

# Postgraduate Certificate

Yoga in the Different  
Evolutionary Moments





## Postgraduate Certificate Yoga in the Different Evolutionary Moments

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

Website: [www.techtitute.com/in/sports-science/postgraduate-certificate/yoga-different-evolutionary-moments](http://www.techtitute.com/in/sports-science/postgraduate-certificate/yoga-different-evolutionary-moments)

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# 01

# Introduction

Yoga plays a fundamental role in the physical, emotional and mental growth of children and adolescents, as well as in the maintenance of good physical health in adulthood and old age. Therefore, it is essential that professionals in this field are qualified in depth in the management and integration of postures (asanas) that can be performed according to the physical conditions of each practitioner. With this in mind, TECH has developed a program that will provide its students with a didactic and immersive experience that will open the doors to professional growth. Through a 100% online methodology that will allow them to have more control over their time.





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*A Postgraduate Certificate that will teach you to teach Yoga sessions to people with diverse conditions in an assertive and effective way”*

The practice of yoga is extremely beneficial in all stages of life, as it has a positive impact on both physical and mental health, promoting an integral wellbeing of body and mind. One of the great advantages of this activity is its adaptability, since its postures can be modified according to individual needs, which makes it a highly effective alternative for physical activation.

In this way, the development of this Postgraduate Certificate will serve as an optimal tool that will allow its participants to acquire advanced knowledge on the benefits that Yoga offers to each age of life, as well as the biological moments that each person lives. In this way, it will help to strengthen the necessary skills to work with people of diverse conditions.

This will be possible through an academic itinerary designed by experts in the field and focused on providing the most important aspects of the practice of yoga in the different stages of life. In the same way, students will have a prestigious teaching staff made up of the best professionals in this field who will show them the reality of this profession.

All this will be possible through the Relearning methodology, which allows students to complete the syllabus 100% online, without being subject to inflexible schedules and with the advantage of being in the comfort of their homes. The program also includes multimedia resources that present all the topics of the syllabus in a clear and understandable way. In addition, students will have the opportunity to improve their problem-solving skills through the analysis of case studies that simulate real situations.

This **Postgraduate Certificate in Yoga in the Different Evolutionary Moments** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Yoga in the Different Evolutionary Moments
- ◆ The graphic, schematic, and practical content 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



*This is the opportunity you have been looking for to specialize in the field of Yoga and stand out when teaching sessions to people of different ages”*

“

*The contents of this program have been prepared by the best specialists in Yoga, so you are guaranteed an up-to-date and complete learning”*

The program includes in its teaching staff professionals from the sector who bring to this program the experience of their work, as well as recognized 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, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Delve into the teaching of yoga classes for people with diverse conditions, ensuring efficient results.*

*Learn at your own pace and from the comfort of your home all the contents that TECH has prepared especially for you.*



# 02

# Objectives

The main objective of this Postgraduate Certificate is to provide the graduate with a solid understanding of the specific needs and characteristics of yoga in each stage of life. In this way, you will be immersed in topics such as the practice of yoga during childhood, the menstrual cycle, menopause, pregnancy, postpartum, old age and physical and sensory disabilities. Therefore, you will be able to become a professional with the ability to design and adapt personalized Yoga classes for each evolutionary stage. All in just 6 weeks of teaching and fully online.







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*Plan Yoga sessions that suit the capabilities of each person thanks to this TECH Postgraduate Certificate”*



## 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

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*Enroll now in this Postgraduate Certificate based on a dynamic and effective learning methodology, the TECH Relearning”*





## Specific Objectives

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- ◆ Delve into the different needs of the body and yoga practice at different times of life, such as childhood, adulthood and old age
- ◆ Explore how yoga practice can help women during the menstrual cycle and menopause, and how to adapt the practice to meet their needs
- ◆ Delve into the care and practice of yoga during pregnancy and postpartum, and how to adapt the practice to meet women's needs at these times
- ◆ Identify the suitability of yoga practice for people with special physical and/or sensory needs, and how to adapt the practice to meet their needs
- ◆ Learn how to create yoga sequences specific to the human life cycle and individual need
- ◆ Identify and apply best practices to ensure safety and well-being during yoga practice in the human life cycle and special situations

03

# Course Management

In order to guarantee top-quality content, TECH has carefully selected the teaching staff for this program. In this way, you will learn from the best active professionals in this field, who will share the most essential aspects about the particularities of the different stages of life and how they influence the moment of physical activation through yoga.





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*You will have access to a first-class education through renowned professionals who bring years of knowledge to this exclusive academic program”*

## 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 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

## Professors

### Ms. García, Mar

- ♦ Yoga Center Director and Yoga Instructor at Satnam Yoga
- ♦ Vinyasa Yoga Teacher
- ♦ Special Yoga Instructor
- ♦ Yoga Instructor for Children and Families





# 04

## Structure and Content

The students who access this program will explore in detail the various evolutionary moments, examining significant aspects such as the menstrual cycle, menopause and pregnancy, providing examples of recommended asanas. It will also address issues related to the old age and physical and sensory disabilities, including guidelines for designing appropriate classes in these situations. And all in a completely online modality that offers flexibility to the graduate to access a wide variety of didactic materials without restrictions.





