

# Postgraduate Certificate

## Spine and Limbs in Therapeutic Yoga

Endorsed by the NBA:





## Postgraduate Certificate Spine and Limbs in Therapeutic Yoga

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

Website: [www.techtute.com/in/sports-science/postgraduate-certificate/spine-limbs-therapeutic-yoga](http://www.techtute.com/in/sports-science/postgraduate-certificate/spine-limbs-therapeutic-yoga)

# 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

The Spine and Limbs are key components within the practice of Yoga, as they are the basis of different postures. By studying their anatomy, professionals in the area can understand their functioning and direct relationship, evidencing the influence of these parts in the performance of physical activity. In this way, it will be easier for them to teach students how to properly align these elements of the human body during Therapeutic Yoga. With this in mind, TECH has launched this 100% online program on the educational market, which is taught over 6 weeks where the student will acquire new knowledge and skills that will help them to enhance their professional profile.





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*The innovative design of this Postgraduate Certificate will ensure you a dynamic and complete learning. In this way, you will internalize concepts of this field and will have essential skills in Yoga”*

Therapeutic Yoga has positioned itself during the last years as an efficient practice to overcome physical, social and intellectual problems, among others. The spine and limbs of the body are essential to carry out any posture within this discipline, so the professional dedicated to teaching this activity must know the anatomy of these parts, delving into aspects of the muscular, skeletal and nervous system .

For this reason, this Postgraduate Certificate designed by TECH is focused on providing holistic knowledge to its students, so that they can specialize in this field and run higher quality Therapeutic Yoga sessions. In addition, it will allow them to acquire new skills to incorporate more complex postures, integrating the Spine and Limbs for greater results of the participants.

For this, students will be trained from a syllabus of great impact, structured with recent information and the latest developments in this discipline. In addition, the program has the participation of experts and specialists, who have jointly contributed all their knowledge and years of experience to the study material, making this degree an exclusive academic experience of great benefit.

It should be noted that the Postgraduate Certificate has the Relearning methodology, focused on the presentation of real cases and simulation, providing a practical and dynamic learning, away from the current conventional model. At the same time, the 100% online format of the program allows it to be developed from any device with Internet connection, which makes it easy for professionals to combine their daily routine with the acquisition of new knowledge.

This **Postgraduate Certificate in Spine and Limbs in Therapeutic Yoga** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Spine and Limbs in Therapeutic Yoga
- ♦ 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



*Do not miss this opportunity and enroll now in this 100% online program to update your knowledge about Therapeutic Yoga"*



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*Identify the movements that the spine is able to perform and create Yoga sessions that generate physical activation”*

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 during the academic year. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*A Postgraduate Certificate that will ensure your professional growth due to its extensive informative and up-to-date content.*

*In a didactic way you will acquire skills that will allow you to stand out in this work field.*



# 02

# Objectives

The development of this Postgraduate Certificate has been carried out with the purpose of providing its participants with advanced training on the characteristics of the Limbs and the Spine, delving into concepts of their functioning. In this way, they will acquire specialized knowledge taking into account each of the topics raised in the development of the syllabus, which will encourage them to generate a comprehensive overview of this profession.





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*Thanks to this program, you will be able to identify the functions of the muscular, nervous and skeletal systems of the limbs of the human body for their incorporation into Yoga”*



## General Objectives

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- Incorporate the knowledge and skills 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 may have
- Delve into the 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 basis of existing meditative and relaxation techniques





## Specific Objectives

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- ◆ Describe the muscular, nervous and skeletal systems
- ◆ Delve into the anatomy and functions of the spine
- ◆ Delve into hip physiology
- ◆ Describe the morphology of the upper and lower limbs
- ◆ Delve into the Diaphragm and core

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*Once you graduate you will be one step closer to achieving your career goals”*



# 03

## Course Management

Guarantee a rigorous and up-to-date training is the main commitment that TECH has with its students, which is why it has selected the best teaching staff for this program. These are experts and specialists in Therapeutic Yoga, who in turn have extensive knowledge of the Spine and Limbs of the human body. In this way, the student will have access to exclusive information, provided by the best professionals in the area with many years of experience in the sector.





