

Postgraduate Diploma

Pathologies Treated with Therapeutic Yoga

Endorsed by the NBA





Postgraduate Diploma Pathologies Treated with Therapeutic Yoga

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

Website: www.techtute.com/in/sports-science/postgraduate-diploma/postgraduate-diploma-pathologies-treated-therapeutic-yoga

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01

Introduction

Nowadays, the number of people who are looking for natural and non-invasive alternatives to treat their health problems has increased. In this context, Therapeutic Yoga has become a highly demanded option by patients to treat various ailments. For this reason, TECH has designed a program focused on updating experts on how various ailments can be treated through this type of physical activity. The program is developed 100% online, on a very complete study platform, where professionals will have at their disposal multimedia resources of great didactic value and the innovative Relearning methodology.



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Master all the techniques of Therapeutic Yoga that allow you to offer a comprehensive treatment to patients with various diseases through this very complete TECH Postgraduate Diploma”

A large number of diseases can be treated through therapy sessions that use physical activity, especially Yoga, as a rehabilitation tool. For this reason, it is essential that the instructors in charge of teaching this type of classes have a broad knowledge that allows them to avoid any type of injury.

With that in mind, this Postgraduate Diploma seeks to provide quality education in matters of diseases that can be treated through physical exercise, to professionals who are part of the incredible field of Therapeutic Yoga. In addition, it seeks to strengthen in an advanced way the most required skills within this field so that participants are fully prepared to face any type of challenge.

This will be achieved through a syllabus that contains three complete modules of multimedia resources and precise definitions of the most common health problems. Also, technical aspects on the conformation of the spine and limbs of the body will be introduced, in order for the student to develop a solid criterion on the complexity of exercising these areas.

All of the above will be achieved thanks to the innovative Relearning methodology, which allows the student to study comfortably from home and without having to comply with rigid learning schedules. This will allow the student to complete the study plan 100% online. In addition, students will have at their disposal multimedia resources that present in a didactic way all the topics of the program and will have the opportunity to improve their problem-solving skills through the analysis of practical cases that simulate real work situations.

This **Postgraduate Diploma in Pathologies Treated with Therapeutic Yoga** 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 Pathologies Treated with 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 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



The treatment of diseases with Yoga requires specialized knowledge which you will get thanks to this program”

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Thanks to the Relearning methodology you will be able to study all the contents of this program from the comfort of your home and without the need to go to a learning center"

With this Postgraduate Diploma you will delve into all the therapeutic techniques to improve breathing and blood flow of Yoga practitioners.

Learn at your own pace and strengthen your skills in the field of Therapeutic Yoga 100% online with this program.

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. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



02 Objectives

The priority of this Postgraduate Diploma is to provide students with the most up-to-date knowledge on the therapeutic treatment of certain pathologies through Yoga. In this way, they will be able to strengthen their skills and be more assertive when conducting a session of this type. This will be achieved through the study of multimedia resources that contain a detailed and dynamic explanation of this topic, making learning productive.





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With the in-depth knowledge you will acquire through TECH about the anatomy of the human body, you will be able to develop a professional Therapeutic Yoga session”



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



Reaching your goals will be a simple mission with TECH. Don't wait any longer and specialize with this Postgraduate Diploma"





Specific Objectives

Module 1. Spine and Limbs

- ♦ Describe the muscular, nervous and skeletal system
- ♦ Delve into the anatomy and functions of the spine
- ♦ Delve into hip physiology
- ♦ Describe the morphology of upper and lower limbs
- ♦ Delve into the diaphragm and core

Module 2. Most Common Pathologies

- ♦ Identify the most common spinal pathologies and how to adapt the practice of yoga to avoid injury
- ♦ Delve into degenerative diseases and how yoga practice can help in their management and symptom reduction
- ♦ Delve into lumbago and sciatica and how to apply therapeutic yoga to relieve pain and improve mobility
- ♦ Identify scoliosis and how to adapt yoga practice to improve posture and reduce discomfort
- ♦ Recognize knee malalignments and injuries and how to adapt the yoga practice to prevent them and improve recovery
- ♦ Identify shoulder injuries and how to adapt yoga practice to reduce pain and improve mobility
- ♦ Delve into wrist and shoulder pathologies and how to adapt yoga practice to prevent injury and reduce discomfort
- ♦ Delve into postural basics and how to apply biomechanics to improve posture and prevent injury
- ♦ Identify autoimmune diseases and how yoga practice can help in their management and symptom reduction