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*In such a fast-paced and stressful world, being a Yoga professional will allow you to help reduce people's stress”*

## Module 1. Yoga in the Different Evolutionary Moments

- 1.1. Childhood
  - 1.1.1. Why is it important?
  - 1.1.2. Benefits
  - 1.1.3. What is a class like?
  - 1.1.4. Example of adapted sun salutation
- 1.2. Women and Menstrual Cycle
  - 1.2.1. Menstrual phase
  - 1.2.2. Follicular phase
  - 1.2.3. Ovulatory phase
  - 1.2.4. Luteal phase
- 1.3. Yoga and Menstrual Cycle
  - 1.3.1. Follicular phase sequence
  - 1.3.2. Ovulatory phase sequence
  - 1.3.3. Luteal phase sequence
  - 1.3.4. Sequence during menstruation
- 1.4. Menopause
  - 1.4.1. General considerations
  - 1.4.2. Physical and hormonal changes
  - 1.4.3. Benefits of the practice
  - 1.4.4. Recommended asanas
- 1.5. Pregnancy
  - 1.5.1. Why practice it
  - 1.5.2. First quarter asanas
  - 1.5.3. Second quarter asanas
  - 1.5.4. Third quarter asanaa
- 1.6. Postpartum
  - 1.6.1. Physical benefits
  - 1.6.2. Mental benefits
  - 1.6.3. General recommendations
  - 1.6.4. Practice with the baby





#### 1.7. Old Age

- 1.7.1. Main pathologies that we will encounter
- 1.7.2. Benefits
- 1.7.3. General considerations
- 1.7.4. Contraindications

#### 1.8. Physical Disability

- 1.8.1. Brain damage
- 1.8.2. Spinal cord damage
- 1.8.3. Muscle damage
- 1.8.4. How to design a class

#### 1.9. Sensory Disability

- 1.9.1. Hearing
- 1.9.2. Visual
- 1.9.3. Sensory
- 1.9.4. How to design a sequence

#### 1.10. General considerations of the most frequent disabilities that we will encounter

- 1.10.1. Down syndrome
- 1.10.2. Autism
- 1.10.3. Cerebral palsy
- 1.10.4. Intellectual development disorder

“ *Helping you achieve your goals is one of TECH's objectives for its students. Start this program now and discover how far you can go hand in hand with this institution”*

# 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.



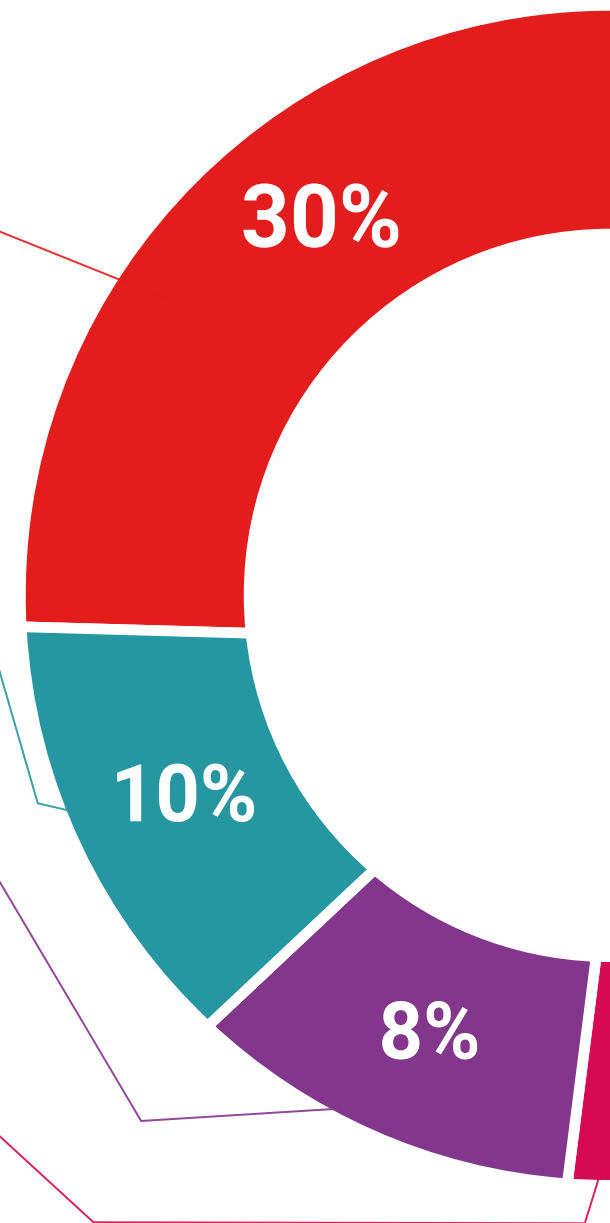
#### Practising Skills and Abilities

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 Yoga in the Different Evolutionary Moments 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 Yoga in the Different Evolutionary Moments Yoga in the Different Evolutionary Moments** 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 Yoga in the Different Evolutionary Moments**

Official N° of Hours: **150 h.**



\*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.





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