiological Principles of Relaxation and Meditation. In addition, it seeks to delve into the functions that these fulfill within the human body and the most appropriate postures that can be performed with it, ensuring the achievement of greater flexibility. In order to obtain this knowledge, the student will face several practical exercises developed with the Relearning methodology.







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*Having an in-depth knowledge about Fascia will allow you to conduct more effective classes and avoid any type of injury”*



## 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 injuries 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 principles of existing meditative and relaxation techniques



*You will learn in detail the characteristics of each part of the Neurophysiological Principles of Relaxation and Meditation and with this understanding you will become a specialist in the field"*







## Specific Objectives

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- ◆ Delve into the history and concept of fascia, and its importance in yoga practice
- ◆ Delve into the different types of mechanoreceptors in the fascia 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 the practice of yoga
- ◆ Identify the different myofascial pathways and the specific postures for each of the chains
- ◆ Apply fascia biomechanics in yoga practice to improve mobility, strength and flexibility
- ◆ Identify the main postural imbalances and how to correct them through the practice of yoga and fascial biomechanics

# 03

# Course Management

In its commitment to offer quality education and give its students access to the latest content, TECH has carefully selected the faculty for this program. In this way, students will learn in depth about the functions performed by the Neurophysiological Principles of Relaxation and Meditation and the parts that converge within the realization of Yoga Asanas. In addition, they will learn firsthand the demands that exist in this sector, in order to strengthen the skills that are most required within it.







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*From the hand of the best professionals, you will get a complete and dynamic education that will ensure your professional success"*

## 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 primarily **therapeutic yoga**, with over 6,000 documented hours of teaching and continuing education.

In this way, her work has been to mentor, develop training protocols and criteria, and provide continuing education to Integral Yoga Institute instructors. **She** combines this work with her role as a **therapist** and instructor in 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 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 veterans with a range of physical and mental health issues.

For each one of them she performs a careful and personalized work, having treated people with osteoporosis, in the process of recovery from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, including E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by American Health Training and Certified Exercise Instructor by the Somatic Movement Center



## Ms. Galliano, Dianne

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- Director of the Integral Yoga Institute, New York, United States
- Therapeutic Yoga 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
- Degree in Primary School 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 Therapeutic Yoga
- ♦ Degree in Biological Sciences from the Autonomous University of Madrid.
- ♦ Course teacher in: Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga and Yoga and Cancer
- ♦ Course in Floor Pilates Instructor
- ♦ Course in Phytotherapy and Nutrition
- ♦ Course in Meditation Teacher





# 04

## Structure and Content

The educational contents that are part of this program have been elaborated by the best experts in this field. In this way, students will get a broader vision of the functions of the Neurophysiological Principles of Relaxation and Meditation, allowing them to generate new routines in their practical sessions. All this informative conglomerate will be presented through audiovisual resources, complementary readings and practical exercises based on the Relearning methodology.







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*In addition to its broad informative content, it includes the most innovative materials created with the most recent technology”*

## Module 1. Neurophysiological Principles of Relaxation and Meditation

- 1.1. The Neurophysiology of Brain Activity
  - 1.1.1. What is Neurophysiology?
  - 1.1.2. Brain Waves
  - 1.1.3. Enhancement of Yoga in Human Neurophysiology
  - 1.1.4. Conclusions
- 1.2. Western Relaxation Techniques (Mezieres, Vittoz, Benson, Jacobson, Schultz)
  - 1.2.1. Introduction
  - 1.2.2. Manifestations of Relaxation
  - 1.2.3. Most Commonly Used Western Relaxation Techniques
    - 1.2.3.1. Progressive Relaxation
    - 1.2.3.2. Psychosensory Relaxation
    - 1.2.3.3. Visualization Techniques
- 1.3. Most Used Oriental Relaxation Techniques. (Transcendental Meditation, Maharishi Mahesh Yogi, Paramahansa Yogananda, Osho).
  - 1.3.1. Maharishi Mahesh Yogi's Transcendental Meditation (TM)
  - 1.3.2. Paramahansa Yogananda
  - 1.3.3. Osho
- 1.4. Breathing Control, Pranayamas, Bandhas, etc
  - 1.4.1. Breathing, Pranayama and Bandhas
    - 1.4.1.1. The Bandhas
  - 1.4.2. Breathing Work
- 1.5. Prana, Nadis, Kundalini and Mudras
  - 1.5.1. Introduction
  - 1.5.2. Prana
  - 1.5.3. Types of Prana
  - 1.5.4. Nadis
  - 1.5.5. Kundalini
  - 1.5.6. Mudras
    - 1.5.6.1. Gyan Mudra
    - 1.5.6.2. Shuni Mudra
    - 1.5.6.3. Surya Mudra
    - 1.5.6.4. Buddhi Mudra
    - 1.5.6.5. "Expansion of The Planets"