Module 3. Fascial System

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

03

Course Management

In order to provide a quality education and ensure an update of the topics related to this field, TECH has carefully selected the team of teachers for this program. In this way, the student will acquire specialized knowledge shared by the best working professionals in the field of Therapeutic Yoga. In addition, they will strengthen their abilities to treat illnesses through this activity, since they will learn first-hand the best techniques.





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Learn from the best working professionals in this field and take advantage of the teachings they will give you to enhance your Therapeutic Yoga skills”

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.

Thus, 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

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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 diseases that can be treated through Yoga and its in-depth understanding will allow the professional to structure more integrated sessions covering all aspects of these conditions. Therefore, this Postgraduate Diploma has a very complete syllabus that will provide the student with the opportunity to delve into the characteristics of the limbs and the spine, as well as to broaden their understanding of the most common pathologies.





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A syllabus that will allow you to learn in depth about the particularities of the spine, with the aim of exercising it thoroughly through Yoga”

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. Spinal Column
 - 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. Sacro
 - 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

Module 2. Most Common Pathologies

- 2.1. Spine Pathologies 1
 - 2.1.1. Protusions
 - 2.1.2. Hernias
 - 2.1.3. Hyperlordosis
 - 2.1.4. Rectifications
- 2.2. Degenerative Diseases
 - 2.2.1. Arthrosis
 - 2.2.2. Muscular dystrophy
 - 2.2.3. Osteoporosis
 - 2.2.4. Spondylosis

- 2.3. Lumbago and Sciatica
 - 2.3.1. Low Back Pain
 - 2.3.2. Sciatica
 - 2.3.3. Pyramidal syndrome
 - 2.3.4. Trochanteritis
- 2.4. Scoliosis
 - 2.4.1. Understanding scoliosis
 - 2.4.2. Types
 - 2.4.3. What to do
 - 2.4.4. Things to avoid
- 2.5. Knee malalignment
 - 2.5.1. Genu Valgum
 - 2.5.2. Genu Varum
 - 2.5.3. Genu Flexum
 - 2.5.4. Genu Recurvatum
- 2.6. Shoulder and Elbow
 - 2.6.1. Bursitis
 - 2.6.2. Subacromial Syndrome
 - 2.6.3. Epicondylitis
 - 2.6.4. Golfer's elbow
- 2.7. Knees
 - 2.7.1. Patellofemoral pain
 - 2.7.2. Chondropathy
 - 2.7.3. Meniscus tears
 - 2.7.4. Goosefoot tendinitis
- 2.8. Wrists and Ankles
 - 2.8.1. Carpal tunnel
 - 2.8.2. Sprains
 - 2.8.3. Bunions
 - 2.8.4. Flat foot and cavus foot

- 2.9. Postural bases
 - 2.9.1. Different planes
 - 2.9.2. Plumb technique
 - 2.9.3. Upper crossed syndrome
 - 2.9.4. Lower crossed syndrome
- 2.10. Autoimmune Diseases
 - 2.10.1. Definition
 - 2.10.2. Lupus
 - 2.10.3. Crohn's disease
 - 2.10.4. Arthritis

Module 3. Fascial System

- 3.1. Fascia
 - 3.1.1. History
 - 3.1.2. Fascia vs. aponeurosis
 - 3.1.3. Types
 - 3.1.4. Functions
- 3.2. Types of mechanoreceptors and their importance in the different styles of Yoga
 - 3.2.1. Importance
 - 3.2.2. Golgi
 - 3.2.3. Paccini
 - 3.2.4. Ruffini
- 3.3. Myofascial Chains
 - 3.3.1. Definition
 - 3.3.2. Importance in Yoga
 - 3.3.3. Concept of tensegrity
 - 3.3.4. The three diaphragms
- 3.4. SBL: Superficial Back Line
 - 3.4.1. Definition
 - 3.4.2. Anatomical pathways
 - 3.4.3. Passive postures
 - 3.4.4. Active postures

