

# Postgraduate Certificate

## Physiology of Respiratory Techniques





## Postgraduate Certificate Physiology of Respiratory Techniques

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

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/physiology-respiratory-techniques](http://www.techtute.com/us/sports-science/postgraduate-certificate/physiology-respiratory-techniques)

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# 01

# Introduction

The Physiology of Respiratory Techniques in Yoga is based on the conscious control and manipulation of the respiratory process to influence the functioning of the autonomic nervous system and achieve a state of balance and calm. It is therefore essential for the professional to acquire solid knowledge that allows them to guide their students, helping them to make the most of the positive effects on lung function, stress management and the promotion of well-being. And that is how this academic program focused on advanced education in the physiology of the respiratory system and the way it works during physical activation was created. In addition, it will be taught through a 100% online methodology, a benefit that will allow participants to have greater control over their time.







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*Thanks to the contents of this Postgraduate Certificate you will be able to stand out as an expert in Respiratory Techniques within the field of Yoga"*

In Yoga, breathing is considered a powerful tool to calm the mind and control emotions, which helps to improve concentration, relaxation and the effectiveness of the postures. Therefore, it is essential for professionals in this field to have a broad knowledge of Respiratory Techniques, as this will allow them to obtain better results and increase the physical well-being of their students.

With this in mind, TECH has developed a Postgraduate Certificate that seeks to provide its participants with specialized understanding of the physiology of the respiratory system and the actions it performs as a neutralizer of emotions during the practice of yoga. In addition, it will provide the strengthening of the competencies of this work, ensuring that they can handle with great mastery the different types of pranayamas.

This will be achieved through a syllabus that has been developed by the best experts in this field and who are also part of the prestigious teaching staff of this program. In this way, students will learn about the aspects of breathing, as well as the benefits they bring to the physical state of those who practice it.

And all this thanks to the *Relearning* methodology that enables the completion of the syllabus 100% online, without time restrictions and in the comfort of each student's home. Likewise, the multimedia resources available facilitate the understanding of the topics of the itinerary in a clear and accessible way. In addition, case studies that simulate real situations will be analyzed in order to improve the student's problem-solving skills.

This **Postgraduate Certificate in Physiology of Respiratory Techniques** 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 Physiology of Respiratory Techniques
- ◆ 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.



*Access now to a Postgraduate Certificate that offers you an immersive educational experience tailored to your learning needs"*

“

*Delve into the types of breathing and merge them into your routines in order to achieve more effective results”*

*Learn at your own pace and without the need to commute to a study center, thanks to the 100% online modality offered by this academic program.*

*What are you waiting for to boost your professional profile to the next level? Start this program now and discover how far you can go.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training 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 during the academic year. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

The purpose with which TECH has designed this Postgraduate Certificate is to offer a complete education to Yoga professionals in which they can learn and refresh their knowledge about Respiratory Techniques. In the same way, it seeks to strengthen their skills in the control of this action, since it is of vital importance during the course of the performance of this activity. This program also aims to provide students with a solid understanding of the physiology of the respiratory system and teach them the most effective ways to manage it.





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*You will gain advanced knowledge about the types of pranayamas and will be able to assist in the breathing control of people who are practicing this activity”*



## 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



*Boost your professional career with the skills you will acquire after graduating from this exclusive TECH program"*





## Specific Objectives

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- ◆ 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

# 03

# Course Management

In order to provide quality education and ensure immediate access to the best content, TECH has carefully selected the teaching staff for this program. In this way, participants will have the incredible opportunity to learn from the best experts in this field, who will share with them a wide in-depth study of the most used Respiratory Techniques currently used and their physiology when practicing yoga.







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*TECH offers you the opportunity to learn from the best professionals in this field. Don't wait any longer and start now"*



## 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

- 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. Salvador Crespo, Inmaculada

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



# 04

## Structure and Content

The best experts in the field of Yoga have collected the most important elements of breathing control and put them together in this incredible syllabus. In this way, the participants of this Postgraduate Certificate will get a first-class educational experience through multimedia resources that explain in detail the correct way to perform the Respiratory Techniques and their physiology at the time of performing this activity.