- 1.5.6.6. Mudra of the Christ
- 1.5.6.7. Padlock of Venus
- 1.5.6.8. Bear Lock
- 1.5.6.9. Prayer Mudra
- 1.5.6.10. Buddha Mudra
- 1.5.6.11. Beggar's Mudra
- 1.5.6.12. Other Mudras
- 1.6. Energy and the Five Elements
  - 1.6.1. What is Energy?
    - 1.6.1.1. Energy in Living Beings
    - 1.6.1.2. Behavior of Energy in the Entire Cosmos or Universe.
    - 1.6.1.3. The Bing-Bang: The Origin of the Cosmos
  - 1.6.2. The Yin and Yang: The Dual Behavior of Energy
    - 1.6.2.1. Characteristics of Yin and Yang
    - 1.6.2.2. Elementary Principles of the Theory of Yin-Yang
  - 1.6.3. A Complete Cycle in Five Phases: The Five Elements
    - 1.6.3.1. Formation and Evolution of the Earth, its Phases and Relationship to the Five Elements
  - 1.6.4. The five Elements, Behavior and Relationship Between Them: The "Law of Generation" and the "Law of Control"
    - 1.6.4.1. Law of Generation
    - 1.6.4.2. Law of Dominance or Control
- 1.7. Synchrony Chakras - Asana - Pranayama Bandha: Energy Circulation
  - 1.7.1. Introduction
  - 1.7.2. Synchronization Through Yoga
  - 1.7.3. Example of Practical Application of Yoga Synchronization
  - 1.7.4. Variables Affecting the Energetic Plane. Seasons
  - 1.7.5. Stations and Principles of Ayurveda
  - 1.7.6. Variables Affecting the Three Planes
  - 1.7.7. Light and Energy

# 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"*

### 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.

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*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.*





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

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.



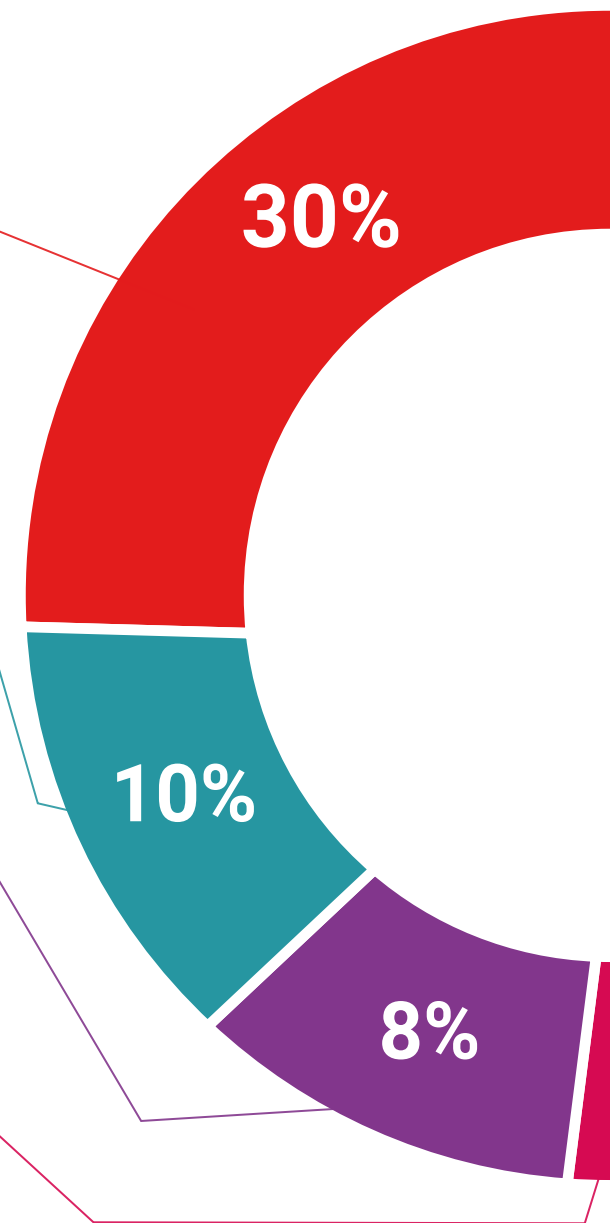
### Practising Skills and Abilities

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.



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# Certificate

The Postgraduate Certificate in Neurophysiological Principles of Relaxation and Meditation 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 Neurophysiological Principles of Relaxation and Meditation** 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 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 Neurophysiological Principles of Relaxation and Meditation**

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.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** technological  
university

**Postgraduate Certificate**  
Neurophysiological Principles  
of Relaxation and Meditation

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