- 3.5. SFL: Superficial Front Line
 - 3.5.1. Definition
 - 3.5.2. Anatomical pathways
 - 3.5.3. Passive postures
 - 3.5.4. Active postures
- 3.6. LL: Lateral Line
 - 3.6.1. Definition
 - 3.6.2. Anatomical pathways
 - 3.6.3. Passive postures
 - 3.6.4. Active postures
- 3.7. SL: Spiral Line
 - 3.7.1. Definition
 - 3.7.2. Anatomical pathways
 - 3.7.3. Passive postures
 - 3.7.4. Active postures
- 3.8. Functional Lines
 - 3.8.1. Definition
 - 3.8.2. Anatomical pathways
 - 3.8.3. Passive postures
 - 3.8.4. Active postures
- 3.9. Arm Lines
 - 3.9.1. Definition
 - 3.9.2. Anatomical pathways
 - 3.9.3. Passive postures
 - 3.9.4. Active postures
- 3.10. Main Imbalances
 - 3.10.1. Ideal pattern
 - 3.10.2. Flexion and stretching group
 - 3.10.3. Opening and closing group
 - 3.10.4. Inspiratory and expiratory pattern





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Through Relearning and TECH didactic methodologies you will be able to expand your competences in the fastest and most flexible way”

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"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



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.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

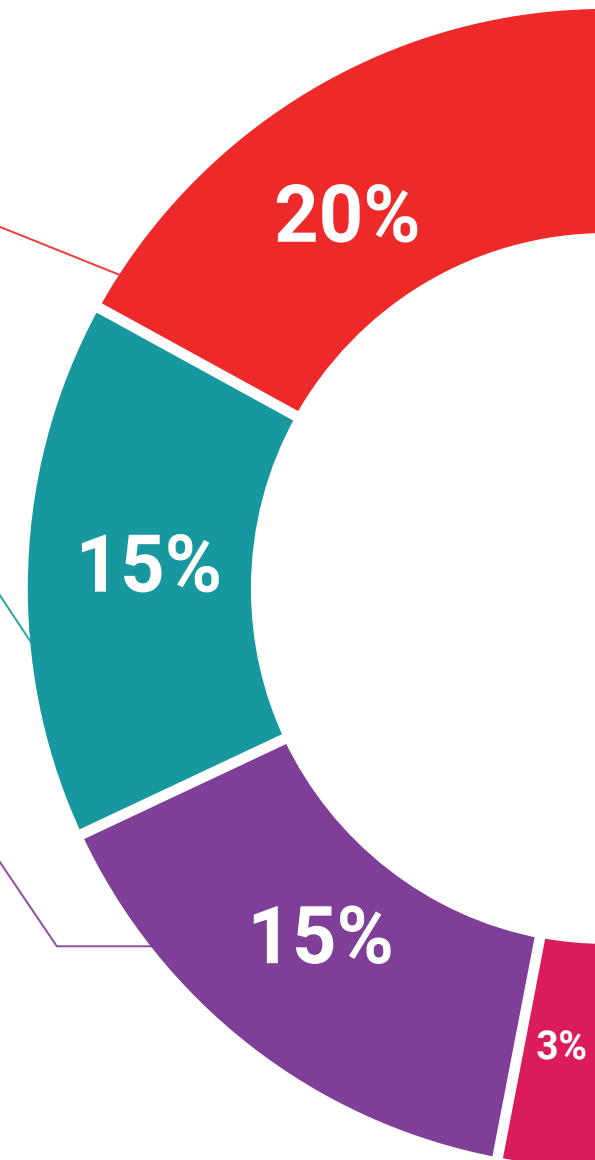
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



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.



Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

Certificate

The Postgraduate Diploma in Pathologies Treated with Therapeutic Yoga guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Pathologies Treated with Therapeutic Yoga** 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 Diploma** issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Diploma in Pathologies Treated with Therapeutic Yoga**

Official N° of Hours: **450 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



Postgraduate Diploma
Pathologies Treated
with Therapeutic Yoga

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

Postgraduate Diploma Pathologies Treated with Therapeutic Yoga

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