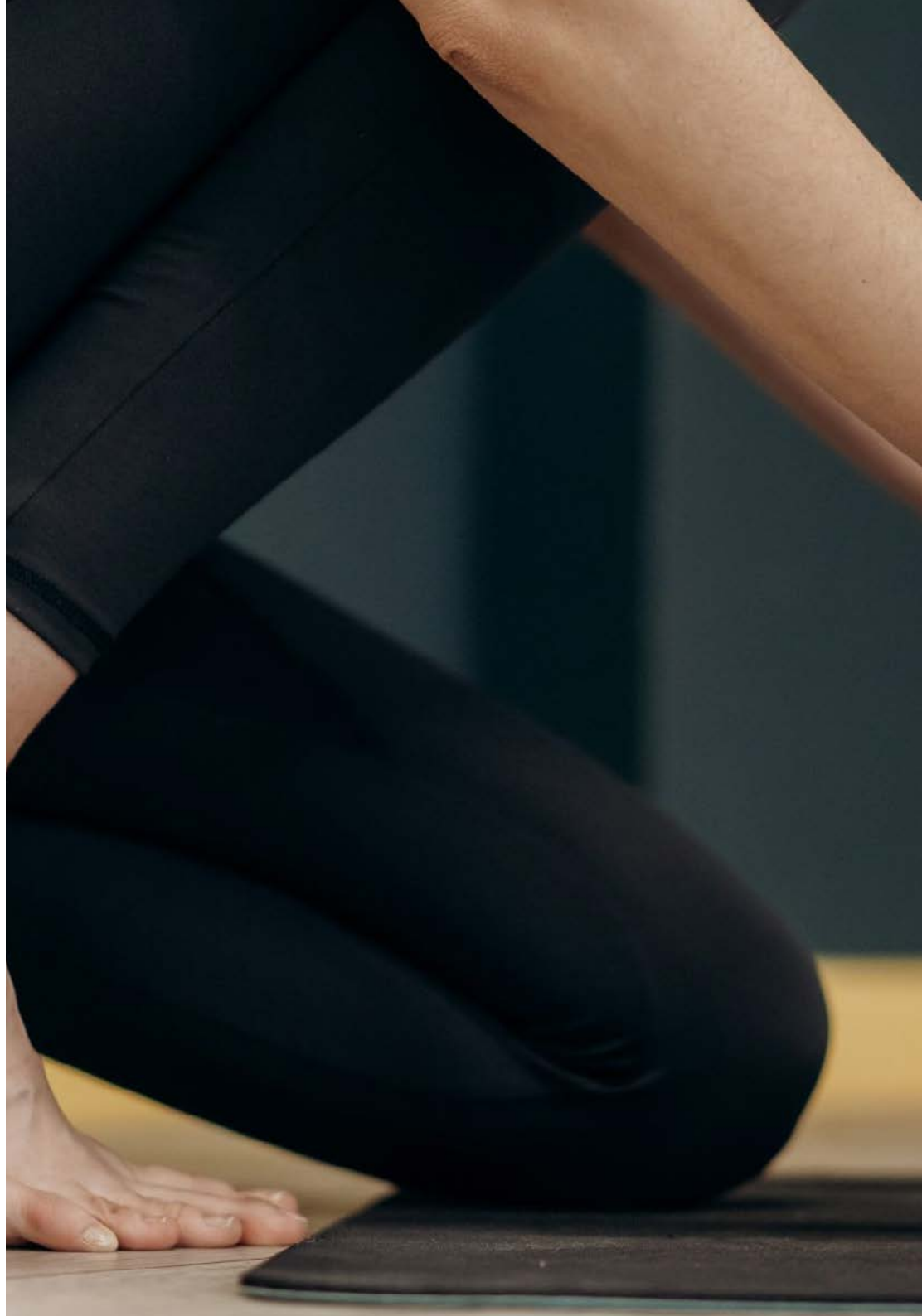


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*You will master the respiratory techniques thanks to a syllabus prepared by the best experts in the sector”*

## Module 1. Respiratory Techniques

- 1.1. Pranayama
- 1.2. Types of breathing
- 1.3. Purification of the pranic energy conduits or nadis
- 1.4. Inhalation: Puraka
- 1.5. Exhalation: Rechaka
- 1.6. Retentions: Kumbakha
- 1.7. Purifying Pranayamas:
- 1.8. Stimulating and Refreshing Pranayamas
- 1.9. Regenerative Pranayamas
- 1.10. Mudras





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*TECH has designed a program that has all the necessary elements for you to continue your professional growth. You are just one click away”*

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.*



*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.



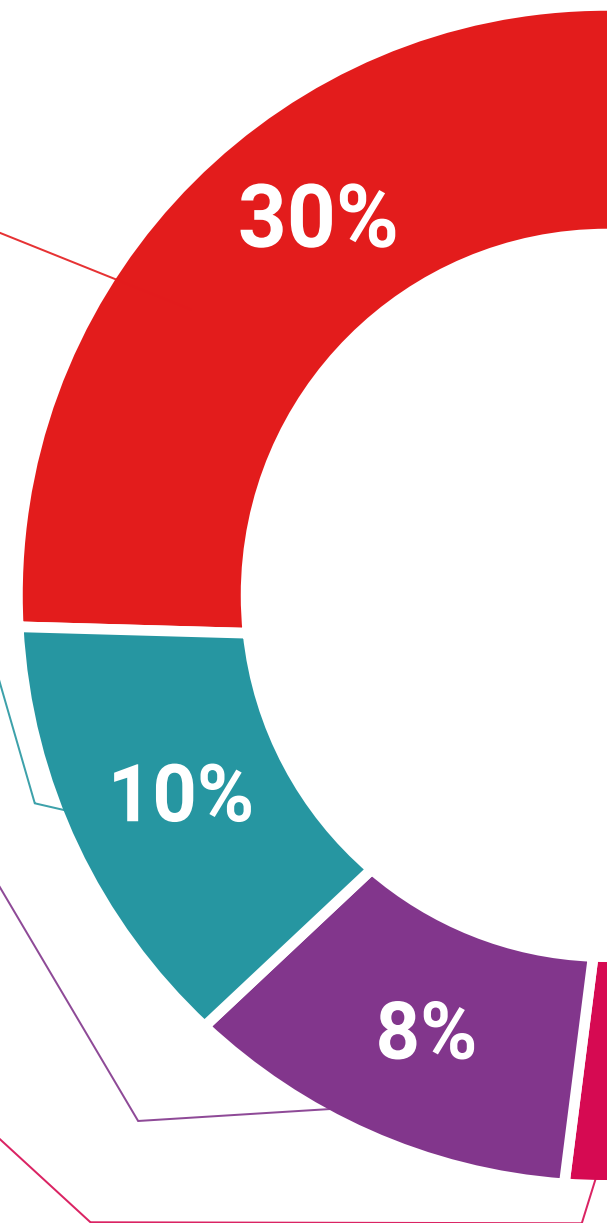
#### Practising Skills and Abilities

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 Physiology of Respiratory Techniques 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 Physiology of Respiratory Techniques** 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 Physiology of Respiratory Techniques**

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 language  
virtual classroom



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