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*Thanks to the Relearning method  
you will achieve a much faster  
and more effective learning”*



## 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.



## 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

### Mr. Losada, Óscar

- ♦ Vinyasa Yoga and Power Yoga Teacher and Osteopath at El árbol de la vida center
- ♦ Vinyasa Yoga Trainer and Yoga Coach at IEY in Madrid
- ♦ Yin Yog Trainer at IEY in Barcelona
- ♦ Vinyasa Yoga and Power Yoga Teacher at Gimnasio Fitness Madrid
- ♦ Osteopath and Sports Massage Therapist at Gimnasio Fitness Madrid
- ♦ Specialist in Rocket Yoga at IEY Huelva
- ♦ Specialist in Therapeutic Yoga, Yin Yoga and Fascias at IEY Huelva
- ♦ Specialist in Yoga for Children at IEY Alicante
- ♦ Structural Osteopath II at Kabat
- ♦ Sports Massage and Chiromassage at Orthos





# 04

## Structure and Content

The educational contents of this Postgraduate Certificate have been developed by the best professionals in the field of Therapeutic Yoga. In this way, students will learn from multimedia resources the particularities that are related to the spine, as well as the limbs of the body and the systems that make them up. In addition, they will receive advanced education on the importance of exercising these areas through physical activity.







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*A syllabus that will provide you with a specialized understanding of the postures that can be performed to exercise the Spine"*

## Module 1. Spine and Limbs

- 1.1. The Muscular System
  - 1.1.1. Muscle: Functional unit
  - 1.1.2. Types of muscles
  - 1.1.3. Tonic and phasic muscles
  - 1.1.4. Isometric and isotonic contraction and its relevance in the styles of Yoga
- 1.2. Nervous system
  - 1.2.1. Neurons: Functional unit
  - 1.2.2. Central Nervous System: Brain and Spinal Cord
  - 1.2.3. Somatic peripheral nervous system: Nerves
  - 1.2.4. Autonomic peripheral nervous system: Sympathetic and Parasympathetic
- 1.3. Skeletal System
  - 1.3.1. Osteocyte: Functional unit
  - 1.3.2. Axial and appendicular skeleton
  - 1.3.3. Tendons
  - 1.3.4. Ligaments
- 1.4. Spine
  - 1.4.1. Evolution of the spine and functions
  - 1.4.2. Structure
  - 1.4.3. Vertebra type
  - 1.4.4. Spine movements
- 1.5. Cervical and Dorsal Region
  - 1.5.1. Cervical vertebrae: typical and atypical
  - 1.5.2. Dorsal vertebrae
  - 1.5.3. Major muscles of the cervical region
  - 1.5.4. Major muscles of the dorsal region
- 1.6. Lumbar Region
  - 1.6.1. Lumbar vertebrae
  - 1.6.2. Sacrum
  - 1.6.3. Coccyx
  - 1.6.4. Major muscles





- 1.7. Pelvis
  - 1.7.1. Anatomy: Difference between male and female pelvis
  - 1.7.2. Two key concepts: Anteversion and retroversion
  - 1.7.3. Major muscles
  - 1.7.4. Pelvic floor
- 1.8. Upper Limbs
  - 1.8.1. Shoulder joint
  - 1.8.2. Rotator cuff muscles
  - 1.8.3. Arm, elbow and forearm
  - 1.8.4. Major muscles
- 1.9. Lower Limbs
  - 1.9.1. Coxofemoral joint
  - 1.9.2. Knee: Tibiofemoral and patellofemoral joint
  - 1.9.3. Knee ligaments and meniscus
  - 1.9.4. Major muscles of the leg
- 1.10. Diaphragm and core
  - 1.10.1. Anatomy of the diaphragm
  - 1.10.2. Diaphragm and breathing
  - 1.10.3. Core muscles
  - 1.10.4. Core and its importance in Yoga



*You are just one click away from qualifying with the best program in 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"*



### 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 Spine and Limbs in Therapeutic Yoga 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 Spine and Limbs in Therapeutic Yoga** contains the most complete and up-to-date 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 Spine and Limbs in Therapeutic Yoga**

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  
personalized service innovation  
knowledge present  
development languages  
virtual classroom



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